

NY.

brics.



THE EVENING TELEGRAM, ST. JOHN'S, NEWFOUNDLAND, MAY 16, 1913-2

When I Studied Flour

TIKE many other women, some of the things I have used most I have known least about. Flour is one of them.

When I studied flour, I was surprised to learn that only about 72% of a grain of wheat is fit to go into flour ; and only about 40% goes into Rainbow Flour, which is the very best flour made.

That is why it pays to remember the name of the most carefully made flour and insist on

having it.

I heartily recommend Rainbow as being all that a good flour should be.

The great difficulty of the miller is to separate perfectly the waste particles from those that belong to good flour.

If he is too zealous he takes away much of the good gluten without which flour will not raise properly. If he is careless he is not particular about leaving in some part of the five skins, the germ and the "crease dirt," and the fibre. His make of flour would be impure, bad in color and poor in keeping qualities.

It is only the expert miller who can make perfect flour.



MAKES GOOD BREAD

QUALITY At grocers'. In 7-lb., 14-lb., 24-lb., 49-lb. and 98-QUALITY lb. bags and in barrels. Canadian Cereal and Flour Mills Limited, Toronto, Canada Makers of Tillson's Oats-Rainbow Flour-Star Flour



Westlake's body had been brought home, and was buried, and the world, seemingly none the poorer for its loss of "this, our sister." was gliding on in its accustomed way. To Cynthia, as she gazed out of the

house in Belgrave Square; for Lady

Asthma Catarrh

belong to the

After greeting the two

moment, with the

window on the familiar square, the whom she had been at once of amusement and a scourge. To many of her acquaintances-for

the Griffin had no friends-her death

came as a positive relief; but Cynthia

had no room for anything but tender whom Cynthia expected. feelings toward the woman who had orton the Westlakes' lawyer. ccording to the lights afforded by her social code, done her best for the girl she had adonted. Cynthia forgot all she had suffered at Aunt Gwen's hands, and remembered only the od asional, spasmodic kindness. Even if Cynthia had known of Laly Westlake's conspiracy with Lady ristocracy young neonle he went to the table Alicia, which had separated Cynthia

and arranged his papers. from Darrel, she would have found it Lord Spencer Standish was the next possible to pardon her; for death o arrive: he looked rather more rakwipes out all offences ish than usual in his mourning suit Her thoughts were turning to Darand he brought with him an odor of el, as the dove turns through storms the strong cigar he had flung away as and stress of wind and weather to its e entered, and the stiff whiskey and Supley opened the door rest. when

soda he had taken at the club to brac and in the sepulchral tone which he him for the occasion. had assumed since his mistress' death A distant relation of Lady Westnnounced Mr. Percy Standish. ake's, a cousin who had long looked As he came across the room to her orward to vnthia felt a thrill of vague appre ope that some crumb from the table ension for his face was so haggard her august relative might fall to and drawn, so absolutely colorless er share, entered, in company with a hat he had the appearance of a man still more distant cousin-a remote n the verge of a serious illness. And Standish-inspired by the same hope he apprehension was intensified by Cynthia whispered to Supley to call he touch of his icy-cold hand.

"You have got back, Percy?" sh





In each of the past four years the Canada Life has earned a LARGER SURPLUS than ever before in its history.

Charles of the second sec

1

₩₩₩₩₩₩₩₩₩₩₩₩₩ ₩

Favorable mortality, and low expenses. the result of good management, have helped.

C. A. C. BRUCE, Manager, St. John's.

We own and offer for sale in lots to suit purchasers, a block of Harris Abattoir

Company, Limited,

6 per cent. Bonds, due 1st February, 1928. Interest is payable half yearly, 1st February and August. In denominations of \$100, \$500 and \$1.000.

The Bonds are secured by a first mortgage on all the property and other assets of the Company. These assets are valued by the Canadian Appraisal Company at nearly three times the amount of the bonds outstanding.

Net Profits over a term of five years average nearly four times the amount necessary to pay the bond interest.

Price 100 and accrued interest, yielding a full 6 p.c. on the money invested. Circular giving full particulars will be sent upon application.

F. B. MCCURDY & CO.

MEMBERS MONTREAL STOCK EXCHANGE.





ment made at Maunder's. Our assistant cutter and foreman tailor have just arrivd from New York. where they have been studying the very latest in Cut and Style, and how it is done.

> Remember, we have the largest selection of up-to-date tailoring goods in the city Come right along and have the "Maunder make." Certainly some style.

> > JOHN

MA UNDER.

281 and 283

Duckworth Street.

TO THE TRADE and OUTPORT DEALERS.

We stock this season the largest and most varied as-sortment of Dry Goods from the English and American

The outport dealer will find it to his advantage to con-sult us about prices before going elsewhere. See our special line of JERSEYS and CARPETS.

Duckworth & George's Streets, St. John's, Nfld.

