

**AVOID ALUM
IN FOOD**

Baking Powder is one of the most important food ingredients. Alum or other injurious acids are frequently used by some concerns to lower the cost of production.

**MAGIC
BAKING POWDER**
Contains No Alum

It is a pure phosphate baking powder and is guaranteed to be the best, purest and most healthful baking powder possible to produce.

W. Matthew Williams, in "Chemistry of Cooking," says: "Phosphates are the bone-making material of food and have something to do with building up of brain and nervous matter."

Made in Canada.

The Land Under the Sea.

At the captain's table on an Atlantic liner a young lady inquired how far the ship was from the nearest land.

Several of the passengers guessed off-hand about eight hundred miles. The captain, however, turned the question over to a quiet gentleman, who looked at his watch and at a chart and then amazed his hearers by answering, "Just about seventy yards."

"The land I speak of is just thirty-six fathoms beneath this ship," continued the expert oceanographer. "It is the summit of the Laura Ethel Mountain, which is 20,000 feet above the lowest level of the Atlantic basin. If it were some two hundred feet higher, or the sea were two hundred feet lower, you would call it an island."

In effect, the Atlantic is a huge continent boasting a superficial area of 25,000,000 square miles. It is 9,000 miles long and 2,700 miles broad. The depth of the water that covers it is by no means so considerable as people used to imagine. Oceanography as a science may be said to date only from about 1850, but—thanks chiefly to the labors of the cable laying and cable repairing ships—knowledge of the configuration of the bed of the ocean grows greater every year.

The Laura Ethel Mountain, discovered in 1878, is the uppermost peak of one of the most celebrated of the submarine elevations in the Atlantic. Mount Chaucer, at the eastward of it, was revealed to oceanographers in 1880. Sainthill, which is westward of both, has the honor to be the first mountain discovered in the Atlantic. It became known in 1832.

Prior to the laying of the first Atlantic cable, Lieutenant Maury, United States Navy, made it known that a wide plateau exists beneath the ocean, running from Ireland to Newfoundland. It seemed so admirably suited to the purpose of cable laying that he modestly called it Telegraphic Plateau, but in most charts it bears the discoverer's name.

The location of "Davy Jones's Locker" might be said to have been established with the discovery of Sainthill. It has been estimated that at the base of this eminence the relics of not fewer than 7,000 wrecks lie scattered. Or one can ascribe that gruesome distinction to the Faraday Hills, discovered in 1833, and lying between Mount Chaucer and Laura Ethel Mountain. These hills are noted among oceanographers for the amount of wreckage of which they are the monument.

There are cavernous depths, of course, in the Atlantic, as well as majestic heights. Four miles and a half may be taken to be the greatest. The average is probably about two miles. Heights and depths alike are merely hidden land, which may some day be exposed by the mighty workings of nature.

Meantime comparatively few changes occur. Beneath the ocean there are no frosts, no lightnings, no glaciers, no meteorological agents at work. If it were not for the eddies and the destruction and accumulation of animal life, these Atlantic hills and vales might rest as immutable as the peaks and craters of the moon, where there is no atmosphere to cause decay.

Too Much.

Here is the latest story told by Sir Robert Horn, President of the Board of Trade. A dour Scot had been paying attentions to a girl for ten years. At last one day, when walking by the side of Lock Lomond, he abruptly popped the question. She accepted him with alacrity.

Then they walked on in silence for four or five miles. Finally she said, "Jock, hae ye naething more to say?" "Na, Jenny," he replied; "I fear I hae said too much already!"

Just arrived for Stafford's, two thousand bottles of Brick's Tasteless Cod Liver Oil. Price \$1.20 bottle. Postage 20c. extra July 19, 1920.

Human Immunity.

Some years ago a Spaniard named Godinez created a considerable sensation by offering to subject himself to the electric chair at Sing-Sing prison, where criminals are electrocuted. This was refused; but he proved later that he was able to stand a charge far higher than the 7,000 volts used in the American prison for the purpose of electrocution.

On the stage, he stood between two electrodes, and permitted a constant stream of lightning to pass through his body without suffering from any harmful result.

There was a man in Leicester who could do much the same sort of thing. He could handle parts of a dynamo that would make the average man jump out of his boots.

Safe From Snakes and Bees.

This man, who came from Lancashire, used his gifts as a healer.

There are people who cannot feel pain. A man called Lipscombe sued a railway company for damages, alleging that, owing to injury to his spine received in a collision, he had become insensible to pain. A surgeon applied a white-hot cautery to his bare arm. The man did not flinch, though the odour of burnt flesh filled the court. It was definitely proved that he was not malingering.

