

TALK
No. 4

MAGIC BAKING POWDER

Does not contain Alum

YOU cannot bake pure food with an alum baking powder. Alum is a dangerous acid that causes certain injury to health. It causes indigestion and disorders of the heart; and wrecks the nervous system.



Food scientists everywhere condemn alum as an unwholesome chemical, unfit for use in any food preparation.

MAGIC makes pure, delicious, light bread, biscuits and pastry, insuring healthful home baked food.

MAGIC is a medium priced baking powder and the only well-known one made in Canada that does NOT contain alum.

NO
ALUM

Full Pound Cans, 25c.

Made in Canada

E. W. Gillett Co. Ltd. Toronto, Ont.

FREE COOK BOOK

If you have not received a copy of Magic Cook Book, send name and address on postal card and this valuable little book will be mailed free of charge.

The Evening Chit-Chat

By RUTH CAMERON



fame.

For if this innovation becomes a permanent custom, as I hope it does, it will probably mean the vanishing of that absurdly helpless type of man who can scarcely get himself a glass of milk and a rocker in his own home, and who, under no pressure of circumstances, would be able to make himself a cup of tea.

And I surely think that disappearance would be a blessing to humanity.

"Oh, but I just hate a fussy man that thinks he knows all about your work, and is forever prying about the kitchen," objected a lady to whom I was expressing my delight at this innovation.

So do I.

But to think it is a far cry from him to the man who doesn't know how to boil water, and I don't see why there isn't a happy medium.

I would be the last person to want to see a busy man regularly helping with the housework in his leisure hours. I think it is rank injustice to expect that. But I do think a little understanding of the work of house-making, on the man's part, would make family life pleasanter, both by

making the man capable of looking out for himself a bit when occasion demanded, and by giving him more respect for that share of the burden which his better half carries.

I think it would be a good idea if the superintendent's innovation could be carried from the school into the home, and boys, as well as girls, expected to take a hand in helping mother about the house.

A woman who evidently believes as I do on this subject, wrote me the other day to tell me how much help her four boys are to her.

"I am a mother of four boys and one little girl," she writes. "We live on a farm and as my husband has a man to help him, there is more work for the children inside the house than outside, so I have trained my boys to help me.

"Our eldest child, a boy of fourteen, can prepare breakfast when occasion demands as well as most girls of his age. The next, a boy of ten years, can wash dishes and sweep nicely and help care for the younger children.

"Our little six-year-old boy, has made several nice gingerbreads when mamma was very busy. He measured everything very carefully, too.

By having them all help, the work is divided so that no one has an irksome amount and I am given some leisure to be a companion to my boys, as well as the housekeeper.

"Do you think such work will make my boys unmanly?"

Most certainly not, madame. On the contrary, I think helping their mother will make them more considerate and more truly manly men, and I wish more boys had a similar training.

Ruth Cameron

No Man is Stronger Than His Stomach

A strong man is strong all over. No man can be strong who is suffering from weak stomach with its consequent indigestion, or from some other disease of the stomach and its associated organs, which impairs digestion and nutrition. For when the stomach is weak or diseased there is a loss of the nutrition contained in food, which is the source of all physical strength. When a man "doesn't feel just right," when he doesn't sleep well, has an uncomfortable feeling in the stomach after eating, is languid, nervous, irritable and despondent, he is losing the nutrition needed to make strength.

Such a man should use Dr. Pierce's Golden Medical Discovery. It cures diseases of the stomach and other organs of digestion and nutrition. It enriches the blood, invigorates the liver, strengthens the kidneys, nourishes the nerves, and so GIVES HEALTH AND STRENGTH TO THE WHOLE BODY.

You can't afford to accept a secret nostrum as a substitute for this non-alcoholic medicine of known composition, not even though the agent dealer may thereby make a little bigger profit. Ingredients printed on wrapper.



Household Notes

No scum will settle on the delicate white tips of cauliflower if it is cooked with the head down.

Newspapers may be used to pad the ironing board just as well as an old blanket or muslin.

