

**BAKING POWDER**

We unhesitatingly recommend **Magic Baking Powder** as being the best, purest and most healthful baking powder that it is possible to produce. **CONTAINS NO ALUM**. All ingredients are plainly printed on the label.

**BANANAS REQUIRE FLEET.**

**Cold Storage Yachts on Steamers For Fruit During Voyage.**

The great part of the banana crop of the Caribbean Sea, throughout the West Indies, Central America and the northern shores of South America are to be found on banana plantations, highly cultivated, covering thousands of acres. The moment the bunches of coconuts have been severed from the tree every effort is made to send the fruit to market with the least possible delay.

The great fleet of fruit steamships which bring us our banana supply are equipped with the latest form of refrigerating plants. Here the bananas are stored in great rooms, where an even temperature is maintained day and night throughout the voyage. A single fruit vessel will carry from thirty thousand to fifty thousand bunches, so that the cooling rooms must naturally be placed in charge of the cooling machinery, and it is his sole duty to watch the thermometer and keep the bananas holds at the right temperature throughout the voyage.

**The Pathway to Faith.**

The Right Reverend Doctor Knox, Bishop of Manchester, is one of those rare men who teach with out preaching. On one occasion mentioned in the Manchester Guardian, a freethinker opened an argument with the bishop on the mystery of pain.

"I am reminded," reflected the bishop, when there was a lull in the talk, "of a story a Lancashire miner told me of another miner who loudly called himself an infidel. He was working in the mine when some coal began to fall. 'Lord save me!' he cried, earnestly.

"Then," said the bishop, "my friend, the other miner, catching the weak point, turned round with a grin.

"'Aye,' said he, 'there's most like coals of coal to knock the infidelity out o' a chap!'"

The modern young man, says a female critic, has only one good quality—he is punctual to his meals.

"Have you a spare cigar about you, old chap?" "Certainly, but I thought you were going to stop smoking?" "So I am, but not to abruptly. I've already stopped smoking my own cigars."

**ROYALTY'S TEA**

LARGEST SALE IN THE WORLD

**PERFECTION**

SMOKELESS OIL-BURNER

glowing warmth where you want it. Easily portable. No smoke. No smell. Safe. Convenient. Steady heat for on a single gallon of oil.

carried at all chief points

results use ROYALTY OIL

ERIAL OIL CO., Limited

Wholesale and Retail Agents: Windsor, Ontario.

**THE TORTURES OF RHEUMATISM**

From the System by Dr. Williams' Pink Pills

The sufferer from rheumatism who has not gone about curing himself in the right way must expect a return of cold or damp weather to change to cold or damp weather. It is not the change in the weather, but it does start the aches and pains. Rheumatism is a deep-seated disorder of the blood. You cannot possibly cure it with out careful applications of hot fomentations, as so many people in their ignorance of the real cause of the trouble try to do.

Rheumatism can only be driven out of the system by driving out the poisonous acid in the blood. This can only be done by making the blood supply rich, red and pure. It is in this way that Dr. Williams' Pink Pills cure rheumatism. These Pills make rich, red blood; they go right to the root of the trouble, and the pains and aches are driven from the system and will not return if the blood supply is kept pure. That is the whole secret of curing rheumatism, and if you are a sufferer begin to cure yourself to-day by taking Dr. Williams' Pink Pills. Among the many sufferers from rheumatism who have been cured by this medicine is Miss Mary D. Kelly, South Dunbar, Ont. Miss Kelly says: "Some time ago I had a very bad case of rheumatism. At times I would be confined to bed for a couple of days and would seem almost paralyzed in my arms and legs. At such times I could not walk, and my joints were all swollen. I consulted different doctors and took their medicine, but did not get more than temporary relief. At this time a neighbor advised me to try Dr. Williams' Pink Pills, and I got a supply. After taking a few boxes I found they were greatly helping me, and I continued their use until the trouble completely disappeared. I can strongly recommend this medicine to others who suffer as I did from the pangs and tortures of rheumatism."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brockville, Ont.

**ILLEGIBLE HANDWRITING.**

late Post of Sierras Said to Be Worst Writer of the Age.

Illegible handwriting may prove an aid to prosperity. The late Lord Goschen said of his father: "He has told me, half in joke and half in earnest, that when he came to London he was obliged to find a firm because he wrote such a bad hand that no one would take him for a clerk." Of Lord Goschen himself a biographer remarks: "In his early years he might have spent as much, for no one could have afforded with certainty how many if he might have put in 'algebra' at length his script became undecipherable, even by Goschen himself. He could not when speaking in Parliament make out what it was that he had put on paper, and he thus came in later years to abandon almost entirely the old practice of making notes." "The post of the future," who died a few months ago, has been put forward as the very worst writer that ever lived. The secretary of a literary society once invited him to attend a banquet and received an answer of which no one could decipher a word. He wrote again to the poet, asking in reply, he should make a copy of the first of his letter if he were coming and a circle if he could not be present. Miller complied with the request, but nobody could decipher whether the mark he made intended for a circle or a cross.

