



Eat sensibly during the warm weather!
Kellogg's WAXTITE CORN FLAKES
are nourishing-retreshing-delicious

It's a long step for health and riddance of summer drowsiness and that sluggish feeling if you'll all stop eating so much heavy, greasy foods and let Kellogg's delicious "WAXTITE" Corn Flakes do your health a good turn! With cold milk and luscious fresh fruit, Kellogg's "WAXTITE" are extra delightful—so crisp, and appetizing.

Kellogg's "WAXTITE" Corn Flakes are nourishing and supply all the summer energy you need; yet, they digest easily and actually rest the stomach! On such a diet you'll feel so much better; your mind will be keener and you'll accomplish a lot more work—and help yourself keep cool and snappy and cheerful!



Kellogg's WAXTITE CORN FLAKES

Also makers of KELLOGG'S KRUMBLES and KELLOGG'S BRAN, cooked and krumbled

Mary Stuart's Prayer Book at Ravenna.

In the town library of that fascinating city of the Adriatic shore which is the resting place of Dante's ashes and the home of the most splendid remains of early Christian art, there is to be found a little volume which demands a more than passing interest from a Scottish visitor. The volume is a prayer book which one belonged to Mary, Queen of Scots, and which, by some strange chance, has found its way to the remote Italian town. Its existence is merely mentioned in the guide books. It is number sixty-two in the library. In spite of its interest, it is not exhibited in any show case of treasures, but takes an ordinary show place on the shelves, standing side by side with books ancient and modern, rare and common.

It is of small size, measuring only about three by four-and-a-quarter inches. It is beautifully printed, and contains a number of Latin prayers. Miniatures are painted before each prayer, and in various other places in the book. They depict incidents in the Gospel story; e.g., the Annunciation, Flight into Egypt, and Crucifixion. Many pages, more especially in the left-hand borders, are embellished with free and graceful ornamentation, consisting of leaves, flowers, and other natural objects. Predominant among the objects used in the design are the rose, thistle, bluebell, and strawberry. The prevailing colors are red, blue, green and gold.

The first part of the book contains a calendar, one month to a page. Each month is charmingly illustrated by a picture representative of the particular time of year. February, for example, shows wood cutting; April, the lambs; June, scything; July, the harvest; the winter months, family scenes indoors. These miniatures are conceived with much feeling for the beauty of nature, and are executed with skill and care.

How did the prayer book of the ill-fated Queen find its way to distant Ravenna? This is a question which affords room for interesting speculation. The building in which the library is housed was formerly a Camaldulensian monastery, founded in 1515 by monks who moved into the city from the great basilica of Sant' Apollinare in Classe, three miles south of Ravenna. When the monastery was secularized many of its books would find their way into the Biblioteca Comunale. Now it can be imagined how the Queen may have presented the book to some friendly monk or priest; how the letter may have left Scotland

when circumstances were adverse, carrying his treasured memorial along with him; and how, finally, he may have settled down, and ended his days in the Camaldulensian monastery at Ravenna. The Queen's Prayer Book would pass to the monastery library, and thence to the Biblioteca Comunale, where it is to-day. Strange to think of the adventures this little book may have undergone. In her hours of sorrow the Queen may have fed to it for comfort; in lonely and weary months of imprisonment she may have read and re-read its pages for consolation and hope; given at last, perhaps to some faithful follower, treasured and preserved by the recipient with loving care. After much wandering it reposes on almost forgotten shelves of the past, on the shelves of a quiet library in a distant foreign town.—Ex.

Fatal Gas Main Explosion

On Monday evening, July 3rd, 1880, a singular accident attended with some loss of life, occurred in Tottenham Court road, London, and the neighbouring streets west of that thoroughfare, towards Fitzroy-square. The gas company was engaged in laying service pipes from the corner of Percy Street, opposite the Bedford Hotel, along to Charlotte Street, and the pipes had been laid and covered with earth. The air was about to be drawn out of them, preparatory to charging them with gas, when by some mistake, it is supposed they became filled with a mixture of air and gas, which is highly explosive. The gas at the end in Tottenham Court Road became ignited, and the pipes blew up along the whole line, tearing open the ground in several large chasms, and hurling the stones of the pavement and masses of earth into the air. Two of the gas contractor's workmen were killed as they were closing the pipe, and another was injured. They were all severely burnt, and had limbs fractured, or their heads crushed by the stones and pieces of iron. Passengers going along the street were hurt, and inmates of the neighbouring houses, which had their ground floor rooms or shops wrecked, stones cast in upon them, were among the sufferers. At the corner of Charlotte Street and Percy Street, a gentleman, and his maid-servant, who were serving his tea, were blown out of the house into the road and badly injured. Five houses in Percy Street had their basements and lower floors entirely wrecked, and the pipes along Charlotte Street, as far north as Horse Lane Street, likewise blew up, and six houses had their cellars blown open. About twenty of the sufferers were immediately received into the Mid-dlesex Hospital close at hand.