A boy called Claud Bristow, who was born in Kansas, has a strange power over snakes. No snakes can be induced to bite or harm him. He will handle a newly-caught rattlesnake. He is now travelling with a show as a snake-charmer.

The famous naturalist of Selborne, Gilbert White, describes a boy who was similarly immune to bee-stings. He would sit before a hive, rap on it with his fingers, and catch the bees as they came out. No bee ever stung him.

JUST RECEIVED:

Two Thousand Bottles of Brick's Tasteless Cod Liver Oil.

Brick's Tasteless contains all the virtue of Cod Liver Oil without the nauseous grease. It will promptly relieve chronic bronchitis and all pulmonary affections, croup, hoarseness, nervous disorders due to or maintained by an exhausted condition of the system, hysteria, nervous dyspepsia, flatulent dyspepsia, anaemia, night sweat, the prostration following fevers, diphtheria, tonsillitis, etc., etc., and general debility for constitutional weakness of any age of life.

DR. F. STAFFORD & SON,
Wholesale and Retail Chemists and
Druggists, St. John's, Nfld.

Lightning and Trees.

(From the Westminster Gazette.)
I see, by the way that at Chertsey, during Saturday's storm a man was killed by lightning while sheltering under a tree, and at Eitham another man was struck under similar conditions. Fatalities of this nature could be avoided if people exercised a little care in selecting shelter during thunderstorms when trees are the only available shelter. Oaks, poplars, and elms are most liable to attract lightning coming to earth, and these trees should be avoided. The safest are pine, birch, chestnut, and walnut. Trees standing by themselves are always dangerous, as also is the highest of a group of trees. There is little danger in sheltering in a wood. If the smallest trees are utilized, for if a flash of lightning strikes any trees in a wood it will select the tallest, even though the tree happens to be one of the comparatively safe species.

From Altar to Arctic.

Mr. Elkins, the wealthy young American who recently took his bride for a honeymoon "as near the North Pole as he can comfortably get," is by no means the first bridegroom who has spent his "month of honey" in this chilly environment.

A few years ago Mr. Max Fieleschmann, a Chicago millionaire, at his bride's request, took her straight from the altar to the arctic wastes, where they spent, on their own evidence, "delightful" months, hunting seals, reindeer, and polar bears, two of which fell to the bride's own gun. Mrs. Fieleschmann's honeymoon wardrobe, we are told, consisted of an assortment of sheepskin dresses, lined with leather.

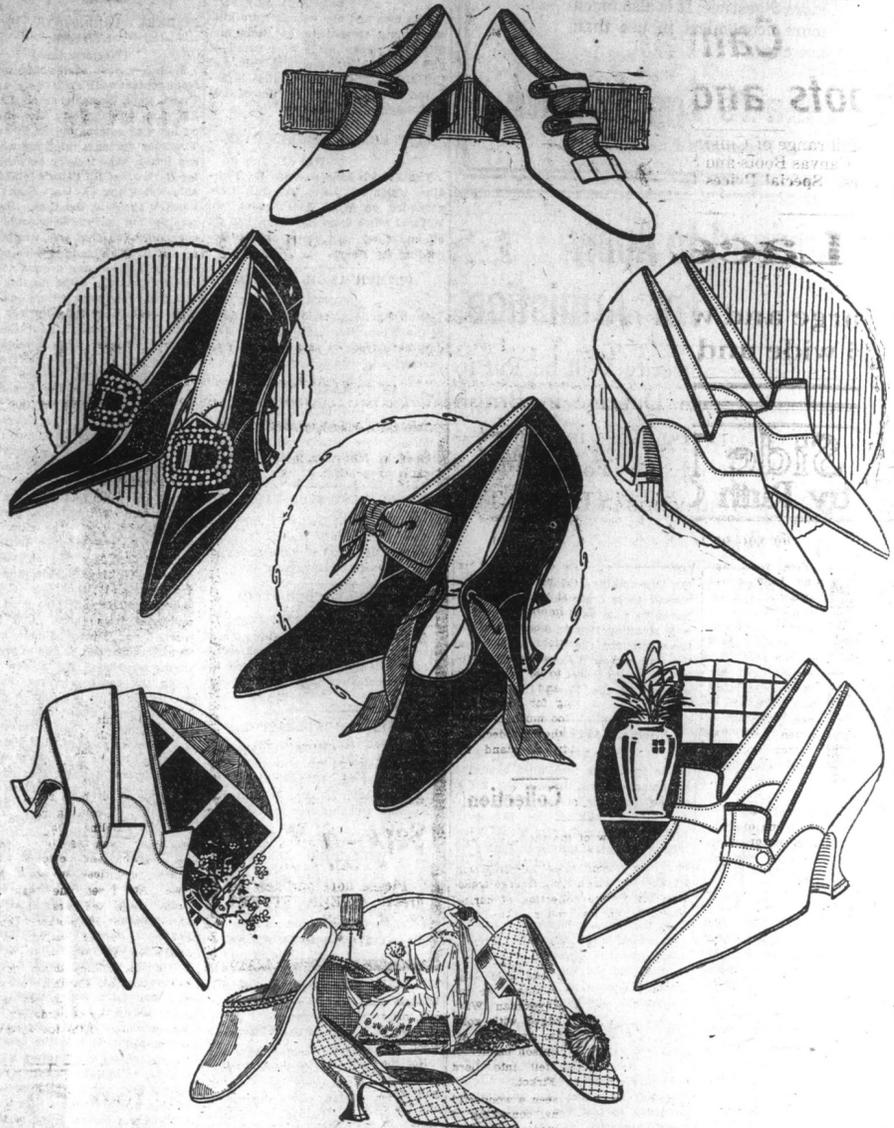
Less chilly, but no less adventurous, was the honeymoon journey of Major Powell-Cotton, who took his bride on a long and hazardous journey through Africa, spending many months in the heart of the Ituri Forest, hunting the okapi and making friends of the savage pigmies, who had never before even seen a white woman.