**WHY LADY BARBERS ARE FEW**

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"A girl has a splendid chance of a remunerative position in this business. Customers soon become permanent patrons—in fact, I have several gentlemen customers who never go anywhere else and say that they would not be shaved by a man again."

"Our greatest difficulty is to get girl assistants. Often we have to take anyone who will come because the applicants are so few."

"It takes about six months to be trained, and after that a girl can make plenty of money."

"Hair-cutting is comparatively easy to learn, and if that were the only qualification needed for the business I daresay we should have many competitors."

Many a man gets to be conceited by thinking he isn't.

**Breakfast Sunshine Post Toasties and Cream**

There's a delicious smack in these crisp, appetizing bits of toasted corn that brings brightness and good cheer to many and many a breakfast table.

Toasties are untouched by hand in making; and come in tightly sealed packages—clean and sweet—ready to eat with cream and sugar.

Wholesome

Nourishing

Easy to Serve

Sold by Grocers everywhere.

Canadian Posters, Cereal Co., Ltd. Windsor, Ontario.

**CUILT OF THE "FETISH."**

Guard Over Villages and Families of Gold Coast.

The cult of the "fetish" in the northern territories of the Gold Coast is described with interesting particulars in the annual report for 1912 of the Governor of the Gold Coast, Sir Hugh Clifford. Each town or village has its own "fetish," which is usually to be found at the entrance to the chief or priest's compound, and takes various forms, such as a conical pile of earth or a three pronged stick supporting a pot in which grows a shrub, grass or an aquatic plant.

These represent the "fetish" itself, which is recognized in many forms, as of lightning, a lion, hawk, crocodile, snake, tortoise or other animal, bird or reptile. Such "fetishes" guard and watch over the general welfare of the village and its inhabitants, and communicate with the latter through their priests. When offended, these "fetishes" are propitiated by the sacrifice of sheep or goats and of black cats or dogs.

Every family has its own "fetish," usually a conical heap of clay with a small pot sunk in its apex. It is to be seen outside every compound, and is consulted on all matters, relating to the welfare of the family. Sacrifices are made to it by killing fowls over it and allowing their blood to run into the pot and cover its support, the bird's feathers their being stuck on before the blood congeals. The "lightning" "fetish" is the most dreaded, and is universally invoked to avenge theft. No native would dream of attempting to arrest a conflagration caused by lightning. The veneration of ancestors also forms part of the native religious belief, and their shades are consulted through the family fetish.

Larabanga, in the Bole district, is a stronghold of Mohammedanism, and it is the proud boast of the chief and imam that not a single pagan resides in the town. The imam carefully guards an ancient copy of the Koran, bound in several volumes, which is stated to have been the property of the Mohammedan founder of Larabanga, who came from Mecca, having left his Koran behind. After many days of prayer and fasting the Koran was miraculously restored to him at Larabanga, and has been venerated by succeeding imams ever since.

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When That Languid, Laggard, Easily-Tired Feeling Comes, Your Liver is Slow.

Tells How to Cure Quickly.

"Even when I was young I was not robust and rosy like other girls. I suffered from headaches, and had sort of blue feelings that deprived me of the joyful spirits and pleasures other girls seemed to get. After I married I found I could not throw myself into the joys of life, and those full feelings of despondency and weariness made me very unhappy. There was no cause to feel so, and my doctor said my liver was sluggish, and this account, with poor color, my tiredness, languor and despair. The pills the doctor gave me were not purgative, made me weaker because they were too active for my constitution. Dozens of my friends recommended Dr. Hamilton's Pills, and they were so mild and helpful, I was afraid they might not use. In a week I knew they had been acting on me, and I was comfortable and engaged in cleaning up my system. They did the work of a tonic and blood medicine combined. I improved to a marvelous extent. I maintain the most perfect kind of health by using them just once or twice a week."

It is Mrs. E. V. Erlanger, well known at Gloucester, who relates the above experience. She proved what can be done for men and women, and is best for restoring health and for keeping the system in perfect running order. Don't be misled into buying anything but Dr. Hamilton's Pills, 25c a box, or \$1.00, at the druggists and storekeepers, or post paid by the Catarrhzone Co., Buffalo, N.Y., and Kingston, Canada.

