

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.



Made in Canada

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

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



Most flattering, surely, BUT—
Well, I shall never telephone that lady again without wondering what comment follows the end of our talk.
Would you?
How people dare say things like that which they must know how they will be translated by people of discernment, I just can't see.
Who put a fool, after hearing a woman criticize everything about the member of the group who has just left, would not realize that the moment she herself got out of earshot, the same fire-tooth criticism would be applied to her.
There was a girl at college who was tremendously clever at making fun of people. She was so irresistibly witty that when she got started on one of her tees, we all laughed, even when we were ashamed of laughing. She was an interesting girl, a brilliant girl, a jolly girl in many ways, but she didn't have many friends.
Why?
Why, because even when we laughed and applauded, we trembled for our own skins. We knew enough to be afraid of her.

Everyone knows the type of girl who fills you with a delightfully confident air. She told me not to tell anyone this, but I simply must tell YOU about it, because I know you will appreciate it.
A few—a very few of us—have the strength not to listen to her violated confidences, but the majority of us listen, laugh, or are interested, thank her, and straightway set her down as someone whose pledged word we must remember to have no confidence in.
To me, the worst type of these folk who so cheerfully make the noise wherewith to murder people's trust in them, is the man who talks about other women he has known to the one woman with whom he happens to be in love at the moment.
He, doubtless, thinks to make himself solid with the new love by negating the old, but if the new love is any kind of a woman at all, he damns himself utterly as a person to be trusted.
It is a poor rule that doesn't work both ways, and what anyone, in the excitement of a confidential or affectionate or friendly moment, will say to you about another person, it's dollars to doughnuts that under similar conditions he will say to someone else about you.
Of course there are a few exceptions to this as to all rules.
But on the whole I think it's a pretty safe rule to go by, and that anyone of sense, whatever his outward demeanor towards such people, always mentally hangs a "Beware of the dog" sign upon them.

These quaint verses of the Nativity are translated from the old German by the Rev. R. L. Giles, and are published in the Christmas Number of the Vineyard, with illustrations. The two shepherds speak thus:
DAMON:
And I will give to the Baby fair
A gentle, timid, snow white hair,
Bold he will to the Cradle come,
And frisk and frolic and dance and drum.
HALTON:
And I will bring a doggie small
That will please the Christ Child best of all.
He dances well on his hind legs,
Fetches and carries and finds and begs.
DAMON:
I will bring a cock with plumage bright,
With crest and spurs like an armoured knight.
Half wild with joy the Child will go,
To see him flap his wings and crow.
ETHEL BLOUNT:
Always line a cake pan with medium-weight yellow paper. Grease the paper, not the pan, except the edges.
When roasting meat add just a few drops of vinegar to the water used for basting to make the meat more tender.
A spoonful of oxgall to a gallon of water will set the colors of almost any goods soaked in it previous to washing.

The Tenderfoot Farmer

It was one of these experimental farmers, who put green spectacles on his cow and fed her shavings. His theory was that it didn't matter what the cow ate so long as she was led. The questions of digestion and nourishment had not entered into his calculations.
It's only a "tenderfoot" farmer that would try such an experiment with a cow. But many a farmer feeds himself regardless of digestion and nutrition. He might almost as well eat shavings for all the good he gets out of his food. The result is that the stomach grows "weak"; the action of the organs of digestion and nutrition are impaired and the man suffers the miseries of dyspepsia.
To strengthen the stomach, restore the activity of the organs of digestion and nutrition and brace up the nerves, use Dr. Pierce's Golden Medical Discovery. It is an unfailing remedy, and has the confidence of physicians as well as the praise of thousands healed by its use.
In the strictest sense "Golden Medical Discovery" is a temperance medicine. It contains neither intoxicants nor narcotics, and is as free from alcohol as from opium, cocaine and other dangerous drugs. All ingredients printed on its outside wrapper.
Don't let a dealer delude you for his own profit. There is no medicine for stomach, liver and blood "just as good" as "Golden Medical Discovery."
To make perfect stew of tough beef cut it into small pieces, weighing about half an ounce, and cook for eight hours.
A chocolate sauce, such as is served with vanilla ice cream, poured over lady fingers, makes a simple and tasty dessert.

Christmas Makes Me Think.

BY REV. G. W. RIDOUT.