In toasting biscuits they are better if cut in slices across the grain instead of slicing in the usual way.

Bouillon cups have almost entirely superseded the soup plate for purées, as well as for any lighter form of soup.

When cooking a shoulder or leg of pork many people have the rind left on, scoring it carefully before cooking.

Try mixing flour and water for thickening with a fork instead of the usual spoon. It is less likely to turn lumpy.

A rubbing with cocoa butter once or twice a week, after a bath, will go a long way to insuring foot comfort at all times.

A spoonful of flour added to the grease in which eggs are to be fried will prevent them from sticking or breaking.

A nice relish to serve with fish is raw cabbage cut very fine and covered with French dressing beaten almost to an emulsion.

When washing fine china or cut glass, a heavy Turkish towel on the bottom of the dishpan will often prevent chipping.

Rubbing the entire surface of a felt hat with fine sandpaper will remove every speck of dirt and dust and leave the hat like new.

To work buttonholes in net, baste a small piece of muslin underneath. Work the buttonhole through that, afterward cutting the muslin away beneath.

The syrup for the pickled peaches done up a year ago may be used this season. Heat the syrup to the boiling point, and use it as though fresh.

To prevent the cork in a bottle containing a sticky mixture from becoming too tightly fastened, dip the cork in olive oil before placing it in the bottle.

Match marks may be removed from white paint by rubbing with a cut lemon. To forestall further marring, smear the spot lightly with vaseline.

When cooking cabbage, the unpleasant odor may be avoided if a piece of charcoal, stale bread or a tiny bit of baking soda is added to the water.

When gas mantles are blackened they can be cleaned by sprinkling with salt when flame is turned low, turn light full for a minute and repeat until clear.

Rust on steel can be removed by rubbing sweet oil well into the surface. Let it stand two days; then rub the steel with unslaked lime until surface is clean.

To mend a sifter or sieve that has a hole in it, use a large needle and coarse thread and darn back and

forth across the hole as one would darn a stocking.

Fish that is to be broiled or fried will be enriched in flavor if it is spread well with olive oil and lemon juice and allowed to stand for at least an hour before cooking.

Iodine stains on woodwork should be removed at once, as they make an ugly spot. Soak up with blotting paper, then rub the spot with a soft cloth moistened in camphor.

A paste of almond meal and peroxide spread on the inside of the gloves will bleach the hands. Almond oil and rice powder used in the same manner will soften the hands.

When you are making an omelet that requires bread-crumbs for thickening, and you have none handy, try using a slightly larger amount of any of the flaked breakfast foods.

To clean white felt hats put some borax in a piece of cheese cloth and clean the hat with it, rubbing quite hard, then brush off with a clean brush. If it is not clean, repeat the process.

Housecleaning time approaches do not forget the use of dampened cloths in furniture cleaning. Dust is easily removed in this way without streaking woodwork or filling lungs.

To beat furniture put damp unlinen cloths over the upholstered parts and beat until it is black with dust, then turn to other side. Continue with fresh cloths until no more dust shows.

I find a very good way to remove white tips of cauliflower if it is cooked wet and place it on the dent. Press with a hot flat-iron and the dent will instantly disappear. This is good for all cases of dented wood.

Gentlemen's white lawn string ties when washed and pressed carefully make excellent facings, and are also fine for binding sleeves. They are usually thrown away by the men, as they only wear them once.

For convenience in dish washing have a rubber scraper, also a chain mop for greasy pots. Dark crash dish-cloth should be supplied for pots and pans and the use of dish towels forbidden for this purpose.

A good way to clean cake tins, patty pans and all small tin ware is to put them in the copper or saucepan of water, with a good bit of soda, and boil for some time. They will be like new—quite fresh and clean.

Put a deep pan or a small bucket of water, containing a medium-sized sponge inside your bread box. Change the water often, replacing with clean cool water, and your bread will keep fresh as long as it is needed.

If cold steak is cut into cutlet-shaped pieces, marinated and then rolled in egg and crumbs and fried in deep fat, it will be as tasty as if one could wish. Garnish the cutlets with lemon and parsley.