Personal.

Bro. John P. Dunne, special Supreme Agent of the Knights of Columbus, is due in the city on tomorrow's express. He will deliver an address before the local Council on Thursday evening.

Mr. J. R. Bennett has returned after a successful salmon fishing trip to Spruce Brook.

At the Salmon Pools.

SPORTSMEN HAVING GOOD TIME.

The report of the Game and In-land Fishery Board for the week past shows that good sport is being had on several of the rivers, particularly the Codroy. Salmon have just started to run on the northern rivers. Both the Gander and Terra Nova are in splendid condition but as yet these have not been visited. On the Salmonier River 35 fish were taken last week by 13 rods. The fish are not running large. At Little Codroy River, only five fish were taken, the heaviest being 21 pounds. On the Grand Codroy River there are quite a number of sportmen; 75 fish were taken for the week. Brigadier Willough of London landed a 23 pound, and A. S. Barnham, Sarnia, Ont., one weighing 25 pounds.

A Mr. Mildeberger of New York took three fish of 20 pounds each. Among the local sportmen Hon. S. Milley, has a 22 pound fish to his credit, and Mr. W. Job one of 21 pounds. On the Inson's River, Dr. Wetherall of Indiana landed a 12 pound fish. Fifty-four were taken during the week. The officers of H.M.S. Constance are still fishing on St. George's and Michels. The party is doing fairly well. Mr. F. Steer is fishing on Harry's River and has landed a 22 pound fish. Mr. Rheinhart of Elmira, N. Y., was successful in landing a 30 pound fish from the Dump Pool. The catch for the week totals 21. Reports from the Terpen-tine River state that good fishing is to be had there. The Humber is very high and no sport as yet to be had. Not fishing on the outside has been very poor to date.

Henley Regatta.

ENGLISH ROWING WEEK OPENED TO-DAY.

LONDON, Eng., July 5. Henley Royal Regatta opened to-day under the most favorable circumstances. For the remainder of the week, beautiful Henley-on-Thames will be the headquarters for those whose fancy turns to that greatest of aquatic sport—amateur rowing. Competitors from many countries will be on hand to match their speed and endurance, and to the successful athletes will go the highest honors that can be won by amateur oarsmen.

The river presented a brilliant scene yesterday. Boats shot everywhere and collisions were of frequent occurrence. Punts filled with men and women, the latter in gaudy summerish apparel, and with parasols of many hues, were everywhere, and thousands wandered along both banks. Henley Royal Regatta, for well on to a century, has gathered together the best amateur oarsmen of the world. It was founded in 1839. There are now eight events which make up the four day's regatta. Entries for the Grand Challenge Cup have been received from four foreign countries, Norway, Switzerland, Belgium and France. Keen competition is expected for the Diamond Sculls. Baynes of Queensland, Australia, Schmidt of Switzerland, and Hoover of Philadelphia are hot favorites.

The course over which the regatta is rowed is one mile and 550 yds. in length, and about 110 feet in width. The races are rowed against the stream and the time usually occupied by the winning crew of the Grand Challenge Cup is within a few seconds of 7 minutes. The fastest time in recent years was that of last year when the crew from Magdalen College, Oxford, rowed the course in 6 mins., 54 seconds.

TALES ABOUT HENLEY.