Christmas is the festival of the heart. It is when goodwill, friendliness, kindness and love prevail everywhere. The Prince in his palace, the peasant in his cottage, all alike feel at this time the thrill of warm feelings. It was the birth of the Christ that Christmas comes but once a year and when it comes away with selfishness and hatred, with harshness and unkindness, "Bring out the Wrong" King in Earth! Welcome the Wise Men from the East and from every clime who came in search of Him of whom Moses and the prophets spoke. "Hail, Thou Babe of Bethlehem! All Hail, Thou Christ of the Ages, the Desire of all Nations!"
Christmas is also a festival of recollection. It makes us think, and just now I am carried away in thought to the Christmases of years gone by. I can see Lash's windows and its lustre, the Christmas spangle with a window full of Christmas cakes decorated gorgeously, and Father Christmas adorning each one with his image, and Blackwood's windows and its lustre, they were to the boys—with wealth of spinning tops, and bugles, and drums, and a thousand other things. I have been in the great Xmas stores of Philadelphia, recently, and they are immense, but with all their charms they do not touch the spot like the Xmas shops of Water Street in the long ago.
Christmas makes me think of many things. Of history! It was when Mr. Nichols taught us in the Old Academy that we went over time and again, and turned the title of Anglo-Saxon History, namely, William the Conqueror was crowned King at Westminster on Christmas Day, 1066. Christmas makes me think of things the poets sang. Here Phœbus Carey as he sang:
Be merry all, be merry all,
With holly dress the festive hall;
Prepare the song, the feast and all
To welcome Merry Christmas.
"The time draws near the birth of Christ.
The moon is hid, the night is still;
The Christmas bells from hill to hill
Answer each other in the mist,
And Longfellow:
"I hear the bells on Christmas Day,
Their old familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, goodwill to men,
And Wesley:
"Hark, the herald angels sing,
Glorious in the newborn King,
Peace and good will to men,
God and sinners reconciled."
But beyond these things Christmas thoughts and meditations go deeper and they make me think of a poor, old, blind, and lame man brought to this sin-cursed world.
Christ came upon the scene of his man's woe and suffering and lived for himself but for others—giving us an example to follow.
A wealthy woman in New York follows his example by giving her life for the outcast. One day she got hold of a poor, old, blind, and lame man to Christ and then took her to her home to die. As Della was dying she wrote to her old friends—some in prison—about the "Savior" she had invited to come and see her. There was a constant procession upon the stairway of outcast women and men who came to see her. Before she died, outcast Della had led one hundred most hopeless men and women to Christ.
Christ's coming gave a new concept to life and duty. His teachings smite hard the idea that life is to gain all you can and keep all you can and serve self all you can. A servant of God died sometime since, and there was much sorrow, his funeral said one: "Those children sitting there weeping are the orphans of a friend. He gave them a home that crippled girl lived with. The little folks will overeat Xmas times. Don't fall to give them a CASCARET at bed time and help nature get rid of the overload. It will keep them well and lively."
Buy a 10c. box CASCARETS—week's treatment—and have it handy to use every night.
Xmas week.

Christmas.

BY W. T. H. SALTER.

We hear the tale repeated o'er
That quite two thousand years ago,
Within a manger mean and poor
The Christ was born.
And thus, when comes each Christmas Day,
We think of something far away,
As in a dream we hear men say
The Christ is born.
But nearer still than Bethlehem's vale
Within our midst the angels hail,
When love and peace in us prevail,
The Christ is born.
Could we but be sincere and kind,
Be just in deed and pure in mind,
Each day and hour we should find
The Christ is born.
When Mercy stretches forth its hand,
When Charity walks throughout the land,
When Faith and Truth mankind command,
The Christ is born.
Not 'mid ambition's noisy goals,
Nor where the sea of pleasure rolls,
But in the quiet of our souls
The Christ is born.

Little Folks Stuffed—LIKE TOADS

These holidays make a lot of sick folks—some of them awfully ill. In spite of all you can do, the little folks will overeat Xmas times. Don't fall to give them a CASCARET at bed time and help nature get rid of the overload. It will keep them well and lively.
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Xmas week.

The Shepherds' Gifts.

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Indigestion & Dyspepsia

In all its forms can be cured. It is quite a daily occurrence to hear persons say: "Oh, what a feeling of distress, stomach, heaviness and headache, I feel too tired to do anything I have no heart to exert myself and a pain in the pit of my stomach, no appetite, my heart beats rapidly or the slightest exertion. I feel just as tired when rising in the morning as when retiring to bed. My sleep is often disturbed, and I often awake with a sense of suffocation and a difficulty of again going to sleep. I have to be careful of what I eat, and my life seems a veritable burden."
Now, it seems a shame and a pity for persons to be suffering like that when it is in their power to get cured by taking a Bottle of Dr. Stafford's Prescription A. A sure cure for persons afflicted with stomach troubles. It can be obtained at
DR. P. STAFFORD & SONS,
Duckworth Street and Theatre Hill.
Small size, 25 cents; postage, 5c extra; large size, 50 cents; postage, 10c extra. Mail orders must be accompanied by remittance.—Oct 29, 1910.
When napkins or tablecloths become worn they may be utilized for bibs or soft towels for the baby. When made into bibs it is well to make them double.
A delicious stuffing for baked fish is made by browning a cupful of bread crumbs with a tablespoonful of butter, seasoning with salt, pepper and such herbs as one wishes.