Hobble Skirt Joke Fatal

South Norwalk, Conn., Oct. 13.—A joke told by his daughter probably will result in the death of Judge Alfred Austin. Eight days ago his daughter related a story in which the modern hobble skirted woman resembled a giraffe walking in a barrel hoop figured.

Judge Austin laughed so heartily that he began coughing from which he has not recovered, and despite efforts of physicians he has not been able to eat since.

AFTER FOUR YEARS OF MISERY

Cured by Lydia E. Pinkham's Vegetable Compound

Baltimore, Md.—"For four years my life was a misery to me. I suffered from irregularities, terrible dragging sensations, extreme nervousness, and that all gone feeling in my stomach. I had given up hope of ever being well when I began to take Lydia E. Pinkham's Vegetable Compound. Then I felt as though new life had been given me, and I am recommending it to all my friends."—Mrs. W. S. FORD, 1888 Lansdowne St., Baltimore, Md.

The most successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound. It has stood the test of years and to-day is more widely and successfully used than any other female remedy. It has cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, dizziness, indigestion, and nervous prostration, after all other means had failed.

If you are suffering from any of these ailments, don't give up hope until you have given Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice write to Mrs. Pinkham, Lynn, Mass., for it. She has guided thousands to health, free of charge.

Plan of Hagerty Street submitted, showed necessity of Council expropriating a piece of land, in order to straighten the street. Referred to the Engineer.

The Solicitor submitted the following report in connection with the Commercial Cable Co.'s request for re-

MINARD'S LINIMENT RELIEVES NEURALGIA.

H.P. SAUCE

THE NEW SAUCE.

The Ingredients—
Choicest Oriental Fruits and Spices—Pure Malt Vinegar.

The Making—
A Secret.

The Result—
A Delicious, Thick, Fruity Sauce—quite unique.

City Council.

The meeting opened at 7.30.

It was thought by several Councilors that some report should be made and some official record kept, of the recent forgery case, and the manner in which the incident ended. The Secretary will prepare a report for next meeting.

A letter was received from Sir E. P. Morris, stating that the Government would lend the Council the sum of \$15,000, to be expended in the purchase and refitting of the Seamen's Home, for a City Hall.

A letter from the Colonial Secretary, in relation to the same matter, was also read.

The Premier also wrote, in reply to Council's request, for the assistance of the Government Engineer in planning a redistribution of the city's water supply. The Government has no objection to the Engineer giving his services to the Council, and leaves him to make arrangements with Mr. Hall.

Messrs. Morris, Bennett and Kennedy, M.H.A.'s for St. John's, West, asked the Council to instruct Inspector Bambrick to repair the Southside Road, East of Baine Johnston's, and they would find money for same, up to \$400.00.

Stephen March & Sons complained of premises being flooded through lack of drain or gully, and intimated they would require the Council to pay them or damages resulting from same.

T. J. Scriver of South Side, asked for light on South Side. Referred to Lighting Committee.

Gilbert W. Snow, on behalf of residents of Monroe Street, requested the Council to repair Western part of said street. Matter will be attended to.

Wm. Pilley, 46 Gilbert Street, stated he was unable to comply with Council's demand, to connect with sewer.

Ted. Skiffington asked permission to erect wood shed, at rear of dwelling, refused, as only brick or stone building could be allowed in the locality.

John Woodford asked for water pipe to be extended to his house, Convent Square. Granted.

J. Barter called the attention of the Council to the drains on Mundy Pond Road, which had not been cleaned for years. Road Inspector will attend to the matter next week. Hamilton St. and others in the same conditions, will also receive attention.

John A. Morey complained that he had been refused a permit by plumbing Inspector.

The Plumbing Inspector, in reply to questions, stated that he could not recommend the man, judging from the work he had seen him do. The matter was referred to the Engineer for report.

James Curran, Woodford Street, asked permission to repair dwelling. Granted.

R. A. Squires, on behalf of Geo. A. Collins, applied for permission to rebuild house on Duckworth Street, and install water and sewerage. Referred to the Engineer.

