An Interesting Calculation

TIERE is an interesting calcu-

I lation for young housewives

or old ones for that matter. A pound

of the best bread in the world made

from ROYAL HOUSEHOLD

FLOUR costs less than four cents.

A pound of the best beef steak costs

25 to 30 cents. Yet a

pound of bread made

from ROYAL HOUSE-

HOLD FLOUR contains

of pork, or two pounds of veal.

by actual units of health and strength,

Whether figured by the pound or

is the most economical food in the world.

all the bread they can eat at all times.

Especially is bread made from ROYAL

HOUSEHOLD FLOUR good for growing

children. They can't eat too much of it. For

their general healthy growth and development, it

furnishes an almost complete food. As a matter

of household economy, children ought to be given

HOLD FLOUR will sustain life longer than

animal food. It is extremely rich in high quality

gluten which comes from the best Red Fyfe

Wheat — the finest in the world. This large

percentage of high quality gluten is what makes

ROYAL HOUSEHOLD FLOUR so much better

than ordinary flour. Red Fyfe Wheat is known

the world over for its richness in high quality gluten.

Statistics also prove that ROYAL HOUSE-

more working

energy than a

pound and a half

of beef steak.

Or three pounds

bread made from

FOURTEEN CALLS

eight hours received by our Employment Department on Wednesday, July 6th, indicate the chances we have for placing competent young in good office posi-We cannot supply half the calls we receive for lack of material. If you want a good training and a good salary when ready, attend our school. Central Business College, Toronto. W. H. Shaw, Principal. Free catalogue mailed on request.

\$2,500 SALARY

hardware clerk at \$8.00 per months' training in one of our branches and two years' pany made the difference. The difference between the

g men and the little men, ssful-is only a difference ftraining. We have transormed thousands of little men into big men.

NO VACATION

ENTER ANY DAY

Peterboro Business College

Young Ladies and An Automobile

Disastrous Results

The daring venture of a party of young ladies to drive an automobile had surprising results, disconcerting not only to the would be chauffeurs, but to a couple of onlookers who Were nearly run over.

While the gentlemen accustomed to guiding the car were enquiring the direction to a nearby village, at the Endsay garage, and had left the mathine facing the river in the rear of building at Kennedy's wharf, one young lady, thinking it would be interesting to try to turn the motor for departure, touched the buton and started the engine. Now, as well known, every car has three, m at least two speed gears, the lowone being generally used for tarting, and the engine gear haptened to be put in mesh. So speeding the engine to a modest roar, and the steering she dropped in the clutch. or an instant the wheels slipped, and then like a flash the auto sped or the river. Only a thin board paration barred the way. One imped, the other clung to the car, ecause she couldn't let go. bey didn't go into the river. Luckily he flooring of the coal bin, through hich they were rushing to the river, is rotten and the wheels crashed through and could not climb the logs ed for supporting it, Sullenly the f flung clouds of mud and dirt, but ould go no further. It was just two et from the river. Nothing except a amp glass was cracked, but it took

r people to get it back when it had

e of the ladies, as she sadly seated

tarted. "Let George drive,"

(Special to The Post.) Mrs. Ed. Prouse and childreo, Miss engineer. ora Adair and Mrs. George Adair QUICK WITTED HEROISM. Fort William, are visiting at Mrs

and Mr. J. McSweyn, B. C.

Mr. and Mrs. Fred Edwards were a few years ago. in Toronto on Thursday.

Miss Emma Oliver and Bruce Oliver, of Sunderland, are visiting Mrs. J. Ruan.

Mrs. R. Howkins is visiting friends at Beaverton this week.

Mrs. Warrum returned from Toronto on Saturday.

