



The "Chemics" of Bread

LET us look a bit into the chemistry of bread.

For we want our bread not only to *seem* good but we want it to actually *be* good. And as bread is a question of flour and flour a question of wheat we see that *wheat* is where we have to begin.

Gluten, starch, water and phosphates, are the principal component qualities of wheat. And in proportion as these qualities are more or less present is the wheat more or less valuable so far as *nutrition* is concerned.

The nutritive and bread-making qualities of wheat are the things that make it more valuable than rye or oats or barley or corn as human food.

The quality of nutrition, too, is what makes one brand of flour more valuable than another.

If it were not for nutrition

and bread-making qualities any flour would be as good as any other. We wouldn't have to care whether it was made from good wheat or poor wheat, from Spring wheat or Winter, from all wheat or part other cereals.

A chemist will tell you that ROYAL HOUSEHOLD FLOUR is *richer* in high quality gluten than flour made from low grades of wheat. And for *that* reason it is better for food, hence more valuable than ordinary flour.

And actual tests in your kitchen will tell you that it produces *more and larger loaves to the barrel* than ordinary soft wheat or blended flour, the reason being that flour made from hard Red Fyfe wheat is more expansive and more absorbent.

It is plain, common-sense that flour made from the finest hard wheat in the world and scientifically milled must produce the finest bread in the world. And it *does*. Try it. Prove it.



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More and more people are learning just how good beans are as an article of food. When properly prepared, properly cooked and properly served there is nothing better, more palatable and more nourishing.

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The SCRAP BOOK

William Balfour Macdonald R.N.

COMMANDER Macdonald has been serving as flag commander of H.M.S. *Victory*, stationed at Portsmouth, having been appointed to that position in February, 1907. He was also in command of the *Fire Queen*.

The appointment of Commander Macdonald to the Canadian Government, after his course on the *Brittania*, began his sea service in Canadian waters, joining H.M.S. *Royal Arthur* as a midshipman, when that vessel was flagship of the British squadron at Esquimalt. He was given promotion to a lieutenantcy at Esquimalt and went from there to British waters when the vessel was ordered home.

He has been appointed to the command of H.M.S. *Niobe*, recently bought by the Dominion of Canada to be stationed at Halifax, as the first warship of the new Canadian navy. The *Niobe* has just been refitted at the British naval dockyard and is now ready for her new service. She is expected to reach Halifax on or about July 10th.

Commander Macdonald has served with distinction in the Royal Navy, and was decorated by H. I. M. Kaiser Wilhelm of Germany on the Kaiser's last visit to England. Commander Macdonald was despatched to meet the incoming German cruiser with His Imperial Majesty aboard and reached the vessel in a dense fog. His clever navigation attracted marked attention by the German Emperor and he was awarded a high German decoration by the Imperial visitor.

Commander William Balfour Macdonald is a son of the late Senator John Macdonald, a native of Victoria, B.C.

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The Art Critic.

AT present in Canada we are trying to define the art critic, who, for some reason, hails from that every-man's limbs, the newspaper. The true critic must have leisure; more than the artist and if possible more travel. He should know the subjects depicted and the standard works of both native and foreign painters. He should have some literary style and a general knowledge of other arts than painting. In short—he is precisely the sort of man which at present we have not got.

Meanwhile, we have the greatest native range of subjects in the world—in Canada; past and present, landscape, history and industrial life. "Damn landscape!" said an old artist recently. But we shall prefer to go on doing and damning, conscious that our painters, while not mere transcribers of nature, have a vast and interesting land to interpret; and that in the exhibitions for 1910 we have the pastoral and the romance, the winter landscape and the summer fields, the immigrant and the gentleman, the line-man and the marine study, the legend and the hunter—and many more.

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Up-to-Date Convicts.

AMONG seven hundred convicts at the Western Penitentiary in Pittsburg, there are so many "gentlemen" who feel the social stigma of wearing the striped uniforms, that the authorities consider it advisable to abolish them—that is, in certain cases.

The following monologue is supposed to take place, upon the adoption of the new system:

Head Warden: "Good morning,

Mr. 99. Will you kindly step this way into the tailoring department? What do you think of this material? Will this style do? I assure you it's quite the latest. Of course it's now out of fashion to have pockets and as you see it's made very loose. Yes, the Hon. Mr. 212, the ex-bank manager, was measured yesterday and expressed his pleasure at the neatness of this plain grey. Yes, sir! Stripes are now quite out of fashion. Thank you. Here, Mr. 1294, kindly measure Mr. 99 for a spring lounge!"

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Shackleton Yawned.

THERE is a capital story now being told in club circles about one of the new knights, says an English exchange. At a semi-private reception given in honour of a famous explorer a week or two ago, a man with a poor memory for faces, and, in addition a little near-sighted, took a fellow member aside and spoke to him in a confidential whisper.

"You see that man standing by the door?" he asked.

"Well, I was talking to him a little while ago about the terribly cold weather we had last year, and he actually yawned."

The other smiled. "Do you know who he is?" he asked.

"No."

"Shackleton."

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Crossing of Seals.

THE phenomenal catches of Atlantic seals on the Labrador coast this season suggests an imperative duty devolving upon Canada so to protect and conserve our own herd as to make it permanent. This can only be done by domestication on a nature adapted to their habits and range of travel which seems to be more circumscribed than that of the fur seal of the Pacific—now nearly exterminated. Should it prove practicable to cross the two varieties upon each other, the result will be to immensely increase the value of our herd. Just now, when we are trying to close all causes of strife with our big neighbour, what a fine opportunity for an interchange of our respective breeds and introduction of protected rookeries on both sea-coasts of Canada? It will cost but a trifle to try it, and as Colonel Sellars was wont to exclaim, "There's millions in it!"

If the twentieth century belongs to Canada, let it be a century of peace and goodwill to all animated nature, not mankind only, but all the creatures under his protection should share in the benefits of peace and plenty. Are the fauna of the Arctic to be exterminated as the fish seem so threatened and many species of fowl already extinct? Only by conservation of our blessings, instead of criminal waste of God's gifts, need we expect them to be permanently maintained. If the 1910 catch of seals is computed at 600,000 without giving any food or shelter to the poor creatures and killing their young, what may it not become if domesticated and bred to highest capacity of quality as well as number? Compare the wild bee with the tame and our domestic animals with those running wild, and see in both animated and vegetable worlds how well it repays care and skill in their treatment. The results of the Alaska and Labrador reindeer are illustrations of what our duties and their possible rewards may be.

H. S. S.