CONTAINS

NO ALUM

MORE



Do You Bake Your Own Bread?

Everyone who bakes bread should know about my Cream of the West Flour.

I guarantee absolute satisfaction and I won't take money for less. A crust, brown, crisp and sweet; a crumb, white, light and even. Get a barrel and bake a batch or two.

Cream the West Flour

the hard wheat flour guaranteed for bread

If you don't have success with your bread after a fair trial bring back the flour left over and your grocer has our authority to refund full purchase price.



R. G. ASH & CO., St. John s, Wholesale Distributors

Or a Question of Luck.

BY B. SHIRLEY.

(To be continued.) "And factory wages may keep of but they won't keep two. I and Nelly 'll rub along somehow. But one thing I'm determined on, I won't have that bureau about the house any longer Nell shall bring the things down to me, and I'll look 'em over and send 'em to the missionaries-Mrs. Mickle is getting up a box to forward to Hong Kong-and we'll have the old bureau split up for firewood; and then we'll start fresh.

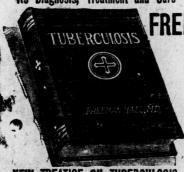
"But, aunt," cried Jo, with a little hysterical laugh, "what on earth de you suppose the missionaries can do with satin brocade dresses and Irish lace?"

"Satin dresses? Lace? How do you know there's any such things in Adeline Gapwood's bureau?" exclaimed

"I-I don't know," she said, hur riedly. "I only supposed it was likely. The Gapwoods were very rich in the old days, I've heard."

"Well, you're wrong in your sun poses." said Aunt Keziah, sharply, "I haven't opened the bareau, but I guess

Consumption Its Diagnosis, Treatment and Cure



NEW TREATISE ON TUBERCULOSIS By FREEMAN HALL, M.D.
This valuable medical book teils in plain, simple
language how Consumption can be cured in
your own home. If you know of any one suffering from Consumption, Catarth, Bronchitis,
Asthma or any throat or lung trouble, or are
yourself afflicted, this book will help you. Byen
if you are in the advanced stage of the disease

more in their line. Take care, Nell; ou're burnin' that bread. And you may light the lamp, Josephine. About that bereau, I've thought the thing well over, and I've made up my mind." It was on the subject of the old bureau from Gapwood Hall that Nell and Jo were whispering to each other after they were in bed for the night. The truth was that Jo had managed to open the drawers with a chance key and had abstracted, one by one, the pretty, old-fashioned silks, satins and laces which Adeline Gapwood had worn when she was a young beauty, to be made over for her own benefit. For Jo was flying at high game. She had become acquainted with the modiste who waited on several aristocratic families. She had leit the factory to help Madame Duquesne, and had attracted the notice of the pretty daughter of one of the wealthy customers, to whom she was

now companion. In face, she was

Keziah wouldn't understand at all the

of course to keep up at all in such a

position as this, one must dress de

quaint confession. So that one day,

a week or two afterwards, when Jo

"It's the key that came with the

"Then take the screw-driver," said

the old woman, "and force 'em open."

"I-I'm afraid of the ghost," she fal-

like it. Besides, it's so dark up there'

-poor Nell, in her flurry, had forgot-

ten all Jo's plausible suggestions -

"and something rustles in the corn

"Take the candle," said Aunt Keziah.

"She won't-perhaps she won't

"I- can't unlock the drawers.

Still Nelly hesitated.

thing.'

irto a full-fledged town butterfly.

MRS. GREATON'S AWFUL **EXPERIENCE**

Lydia E. Pinkham's Vegedear, wooden-headed old thing. And table Compound Made

cently. Nell, listen to me, I'm going to confide in you. I'm almost engaged Natick, Mass. - "I cannot express to the dearest fellow in the world. what I went through during the change must be bright and pretty in his eyes of life before I tried shall lose him. There are half Lydia E. Pinkham's dozen other girls after him. O Vegetable Com pound. I was in such Nell, Nell, you will help me?" nervous condition Nell, carried away by the exigency could not keep still. f the case, capitulated, and the two My limbs were cold fair conspirators had just abstracted had creepy sensa the last old Empire-fashioned dress tions, and I could not of creamy damask, brocaded with blue leep nights. I was forget-me-nots, on the morning of the day in which Aunt Keziah made her

physicians that I also nad a tumor. I read had gone back to London, and the old woman called loudly for the contents of the bereau to be brought down, and friends declare it has worked a mir-"It ought to fit," said Aunt Keziah.