Miss Bell Cameron, of Beaverton, is visiring friends here this week. Mr. J. R. Grimston, and Mr. New-

ton Peel, of Lindsay, were the guests Mr. W. Moore over Sunday. Mrs. W. Thomas is visiting friends

at Greenbank this week. Mrs. C. Caverley entertained a few young ladies on Tuesday afternoon. Miss J. Green has returned from

visiting friends at Fenelon Falls. Mr. Hugh McKay had a successful barn raising on Friday. The young people enjoyed a hop in the evening. Saturday with Miss Alice Campbell at Mr. Campbell's ranch.

A number of young people enjoyed a picnic to Jackson Point on Wednes-

We understand that the Sunday school excursion to Midland has been cancelled on account of the strike on the G.T.R.

Mrs. T. Westlake visited at Mrs. George Robinson's, Lindsay, for few days this week.

Miss Lillian Campbell is visiting Miss Anna McLaughlin.

Mrs. D. McLaughlin entertained a number of friends in honor of Mr. and Mrs. J. McKay, of Minneapolis,

Heroes Among The Engineers

No man eludes death oftener or more narrawly than the locomotive engineer, says Mr. Thaddeus S. Dayton writing in Harper's Weekly. On a Interimented With Car With Almost fast train the danger threatens and is gone in a fraction of a second. He goes on to tell of some of those "close calls" which every engineer must reckon as a day's work. There are a few cases, we are told, when Providence steps in and averts a disaster which seems inevitable.

The most remarkable Instance of this sort happened many years ago on a railroad in eastern Missouri. The bring the train to a stop by ordinary story was told recently in the official organ of the Order of Railway Con. ductors.

point about fifty miles distant. Although the sky was cloudless the excursion started, the had not proceeded more than half way when a thunderstorm broke. The of the rails and he slowed down to about 35 miles an hour.

switch just ahead was open. It meant a terrible disaster. He closed instant.

help us all!"

terrific crash of thunder which came simultaneously with a flash of lightning that seemed to strike the ground just ahead of the engine. The thing they knew they were past station, still riding safely main line rails.

The train came to a stop and the engineer and conductor hurried back to discover what had happened and how the train had passed the switch. They found that the lightning had struck squarely between the switch and the rail and closed the

is "a tale of quick thinking heroism"

We are told of an engineer, whose Mrs. R. Thomas and children, spent presence of mind saved scores of lives in Newark, N.J., one December day,

> "A freight train was going up a steep grade, about half a mile from the station when the couplings broke between the third and fourth car from the end, and they began to roll down hill at a terrific speed. A long passenger train had just arrived, and was standing directly in the path of the runaway cars. The engineer of the passenger train saw the approaching danger and realized in a flash that the on-rushing cars must be stopped at all hazards before they reached the station. Otherwise there would be a terrible loss of life. He uncoupled his engine, sprang into the cab and opened the throttle. The big engine bounded forward like a spirited horse struck with a whip. At the last moment before the collision the engineer shut off the steam and jumped. He landed unhurt in a heap of cinders. The engine crashed into the runaway cars and in an instant later there was nothing left of the locomotive or the cars but a mass of wreckage. At least a hundred lives were saved by the engineer's prompt

THE BROKEN DRIVING ROD.

; Occasionally a fastening of one of the great driving rods will break, Then at every revolution of the wheel to which the other end is attached, the great steel bar, weighing several thousand pounds, will come swinging like a Titan's flail, beating three hundred strokes a minute.

"No disaster comes so unexpectedly and is so much dreaded as this. Almost invariably it happens when the engine is running at high speed, When a driver breaks it is a miracle if the men in the cab escape with their lives. If they do survive, and by their heroism succeed in stopping the train and avoiding a wreck, despite the rain of blows from this huge flail of steel, their act brings forth a greater measure of than almost any other forms of bravery that the railroad knows.