But the most daring and adventurous of all recorded honeymoons was that of Captain Andrews, an American sailor, and his bride, who started to cross the Atlantic in a "cockleshell," twelve feet long, and were never seen again.

Ripe Bananas, Cucumbers, Coconuts, Grape Fruit, wholesale and retail, at GLEESON'S, 108 Water St.—Feb 13, 1920.

"EVANGELINES"

Striking a New Note in Fashion.



We are now showing some very recent designs in Dressy Pumps. They are uncommonly pretty, and quite in line with vogue in footwear.

"EVANGELINE"! The Perfect Shoe for Women.

F. SMALLWOOD,

Ladies' Department.

Sole Agent for Nfld.

LIBBY'S BEETS, 3's, tins
LIBBY'S CARROTS, 3's,
LIBBY'S SPINACH, 3's.

NO FUSSING—JUST READY TO SERVE.

New Turnips.

ROSE'S LIME JUICE—Pints and Quarts.
ROSE'S LIME JUICE CORDIAL—Pts. & Qts.
WEST IND. LIME JUICE, pint bottles, 25c.
TABLE APPLES, GRAPE FRUIT, ORANGES
FRESH EGGS.

Welch's Grape Juice,
NIPS, PINTS, QUARTS—A safe and sane summer beverage.

C. P. EAGAN,
Duckworth Street & Queens' Road

Infant Footprints.

In one of the large hospitals in America a system of taking babies' footprints has been established. This is to avoid the complication which sometimes arise when the wee mites are by



RELIEVES RHEUMATISM
Mrs. R. Medd, Sr., after years of suffering found that Egyptian Liniment gave her speedy relief from rheumatism. The most torturing pains of man and beast disappear under treatment with Egyptian Liniment, which is also the best household remedy known for Cuts, Scalds, Frost Bites, Chilblains, Neuralgia, etc.
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Like Horse Racing.

Yacht racing in some respects is a lot like horse racing. "Touts" visit the tracks to see the thoroughbreds work out. They watch, they time, they figure and they dope the performances but they are never sure. It might be a stable boy in the saddle who was holding in the animal. There might be twenty pounds of weight in the saddle-flaps. Ten pounds taken off one entry and loaded on another can change a whole challenger.

Handling is one of the greatest factors and it will decide the race as much as any mechanical factor.—Montreal Daily Star.

It is interesting to note that while a child's hands change as it grows older, its feet will remain the same—except for growing larger—throughout the whole of its life.
It is impossible to get good prints of an infant's fingers, because the lines are not distinct enough to reproduce. The baby's foot, however, has as different and characteristic lines as the hand of a grown-up person has. There is no knowing—we may soon have fortune-tellers reading our past from our feet instead of our hands!

MINARD'S LINIMENT CURES NEURALGIA.

Household Notes.

Beclairs are delicious when filled with whipped cream and feed with orange icing.
To be successful, soda biscuit should be made as quickly and handled as little as possible.
Choose Ceylon tea for people who like cream in it, and orange pekoe for those who like lemon.

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