> TON, No. 1 Jefferson St., Natick, Mass. critical periods of a woman's existence Women everywhere should remember that there is no other remedy known to so successfully carry women through Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confibe opened, read and answered by a woman and held in strict confidence.

be two of us then. Of course it's dark his time of day-and there's a lot of old newspapers under the windows hat always rustles when the wind is rom the east. I'll have 'em taken

away. Slowly up the wooden winding stairs came Aunt Keziah, with her flickering candle Nell, standing in the semilight beside the bereau, looked almost pale enough to be the genuine ghost article-and at the same moment a nuge brindled cat darted across the garret floor, directly under the old voman's feet. Nell uttered a shriek, Aunt Keziah, in her panic, dropped the candle into a basket of flimsy stuffs, and the next instant the room was

"Well," said Aunt Keziah, as she sat a neighbour's doorstep, with the eat in her lap, "there's got to be an end to everying; and now that that old ureau's burnt, with all it's contents, ve got rid of my ill luck at last."

"Ves" sobbed poor Nell: "but you've ot rid of your house and barn and all he money you'd just drawn out of the savings bank, too; and what are we to

"We'll go to Jo. Jo'll put us in the way of earning something. I'm not so old but what I can sew a few and p'r'aps Jo can get you a place in he factory when the burns on your

nothing. It was very strange that Jo had made no response to the letter Aunt Keziah had written detailing their sad condition. Could it be that Je was really as selfish and calloushearted as people whispered? The neighbours shook their heads and recalled old circumstances which served apartment. to illustrate their theory; but Aunt Keziah would not believe them.

"Jo's got a good heart", she said. 'Maybe the letter wasn't directed right. I'll write again." But as the days crept up, and still

no answer came, Aunt Keziah made up her mind. "Letters are no good," she 'Pack the carpet-bag, Nell, We'll go ourselves. We can't live here on

neighbours' charity no longer." The same day there came a telegram from Jo, saying "Come," and enclosing her address.

"Eh?" said Aunt Kezah. "Not this big house! But p'r'aps Jo rents a

The marble-payed hall was bright with soft electrc flames and fragrant with cut roses and heavy-headed liles. A white capped maid-servant ook the old lady's bag and umbrella "Does Josephine Jarville live here?"

A tall, slim vision in pale-blue silk, all sparkling with jewels, rushed forward and clasped the old woman in

"It's me. Aunt Keziah-Jo!" she cried. "This is my own house, and ney wedding trip, and this"-drawing forward a tall, handsome young manis my husband, George Fragsonby. George, tell Nell and Aunt Keziah how glad you are to welcome them home. Mr. Fragsonby beamed graciously. and declared that he was glad to wel-

"Married!" stammered Aunt Keziah!

During Change of Life—How Her a Well Woman.

one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a well woman. My neighbors table Compound is worth its weight in gold for women during this perod of life. If it will help others you may publish my letter."—Mrs. MARION SWEET GREA-

Change of Life is one of the most





a hired gal-"Three of them," laughed Jo, "be sides the coachman and the butler!"

TORONTO, ONT.

sible!" cried Jo: "and aunt, let me tell vou a secret: I never, never should have been married if it hadn't been for those lovely old dresses that stole out of the Ganwood bureau both of you, and get ready for dinner. "Don't you have dinner at noon? asked her aunt, in surprise.

"No: at seven." laughed Jo. "Oh "Nell," said the old dame, after long

"Yes, aunt," replied Nell, from the

dioining room. "I've changed my mind," said the old woman; "I've come to the conclusion that dead folks' belonging's aren't so dreadfully unlucky after all I begin to feel sorry, the old bureau was burned up after all."

"So am I. aunt." aid Nell, scarcely knowing whether to laugh or cry; "but new that Jo is so happy and we are so comfortable. I don't think it mat-

The Ladies of St. John's May Now Grow Beautiful Hair.