I STATE TELEVISION OF THE STATE OF THE STATE

SLATTERY, Slattery Building,

PHON 522.

put in the goods.

tes, then squeeze the dirt out of them, In hanging up a washing, be sure veted in the interest of all residents softly, and rinse in several waters. to put clothespins in where they will The final one should have bluing and to leave a mark. Shirtwaists should have bluing and the act leave a mark. Shirtwaists should have bluing and the mark in the interest of all residents of congested districts such as the one above named; this will give the burrows—Text Book of Club Swing-The final one should have bluing and any leave a mark. Shirtwaists should just a dast of boiled starch to stiffen be hung from the bottom and skirts sanitary staff ample time to remove the lace. from the belt.

Country housekeepers can dye ar-Cereals with fruit make very econoticles in beautiful shades of fast mical luncheon desserts. The cereal judging from the immense piles along brown by drying and using the green should be moulded and smothered in and brown lichens from rocks, trees fruit—either fresh or stewed in a and fences. Boil the moss in water syrup.

Beeswax and salt will make rusty Hence, as your article suggests, the to more than cover it. Strain and flatirons clear as glass. Rub the irons proverbial "germ" will be given full An excellent tea punch is made of a first with a wax rag; then scour with time to increase and multiply. Bad quart of freshly made tea and a cup a paper or cloth sprinkled with salt. of lemon juice, sweetened. Put this in Tulle veils that have become limp a nunch howl with cracked ice and may be pressed with a warm iron add tiny bits of pincapple, strawber- being careful to put a layer of thin ries and slices of bananas, and serve. muslin between the tulle and the iron. To bleach handkerchiefs, add some Orange salad is made of the secslices of lemon to the water they are tions of the peeled oranges, mixed boiled in. Another method is to wash with sliced celery and broken nut the handkerchiefs and then soak them meats. Serve on lettuce with mayonover night in water with a little naise.

cream of tartar in it. Some people like their potatoes to People who do their own butchering will find that the fawn-colored skin pinch of sugar at led (as well as salt) of a calf, properly tanned, will make a to the water while boiling.

Suffering Humanity Finds

that relief must be found for the ills which may come any day.

-else suffering is prolonged and there is danger that graver

trouble will follow. Most serious sicknesses start in disor-

ders of the organs of digestion and elimination. The best cor-

rective and preventive, in such cases, is acknowledged to be

This standard home remedy tones the stomach, stimu-

lates the sluggish liver, regulates the inactive bowels.

Taken whenever there is need, Beecham's Pills will

spare you hours of suffering and so improve your

general health and strength that you can better

resist disease. Tested by time, Beecham's Pills have

proved safe, certain, prompt, convenient and that they

Always Lead to Better Health

Prepared only by Thomas Beecham, St. Helens, Lancashire, England, Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

"Clean-Up Day" would be "solely" de-

all rubbish from these places within two days, for as it now appears, some of our principal streets and onposite palatial residences, the work of removal will take at least a week. dow, 80 cents.

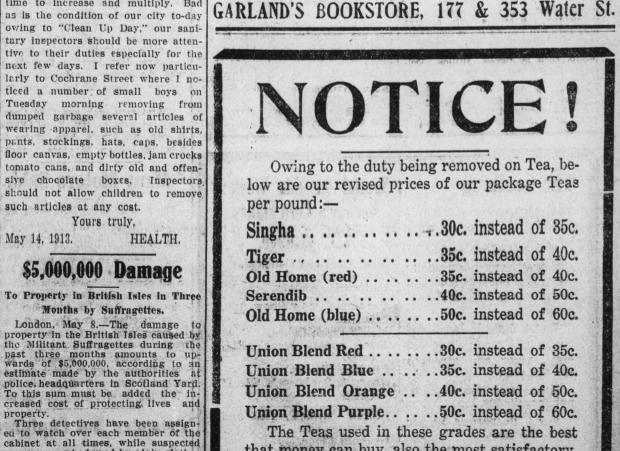
Tricks and Tests of Muscles, 35 cts. 35 cents. Spalding Official Cricket Guide, 30 cts.

ing, 35 cents. My System, by J. P. Muller, 75 cts. Jui Jitsu Tricks, 12 and 30 cents Saxon Book of Weight Lifting, 35 cts. Tricks of Self Defence, 35 cents. Non-Com. Officers Guide to Promo-H. Andrews on Massage and Training, 35 cents. Cameron on-Association Football, The Practical Cricketer, 35 cents.

Scientific Boxing by Burns, 75 cents. Boxing and How to Train, 30 cents. Strength and How Obtain it, by San-Scientific Wrestling by Bothner, 30 cts. Complete Wrestling, Hackenschmidt, Strength and Health, by Sandow, 30c. 75 cents.

T

R



that money can buy, also the most satisfactory, being packed in lead-lined air-tight packages.

Give them a trial. HARVEY & CO.

ing after they are washed.

ASK FOR MINARD'S AND TAKE NO OTHER.

persons are shadowed by plain clothes

men and all public buildings have

Before using cake tins, rub them

well with lard and heat them in the

oven. This prevents them from rust-

been placed under special guard.

such articles at any cost.

May 14, 1913.

Yours truly.

Months by Suffragettes.

and

heap

street.

da Life

n ever

the re-

ager,

SON urance Agent.

ntity of

1,1,0

EGRAI

P 0. Box 236

markets yet held by us.

· · · · · · · · · · · · ·