[Canadian Press]—As might be expected in any event with such an extended lifetime, many unique incidents have featured the Henley Regatta. In 1843 the famous "seven oar" episode took place. At the last hour one of the members of the Oxford crew was incapacitated through illness and the opposing crew refused permission to the Oxford crew to put on a substitute. Nothing daunted, the Oxford crew took to the water with one man absent and won, winning fame by winning the Grand Challenge Cup with seven oars. Ten years later Oxford defeated Cambridge in the Grand Challenge by only eighteen inches. In 1897, New College, Oxford, set up a record for the course of the Grand Challenge when they won from the Leander Club by two feet, in six minutes and 51 seconds. From 1897 and onward the competition from foreign crews has been a feature of the regatta. In 1906 the Club Nautique de Grand, Belgium, carried off the Grand Challenge, and the Belgium Club repeated in 1907 and 1909. In 1912, The Sydney Rowing Club, New South Wales, was the winner, and in 1914, the last Regatta before the war, an eight from Harvard University carried off the rowing title.

The Diamond Sculls left England for the first time in 1892 when J. J. Ooms, a Hollander, won the finals. In 1904, L. F. Scholes of Toronto, Canada won the Diamond Sculls, defeating F. S. Kelly of the Leander Boat Club. Scholes' time created a new record for the event, but in the following year Kelly, in winning the Sculls lowered the record to 8 minutes and 10 seconds, which stands to this day. Kelly, though winning the Sculls on two successive years, and then winning in the year following his defeat stands out very prominently in the records of the Diamond Sculls.

Famous Magazine Beauty at the Nickel.

HELENE CHADWICK SEEN IN "MADE IN HEAVEN."

The Nickel offers a holiday bill of superior excellence to-day. The principal attraction is "Made in Heaven." This of course is the name of the picture, as most of the movies are made in Los Angeles, Calif. The leading character in this story is none other than our old friend, Tom Moore, who is ably supported by Helene Chadwick, the beautiful girl that poses for many of the leading Magazine covers.

The story is considered to be Tom Moore's best, and that's going some, for his pictures are always good. In this, however, he joins the New York Fire Department and manages to rescue a beautiful wife for himself. The trio of beautiful girls who assist him includes the captivating Rene Adoree, who we may add is now his wife in reality.

The programme has also a lighter vein, which consists of a screamingly funny Christie comedy, entitled "The Reckless Set." This is a guaranteed cure for the blues. An educational subject, "A Trip to the South Seas" completes an exceptionally well balanced programme.

Why Be Weak and Puny?

Are there hollows in your cheeks, neck, and shoulders? Do you find it a hardship to perform your daily duties? Do you frequently feel all "dragged out"? Are you pale and sickly looking? If so, try Ironized Yeast, which in thousands has meant the beginning of glorious daily health. Simply take two tablets with each meal. Then watch the results. Note the immediate increase in energy. See how your cheeks acquire a new youthful glow. See how your figure fills out with good hard flesh. Your friends will be amazed at the sudden improvement in you! Ironized Yeast supplies your system with certain vital elements now lacking in your food—the very elements needed to keep you strong, energetic and healthy. In addition, it embodies the new scientific process of ironization—the process which enables yeast to bring results just twice as quickly. Get Ironized Yeast from your dealers to-day or mail postcard for Famous 3-Day Test. Address Harold F. Ritchie & Co., Ltd., Dept. 90, Toronto. Ironized Yeast is recommended and guaranteed by all good dealers.

"Cotton's Patch."

LOCAL COMEDY STAGED AT ST. MARY'S HALL.

Though handicapped by the absence of Mr. John Burke, through a bereavement in his family, and the lack of stage room, the St. John's Musical Comedy Co. gave a splendid presentation of the local hit, "Cotton's Patch" at St. Mary's Hall last night. The performance was in aid of the Church of England Orphanage Garden Party and there was a fairly large attendance. The lady workers of the parish added a tidy sum to the receipts by the sale of drinks and candy. This laugh making comedy with its vaudeville, songs and dances has lost none of its popularity judging by the rounds of applause which greeted each turn. It is not unlikely that if arrangements can be made the show will be repeated at Canon Wood Hall next week for the same object. To Mr. W. Cousins who looked after the stage settings much credit is due.

Home's Report.

GOOD SIGN OF FISH.

S.S. Home arrived at Humbermouth at 10 o'clock yesterday morning. The captain reports as follows: "Made all ports of call to Battle Harbor; very good sign of fish from Port aux Choix to Flower's Cove but not much at Labrador. Whiteley, at Bonne Esperance, reports 1,000 qts landed to date. The Straits are now practically clear of ice."



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THREE

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