Mrs. Dillon submitted plan of proposed dwelling on South Side. Approved.

About an hour's discussion took place over plan of proposed wooden water closet to be erected in Hebrons Cove. Some Councilors thought the Council should not put a wooden structure when same had been refused private firms. Considerable difference of opinion prevailed over size and shape of proposed erection. The Engineer was ordered to prepare estimate of building, of unflammable material.

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MINARD'S LINIMENT RELIEVES NEURALGIA.

consideration of conditions under which Council would permit them to lay cable through streets.

SOLICITOR'S REPORT.

J. L. Slatery Esq.,
Secretary-Treasurer,
Municipal Council.

Dear Sir,—
In reply to your request for a report on the matter of the application of the Commercial Cable Co., for permission to lay underground cables through the streets of the city, from Cuckhold's Cove, their present headquarters, to the site of a projected building on the South Side of Water Street, I beg to submit the following:—

As this is the first time that the matter has come up for consideration before the present Council, it might be well to note some of the principal points considered as the matter progressed.

The Commercial Cable Co.'s request for permission to lay the cable, first came before the Council, for consideration, upon the Co.'s application of date June 11th, 1909, in which was set out the streets through which the cable was to run. At that time the Council decided to grant permission to lay the cable, subject to certain conditions, amongst the principal of which were that the work should be done in such a manner as not to interfere with any of the mains, pipes, or sewers already in the streets; that the Company would make good any damage caused the pipes, mains, sewers, etc.; and would put the surface of the streets and roads back in its normal condition; that the excavation work should be carried on so as not to unnecessarily interfere with traffic; that the Council had the right to lay down water pipes, sewer mains or electric wires under or over the Co.'s cable, without being liable for compensation in respect of the same. In all, there were 18 conditions set forth, which, in all respects, guarded the city's interests, and which will appear in the communication addressed by the Secretary to the Co., of date June 24th, 1909. Some of the conditions laid down by the Council were objected to by the Company, as will appear from a perusal of the letter from the Co.'s superintendent to the Council, of date July 16th, 1909, but condition 19, which set forth that the Company should pay the Council an annual charge of \$2,000, was vigorously objected to by the Co., and has been the principal bone of contention ever since.

In answer to your question, as to the right of the Council to impose a tax or charge on this Company, for the privilege of using streets within the Municipality for the purpose of laying their wires, I have no hesitation in saying that the Council is perfectly within its rights in making the charge and conveying such a privilege.

Before the passing of the Municipal Act, the local affairs of the city were managed by the Board of Works. Section 75 of the Municipal Act of 1902 provides that within the town limits the Council shall have, possess, exercise, perform and discharge all and singular the functions, powers, rights, obligations, duties which, under any Act or Law in force, have been or are vested in or exercised, performed or discharged, by the Board of Works, in and upon and in relation to roads, streets, bridges, etc.

As regards your second query, in relation to the imposition of an annual tax on the Company, I might say that, under Section 137 of the Municipal Act, the Council have the power from time to time to fix and impose certain taxes, rates, and imposts; and sub-section 9 of said Section 137, provides that an annual tax upon every telegraph Company may be imposed, the maximum amount of which is fixed at \$400.

I notice that the words, "Doing business within the city limits" are omitted from this sub-section, although appearing in all the others; but I take it that this is an omission, and that these words would necessarily be read in with the sub-section.

The nature of the business is not particularized, but I am of the opinion

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Sciatic Rheumatism

Unable to work or sleep—Six years of suffering—Cured by Dr. A. W. CHASE'S NERVE FOOD.

Mr. Alex. Ethier, Jr., Clarence-Creel Russell Co., Ont., writes:—"My nervous system was run down to such a extent that I suffered a great deal from weakness of the nerves and sciatic rheumatism, and at times was like on paralytic. I could not work, was unable to sleep, and had no appetite.

"Nothing seemed to build up my nerves until I made use of Dr. Chase's Nerve Food. After having used about \$12.00 worth of this medicine, I feel like a new man. I can walk all right, do a great deal of work, have a good appetite and sleep well every night.