McMurdo & Co. backed up by the nanufacturers of SALVIA the Great Grower, guarantees, it to grow hair. SALVIA destroys Dandruff in ter

The roots of the hair are so nourished and fed that a new crop of hair springs up, to the amazement and delight of the user. The hair is made soft and fluffy. Like all American preparations SALVIA is daintly perfumed. It is hard to find an actress who does not use SALVIA contin ually. A large bottle for 50c.

On Second Thought.

BY JAY E. HOUSE.

The professional skill of the sur geons who in searching for his false teeth, made an incision in the stomach of the plaintiff, was of a high order. But their prognosis was wrong. They should have looked in the bottom o

If you are a prize fighter you ge your share of the purse win, lose or draw. But if you are merely a worker vou must win.

When Leonidas Featheringham was parried, a few months ago. Enh Wiley redicted that, within a year, Mrs. eatheringham would have him eating ut of her hand. Possibly you are one those to whom Mr. Wiley made the prédiction. Well, the neighbors say Leonidas not only eats out of her hand but perches on her index finger.

You probably have noticed that Woodrow Wilson has the long, sad face that goes with being a Demo

ne time to kiss a woman is when op portunity presents itself. Hack is ong since dead, but his system ever been improved upon

Don't hurrah for anybody. o much noise as it is.

It is our notion that the Missou rakeman who married three wives in pid succession can not be too severe condemned. Two wives are enough any brakeman. For that matter, wo wives should be enough for a conductor.

In novels and on the stage the mar early always marries the right woman. In real life he succeeds in doing so about half of the time. You will have noticed that the man who operates on the theory that a sucker is born every minute nearly always has plenty of money.

CURED AT ST. ANTHONY .- Two men named Clarke and Preddell arrived from St. Anthony by the Prospero last evening. They belong to Conception Bay and had been at the special treament for serious ailments

MAN'S FRIEND.

erican Revolution with a crooked

BY H. L. RANN.



sisterhood is close corporation of undaunted females who refuse to associate with anybody who is not a sorority which happens to be i a haughty mood than it is break into the Daughters of the

The Sorority

family tree and a jimmy. Nobody is unless she can throw the Greek a phabet three times in succession without tying her tongue in a double bow knot. Every sorority has a form of imitation which is calculated to throw a series of cohesive chills into a timid necessary to initiate anybody into a leaves the applicant in a very mellow a sorority sister becomes able to translate the first book of the Iliad so tha anybody can tell it from that immorta epic. "The Man With the Hose." sh is admitted to full membership, given the semi-annual password and allowed to make the fudge. The order of business at a sorority meeting is as follows: Physical culture with the cogitation in her pink and gilded Greek language and the horizontal bar; admission of candidates wh agree not to reveal the secret work of the order to anybody but those with whom they come in contact; balloting on vestal virgins who have foresworn matrimony on account of old age hoisting the grand hailing signal of distress for the benefit of sisters who have everything ready but the tulle veil; remarks for the good of the order relative to the ring service an the subjugation of the male sex; adjournment, both sine die and sin hope. The average sorority is equip ped with a jaw-breaking ritual which makes the literary efforts of the Ku-Klux clan read like a Sabbath school leaflet, and it exercises a very wholesome influence upon the talkative pro

pensities of the membership. A Simple Treatment That W Make Hair Grow Now Sold in St. John's.

McMURDO & CO., HAVE IT

Every up-to-date woman should have radiant hair. There are thousands of women with harsh, faded, characterless hair who do not try to improve it.

n England and Paris women take pride in having beautiful hair. Every Canadian woman can have lustrous and luxuriant hair by using SALVIA, the great American Sage

Hair Tonic. Every reader of the..... have an attractice head of hair in a few weeks by using SALVIA.. All first class druggists sell a large

bottle for 50 cents, and guarantee i to banish dandruff, stop falling hair and itching scalp in ten days, or money back SALVIA is a beautiful, pleasant

TOURIST TRAFFIC FALLING OFF -There is a marked decline in the

on-sticky Hair Tonic.

tourist traffic this season from New York by the Red Cross Line ships. Up to the present the number of travellers is considerably short of last year. The cause is said to be the Titanic horror and the fear of icebergs in the vicinity of Newfoundland.