"Only the other day one of the dri-

ving rods of a fast passenger locomotive broke while the train was running more than sixty miles an hour down the steep grades of Pickerell Mountain. In an instant the whirling bar of steel had smashed the cab and broken the controlling mechanism, so that it was impossible to means. The great locomotive lunged forward like a runaway horse that had thrown its rider. In some-way, One summer morning a 12-car train however, Lutz, the engineer, 1ad escontaining the members of a Sunday caped injury. He crept to the apposchool was bound for a picnic at a site side of the cab and climbed out controlling apparatus from the out- bridge with undiminished speed. Forastride the scorching boiler when sud- ed and nothing happened. rain fell in torrents. The engineer was | denly the engine struck a curve which worried for fear the terrific downpour | it took at terrific speed. The shock might cause a washout or a spreading | half threw the engineer from his perilous position, but he saved himself by grasping the bell rope. Then he As the train swung around a curve, worked himself down along the unand approached a small station at | injured side of the swaying locomotwhich it was to pass without stop- ive to where he could open one of the ping, the engineer peering through a principal steam valves. A cloud of broken curtain of rain, saw that the vapor rushed forth with a tremendous roar. Although robbed of its power the locomotive did not slacken speed throttle and put on the brakes in an until it reached the bottom of the grade. Then little by little the thre-"Better stick to it," he shouted to shing of the great drive rod, which was pounding the upper part of "I mean to." was the answer. "God engine to pieces, grew slower, and finally it stopped. No one was killed or His last words were drowned by a injured and not a passenger in the long train knew until it was over of the danger that had been avoided so narrowly. If it had not been for the bravery of the engineer one of the worst wrecks in the history of railroading might have resulted."

AN EXTRAORDINARY CLOSE CALL One of the most extraordinary close calls that an engineer ever had, curred on a Western railroad last year, says Mr. Dayton :

"A heavily loaded flier was sailing bears a charmed life. along one night at between sixty and seventy miles an hour, approaching a broad river that was spanned by "It was the act of God," said the drawbridge, which was sometimes open and sometimes closed. The train ed with fruit from California and runwas supposed to come to a halt and ning on express time. It was toward More often the story of a close call the engineer to find out. If all was the close of a hot mid-summer's day

distance a storm seemed to have broken, and the engineer observed it seemed to be moving diagonally toward him. In a few minutes he dashed into a torrent of rain, and then, preceded by an onimous hush he heard the roar of the cyclone. A broad shallow river, spanned by a wooden bridge lay just ahead. Peering through the darkness the engineer fancied that he saw the funnel shaped cloud embrace and obliterate the bridge. The next thing that he knew

Royal Household Flour

"When he recovered consciousness he mony was performed by Rev. was lying in a wheat field five hundbris of the woodwork of the engine. Much to his surprise he was still alive. He struggled to his knees saw his fireman crawling towards him when the storm fulled they made their way to the track and thence to the river. A mass of wreckage almost dammed the stream. In its indescribable confusion they recognized Uhat had been their train. The cyclone had torn the cab free and carried #t and its occupants to safety. They were the only ones of the train crew who escaped."

was that he was sailing through the

One way of getting along world is to walk.

The beautiful white color of ROYAL HOUSEHOLD FLOUR is 'natural. It indicates the richness of the wheat from which it is made.

The one safe rule in buying flour is to get ROYAL HOUSEHOLD, and in that way you will make sure of getting the largest percentage of nourishment and the cleanest, purest and most uniform flour. Best for pastry as well as for bread. Rich, nutritive, natural, most uniform and most satisfactory for all household baking. Insist on ROYAL HOUSEHOLD-your grocer will be glad to furnish it if you tell him that substitutes will not do.