is HEALTH and STRENGTH in every cup of

Children thrive on "EPPS'S" COCOA
is fine invigorating qualities suit people of all ages. Rich in cocoa butter, and FREE FROM CHEMICALS.
GRATEFUL AND COMFORTING

Our XMAS POULTRY

HAS ARRIVED, viz.:
TURKEYS, CHICKEN,
DUCKS, GEESE,
All selected Birds, and in excellent condition.

TABLE NUTS. New season's gathering, viz.: BRAZILIAN, ALMOND, BARCELONA, NAPLES WALNUTS.	Frutella, Table Dainty and Cream 10c. pkt. Manger Table Raisins, Shelled Walnuts, Shelled Almonds, Pure Gold Filings 12c. pkt.
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Farrows Garden Green Peas in Boiling Bags.

Plumson Custard, 4 pint pkt. 12c. Bird's Custard 12c. pkt. Christmas Stockings 3c. up Caly's Christmas Crackers, 7c. a box pp.	Broad Figs 15c. lb. Broad Figs 15c. box Seeded Raisins, 1 lb. box, 12c. Flavoring Essences, 7c, 10c, 15c. bot. up.
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Mas-De-La-Ville Non-Alcoholic French Wines,

grown, not manufactured, have them on your table for Xmas,
40c. and 50c. quart Bottle.
Grand Cremant (Champagne) 75c. quart.

Florida Oranges, 40 & 50c. doz. Almeria Cluster Grapes, Valencia Oranges, Golden Russet Apples.	Fresh Halifax Sausages, 10 lb. Parsnips 25c. 10 lb. Carrots 25c. 10 lb. Beets 25c.
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Stuff your Turkey with SEALSHIPT BLUE POINT OYSTERS—\$1.00 qt., 50c. pt.
Moir's and Ganong's Chocolates in large fancy boxes.

C.P. EAGAN, Duckworth St., & Queen's Rd.

WE'RE EASY!

Five Dollar Greenbacks are Burning Holes in Our Pockets
Do You Want One?
Save the Alphabet Cards in all Pound Packets of Union Blend Tea, bring to us and get the money

H. W. de FOREST TEA CO'Y.

RHEUMATISM Not Too Late. RHEUMATISM

DON'T WORRY any more about RHEUMATISM, but try a bottle of

Sloan's Liniment,

And watch what will happen by following directions. Orders flowing in every hour from North, South, East and West for the wonderful cure (Sloan's Liniment) bottle.
Price: 25 cents bottle.

J. J. ST. JOHN, Sole Agent, St. John's, East.

Swelled Head!

Is not affected by Magic Headache Powders, but a bursting headache yields almost instantly to the magic influence of this Headache Cure. Ladies in offices and stores find that one Powder gives immediate relief. W. T. COURTENAY, cor. Duckworth and Prescott Streets—deaf.

Fogota on Fire.

This morning at 4.30, a passenger on the Fogota named George Hutchings woke up to find smoke filling the stowage of the ship. He was almost smothered with it, and the watchman on the ship getting the smell of burning wood at the same time, on investigating found the stowage room on fire, and making his way in through the smoke found Hutchings lying in his berth over come with it. He quickly brought the man out on deck and arousing the rest of the crew despatched one of them for a doctor. Just as he happened to be passing near the premises when hearing the commotion ran on board and applying his knowledge soon revived the man. In the meantime the police were notified at the lockup, and Sergt. Mackey with Constable Lawlor and Supt. Dunn were quickly on board the ship, and a stream of water directed on the burning apartment soon had the fire under control. The place was badly damaged and the origin of the fire could not be ascertained.

Springdale School.

The annual prize giving took place yesterday afternoon at Springdale St. School. Mr. P. G. Butler, the Principal, was presented with an address and a walking stick by the pupils. After the reading of the annual report Mrs. Dunfield distributed the prizes. A vote of thanks was proposed by the Rev. J. Britton, to which Rev. Canon Dunfield responded in suitable terms.

Asaya-Neurall

THE NEW REMEDY FOR Nervous Exhaustion
Whipping an exhausted nerve system with alcoholic stimulants only shortens the road to physical collapse. The only remedy is Food, Rest and nerve repair. "ASAYA-NEURALL" is made and makes possible this cure. It feeds the nerves, induces sleep, improves the appetite and digestion; and soon full nerve vigor is regained. \$1.50 per bottle. Obtain from the local agent.

M. CONNORS.