When you have tired of experiment, you can turn to Dr. A. W. Chase's Nerve Food, knowing that persistent treatment is bound to be rewarded with lasting beneficial results. But you must get the genuine, bearing portrait and signature of A. W. Chase, M. D., at all dealers or Edmundson, Bate & Co., Toronto. Write for free copy of Dr. Chase's Recipes.

Certainly Ends Stomach Misery.

Indigestion, Gas, Heartburn, or Dyspepsia go in five minutes.

You can eat anything your stomach craves without fear of indigestion or dyspepsia, or that your food will ferment or sour on your stomach. If you will take a little Diapiesin occasionally.

Your meals will taste good, and anything you eat will be digested; nothing can ferment or turn into acid or poison or stomach gas, which causes Belching, Dizziness, a feeling of fullness (like a lump of lead in stomach), Bloating, Heartburn, Water Brash, Pain in stomach and intestines or other symptoms.

Headaches from the stomach are absolutely unknown where this effective remedy is used. Diapiesin really does all the work of a healthy stomach. It digests your meals when your stomach can't. A single dose will digest all the food you eat and leave nothing to ferment or sour and upset the stomach.

Get a large 50-cent case of Diapiesin from your druggist, and start taking now, and in a little while you will actually brag about your healthy, strong Stomach, for you then can eat anything and everything you want without the slightest discomfort or misery, and every particle of impurity and Gas that is in your stomach and intestines is going to be carried away without the use of laxatives or any other assistance.

Should you at this moment be suffering from indigestion or any stomach disorder, you can get relief within five minutes.

that if the Commercial Cable Company were domiciled within the city limits, had their cables in operation, and their staff operating same, and were sending and receiving messages for the Government, or private companies or individuals, that they would be doing business within the city limits, and would be liable for an annual tax, the maximum of which would not exceed \$400.

I would, therefore, suggest that the Council, when fixing the amount to be paid by the Company for the privilege of laying their cables through the city streets, would take the liability of the Company, for the payment of their annual tax, into its consideration.

I don't know that there is any other legal phase of the question presenting itself at this present time for my consideration. As I take it, the main point at issue is the fixing of the amount which the Council shall charge the Company for the privilege of opening up and using the streets for the purpose of conveying its cable from Cuckhold's Cove to its projected building on Water Street, and this is entirely a matter for the Council to pass upon.

I beg to remain,
Yours very truly,
(Sgd.) F. J. MORRIS.

There was considerable difference of opinion, as to the proper amount of tax to levy on the Company, but there was a prevailing idea that something should be charged for the privilege of using the streets.

In this connection, the Mayor wished to deny certain statements made by an anonymous writer in the Evening Chronicle, who said that at last meeting the Mayor said the Council could levy a corporation tax. He had made no such statement, and he was surprised that anyone who was at the meeting could have quoted him so falsely. He wished those who were present to be more careful in future, and not give the public a false impression of views expressed or business transacted at the meeting.

There was an evident desire, on the part of all the Councilors to treat the Company fairly, and yet safeguard the city's rights, but no decision was arrived at, and the matter will come up again at next meeting.

It was decided to lay a sewer in Central Street and to make sundry repairs to drains in Dicks' Square and Long's Hill.

Patrick Myron asked for employment as foreman on one of the cuts, where pipes are being laid.

Notices will be published, forbidding country people to scatter hay about the streets, when feeding their horses at the different stands around town.

The report of collectors showed that considerable arrears in water and sewerage rates were being paid up.

On request of the Mayor, Councilor Myrick consented to defer his motion for reconsideration of the new arrangement for paying Collectors' Salaries until the end of the year.

After parsing of bills, pay rolls, etc., the meeting adjourned at 13.30.

CHURCH ORGAN for sale cheap. A two manual Mason & Hamlin Organ with foot pedal attachment. In splendid condition and most suitable for a small church or school. The White Piano and Organ Store, CHESLEY WOODS—JULY 14.

MINARD'S LINIMENT CURES BURNS, ETC.