"Ogilvie's Book for a Cook", with 125 pages of recipes that have been tried and tested, will be sent free to your address if you mention the name of your dealer. THE OGILVIE FLOUR MILLS CO., LIMITED, MONTREAL.

through the little window upon the proceed slowly. On this night, how- away oper a level plain. In the boiler to try and reach some of the ever, the long train rushed on the side. He was working himself along tunately the draw had just been clos-

"The engineer's failure to stop at the bridge was the first intimation that the fireman had of anything being wrong. He ran around to the engineer's side of the cab, shut off the steam and applied the brakes. He found the engineer fallen forward and senseless with an ugly gash in head. Beside him lay the stone which had inflicted the wound. It was afterwards established beyond question that in some inexplicable way this stone had been picked up by the engine itself, while moving at its great speed and hurled into the cab. If the draw had not been closed that night when the "flier" rushed ar oss the bridge there would have been another accident which would have added to the story of railroading a mystery almost as deep as that connected with the navigation of the sea."

Such things as these make the engineers fatalists. According to Mr. Dayton, all of them believe that they will die when their time comes, and there isn't much use of worrying about it. Mr. Dayton concludes with the story of an engineer on a Southern railroad, who firmly believes that he

SAVED BY A CYCLONE

"Several years ago he was hauling a long train of refrigerator cars loadwell he would sound the whistle and The track stretched for miles straight relative gain,

Wedding Bells

PERRIN-McCALDER

A very pretty wedding was solemnized at the home of Mrs. Thos. Western, Little Britain, when her daughter, Miss Ella Lorraine McCalder was united in marriage to Mr. Frederick George Perrin, son of Mr. and Mrs. Charles Perrin, Oakwood.

The bridal party entered the drawing room to the strains of the ding march from Lohengrin, played air, and his last thought was that he by Miss May Archer, of Little Britwould land in the river and could not ain, and took their places before a bank of flowers and ferns. The cere-Chapman, Methodist church, red feet from the track amid the de- Britain, assisted by Rev. C. Munroe, of St. David's, late of Oakwood. pleasing feature of the ceremony was a solo "Beloved, it is morn," sung by Miss Edna Greenway, of Little Britam.

> The bride wore white duchess satin trammed with pearl embroidered lace bec, the bride's going away dress be-The tulle veil was arranged with a cluster of sweet peas. A shower bouquet of carnations and lily of the valley was carried and a beautiful necklace of amethysts and pearls was worn, the gift of the groom.

She was attended by Miss Petron Adams, of Lindsay, wearing a charming gown of pale blue organdie with trimming of lace and ribbon, carried a bouquet of cream roses and Each addition to one's kindred is a maiden hair fern. Mr. Victor Suggitt Signature of of Lindsay was best man. The

groom's gift to the bridesmaid was a silver chatelaine and tg the groomsman a pair of monogramed cuff links. After the ceremony and gratulations had been offered. guests repaired to the dining room, which had been profusely decorated with flowers and ferns, where the dejeuner was served.

Mrs. Western received her guests wearing black silk voile, while Mrs Perrin, mother of the groom, wore black silk voile over taffeta. Among the guests from a distance were Mrs Soden, Millbrook, grandmother of the groom, Mr. and Mrs. Ledger, Toronto, Miss Vera Robertson, Toronto, wearing white point de esprite over taffeta, Mr. and Mrs. Gould, of Fenelon Falls, Miss Nettie Luella Perrin, wore blue rajah silk. Miss Violet Blackwell, Cannington, wearing Alice blue silk eolienne, Miss Beatrice Woods, rose pink charmeuse, Miss Zuliem Perrin, and Miss Leona Barnard of Balieboro, Mr. Harry Perlin, Sudbury, and Mr. Reginald Perrin, of Bensfort.

Mr. and Mrs. Perrin left for Queing of Resda Rajah silk with hat to match. They will reside in Little Bri-

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the

Mrs. Jas. France -in Toronto this week. dale, and Miss Burns, of Toronto, They are doing first class work and Amos Arms

Whalen has given them a contract Mrs. Randolph McDonald, of Rose- several of the farmers are likely to Bert Jewell. passed through town on Tuesday on follow Will's example.

years. He is not tired of having silo yet, as he is putting up a cement

best wishes go with them. Mr. Ebi Hill takes the farm they leave.