NEGRO SIGNED ON .- The seventeen-year-old negro who came here from Trinidad as a stowaway on the Lake Simcoe has been signed on the vessel by Captain Wilson, as he is

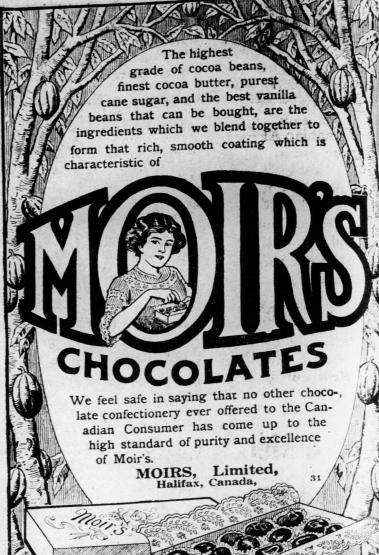
Muscles Useless Without Nerve Force

Perhaps you are not quite clear on relation of the nerves to the rest of the body. Through the nerve fibres which extend through countless branches to every nook and corner of the human system is conveyed the motive power which operates the various organs.

There could be no breathing, no beating of the heart, no flow of the digestive fluids, no action of any muscle or organ of the body without Consequently, when the nervous system becomes exhausted there is complete collapse of the body, the different stages of which are described as nervous prostration, locomotor ataxia and paralysis

The time to use such restorative treatment as Dr. Chase's Nerve Food is when the headaches, sleeplessness, indigestion and other warning symp Conception Bay and had been at the Hospital at St. Anthony undergoing sistent treatment is then sufficient to special treatment for serious ailments. restore health and vigor.

Dr. Chase's Nerve Food, 50c a box, 6 for \$2.50, at all dealers or Edmanson, Bates & Co., Limited, Toronto.



BY RUTH CAMERON.



carried to excess, us. even more of it?

surface. I am thinking to-day especially of

nest beautiful quality. I preach it, your mood was always loudly each it and try to live by my own on you to rejoice with him preaching a n d teaching. Indeed, good fortunes. Now there the devil is dead" is one of my favorite and sorrows on other people mottoes. And yet I have seen even not such a thing as obtruding one's ontimism gone to seed and bringing enthusiasm and good fortune forth thorns instead of fruit

There are some people who are them that do rejoice," it adds what I call offensive optimists. In an plement, "and weep with the office where I used to work there was | weep." It does not advise most exaggerated example of this and tactless optism that per type. Mrs. R. was an optimist from rejoicing, and in asking others the word go. Day after day she used i joice with you, no matter what to come into the office in the morning state of mind or their private tre in a perfect fervour of enthusiasm and delight over her own affairs, and ad-

dress us something like this: "I am so happy this morning. rich uncle has just sent me the love. liest bracelet from abroad," and then would follow a lengthy description of this wonderful bracelet, its probable value, her uncle's wealth, some of his former gifts, etc., etc.

Or it was, "Oh, girls, Jim (her hus band) is going to buy me the handsomest gown, one we saw in the win-

Offensive Optimism.

Is there a n y dow. He says I haven't had a virtue, I wonder, fit to wear for an age" - she wh which, when car- dressed infinitely better than any of does not become Or "My dear isn't it p

a vice, or at I am to have a raise in pay the first least a defect? It of the month. I am so happy Aren't seems to me that you glad for me?"-wasn't that asking the old Greek a good deal when she knew that she motto "nothing already received twice as much in excess" has most of us, and knew that

wisdom in it than I have known pessimists who wo appears on the on my nerves, but none any mo grating than this offensive optimis

Surely you have known son otimism. Optimism is certainly a her type, someone who, no mat

times when, although I'm glad for I don't feel just like hearing all my neighbour's wonderful goo man nature, but I certainly many other folks who sometimes

Football.

FEILDIAN VS. B. I. S.

Field last evening and the attendance was the smallest for the season. In terest in football is decreasing. When the teams lined up the B. I. were two men short and their oponents played with ten men. After about five minutes from the opening Pinsent scored for the Feildians, and

before half time Lush notched up the

sceond goal. Changing ends it looked as if either team wanted to score; combination was out of the question, tripping over the ball and falling down was frequent, while it was only at persons in middle life intervals that a player would kick the ball the length of himself. The en-

tire happenings created no little amount of amusement to the on ookers. The last ten minutes of play nowever there was a decided change. Keeting for the B. I. S., showed up well and was instrumental in getting condition goals. The game ended thus: -B. I. ., 3; Feildians, 2.

Mr. F. Brien was referee.

TWENTY-FIVE WHALES .- The whaler Cabot which came here from healthful working of the organs of digestion. One pill a dose, 25c a box, at all dealers or Edmanson, Bates & Co. Limited, Teronto.

\$600 BEHIND .- The footbal These teams met on St. George's year. The figures show a diffe

Gorging Is Suicide

In these words a prominen uate of Harvard Medical School Moras, M.D., calls attention to habit of "overeating," which is result ing in the shortening of so many

Every day you read of deaths of acute indigestion, peritonitis, appendicitis or Bright's disease. All of which result from overcrowding the

The liver gets sluggish, the bowels system is poisoned by the fermenting

You can overcome this poisoned condition by using Dr. Chase's Kidney-Liver Pills. Then turn over a new leaf and eat less, particularly meats, pastry and highly-season foods. One kidney-liver pill occasio

70 baskets FRESH RIPE CHERRIES, only

25c. each.
Ripe Tasmanian APPLES 30c. dozen.

Jamaica Oranges, Sweet and Juicy, 30 and 40c. California ORANGES, Large, Ripe Fruit, 45

and foc. doz. BANANAS. Big Bananas, 35c. dozen.

New Vegetables.

New Beets, New Carrots. New Radish, New Turnips, New Turnip Tops, Nova Scotia Cabbage P.E I. Potatoes.

Soper & Moore

Here and There.

Dr. G. N. Murphy's Office will ! closed from August 1st to August 28. july20,7i NEW SILVERWARE. - Handsome

new designs, best makes, just opening,

at Trapnell',s, 197 Water St.-jy18,tf HAS BEEN EMPLOYED. - Const Carnell who left the police force yes terday will go to work in the roun ouse of the Reid Nfld. Co.

The Annual Garden Party in aid o Monut Cashel Orphans will be held or the grounds of the Institution of Wednesday, the 31st, inst,-july20,11 EVELYN ARRIVES. - The sch

bringing a cargo of molasses for ORGANS. - The famous Needham Organ-sold in tens of thousands ci

Evelyn, Capt. Burke, 26 days from

Barbadoes, reached port last evening

PETTY HARBOR FISHERY .- The trap fishery at Petty Harbor promise to be very successful There are traps out there and they get dail; from 20 to 30 qtls. To date these have landed from 150 to 200 qtls. of fine co

and see them. CHESLEY

HAD GOOD FISHING .- At Low Island Cove Mr. John Snelgrove an well with their trap to date. The have 250 qtls. cod under salt, are still taking fish and are high liners in that

and the good work still continue

FLORIZEL SAILS .- The S.S. Floriook a small outward cargo of fish These additional passengers are booked to go:-Messrs. Winsborrow, Em mons, Yorke, Allan, Metmore and six

Ask your Druggist for SERRAVALLO'S TONIC (Bark and Iron Wine) Cures:

Delightful Taste. SAGONA'S PASSENGERS. - The Sagona left here for Labrador at 6.30 Miss Watts, W. B. Cowart and wife,

C. A. Jerrett and Mr. and Mrs. Miller

ANAEMIA, CHLOROSIS, DEBILITY.

and children. INTERBRIGADE SPORTS. - The ter - Brigade Coronation Sports ommittee met last night and repor d all matters finalized and ready for ednesday next on St. George's Field he preliminary football fives and tug-of-war contests will be run off londay evening next. They are ar anged as follows: Football-High landers vs. C. L. B.; C. C. C., bye. Tug of War-Highlanders vs. C. L. B.

C. C., bye. GOING FOR FORTUNE.

Some time ago the Telegram ex lusively announced that Mrs. Thos. Clancey, of Maxse Street, this city and her brother, Mr. Wm. Doyle, had been left a large estate by a deceased cousin in New York named Harris McGregor. It is valued at \$100,000 we learn, and Mrs. Clancey who is the wife of Sanitary Inspector Thomas Clancey, left by the Florizel to-day to claim her share of the estate.

MINARD'S LINIMENT CURES GAR-GET IN COWS.