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**DISFIGURED WITH ERUPTIONS ON FACE**

Body Covered With Running Sores. Could Not Sleep from Itching and Pain. Cross and Fretful. Tried Fifty Remedies Without Result. Cured in Nine Days by Cuticura Soap and Ointment.

30 Champagne St., Montreal, Quebec.—"I have a five-year-old boy who was suffering from what the doctor said was 'Eczema.' His body was all covered with running sores. The trouble started with pimples and opened up into sores. Of course scratching made it worse. The eruptions appeared on his face, and he scratched and disfigured him awfully. The boy could not sleep at night from the itching and pain, and I did not know what to do with him. It made him cross and fretful. I had tried one of the best of the Cuticura Soap and Ointment, and after using them two days I noticed a change. I then bought a full-sized case of Cuticura Soap and one box of Cuticura Ointment and I used to give the boy a hot bath daily using Cuticura Soap freely, and then applied the Cuticura Ointment. He had suffered three months with the horrible disease before I started to use the Cuticura Soap and Ointment, and nine days after the boy was cured and has not been troubled since." (Signed) E. Cloutier, Dec. 12, 1911.

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**WATER RECORD WHEAT CROP.**

Postman Discovers New Grain of Remarkable Quality.

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It was a large ear, of peculiar shape, thickening gradually toward the top, with an extraordinary number of grains.

The wheat was sown in Cook's garden and when harvest time came he had a wonderful crop. The seed was carefully flailed and stored and the second seeding took place on his allotment. He now had enough seed to sow nearly three acres.

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**THE FALL WEATHER HARD ON LITTLE ONES**

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next it is cold. These sudden changes bring on colds, cramps and colic and unless baby's little stomach is kept right the result may be serious. There is nothing so equal to Baby's Own Tablets in keeping the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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"My instructor submitted himself for this test and I felt rather nervous when I felt rather nervous. However, I got through the ordeal all right. A few weeks more practice, and I was proficient."

"The reason that more girls do not go in for the work is that they are apt to suffer from nerves when they come to use a razor. I have known several who, though they were trained as I was, broke down when they came to deal with a job alone."

"A girl has a splendid chance of a remunerative position in this business. Customers soon become permanent patrons—in fact, I have several gentlemen customers who never go anywhere else and say that they would not be shaved by a man again."

"Our greatest difficulty is to get girl assistants. Often we have to take anyone who will come because the applicants are so few."

"It takes about six months to be trained, and after that a girl can make plenty of money."

"Hair-cutting is comparatively easy to learn, and if that were the only qualification needed for the business I daresay we should have many competitors."

Many a man gets to be conceited by thinking he isn't.

**Do You Feel Moody, Irritable, Depressed?**

When That Languid, Laggard, Easily-Tired Feeling Comes, Your Liver is Slow.

Tells How to Cure Quickly.

"Even when I was young I was not robust and rosy like other girls. I suffered from headaches, and had sort of blue feelings that deprived me of the joyful spirits and pleasures other girls seemed to get. After I married I found I could not throw myself into the joys of life, and those full feelings of despondency and weariness made me very unhappy. There was no cause to feel so, and my doctor said my liver was sluggish, and this account, with poor color, my tiredness, languor and despair. The pills the doctor gave me were not purgative, made me weaker because they were too active for my constitution. Dozens of my friends recommended Dr. Hamilton's Pills, and they were so mild and helpful, I was afraid they might not use. In a week I knew they had been acting on me, and I was comfortable and engaged in cleaning up my system. They did the work of a tonic and blood medicine combined. I improved to a marvelous extent. I maintain the most perfect kind of health by using them just once or twice a week."

It is Mrs. E. V. Erlanger, well known at Gloucester, who relates the above experience. She proved what can be done for men and women, and is best for restoring health and for keeping the system in perfect running order. Don't be misled into buying anything but Dr. Hamilton's Pills, 25c a box, or \$1.00, at the druggists and storekeepers, or post paid by the Catarrhzone Co., Buffalo, N.Y., and Kingston, Canada.

**OLD SAWS STILL KEPT SHARP.**

Many Symbols Which Date Back to Far-back Times.

Every nation has its own beliefs and superstitions in regard to weddings. It is considered unlucky to be married in May. The ancient Romans believed May to be under the influence of spirits adverse to happy households. On the other hand, June was held to be the most propitious time of the year for weddings.

In medieval times, says the Detroit Free Press, superstitions in regard to weddings were rife, and people had recourse to all kinds of love philtres, magical invocations and other follies which were supposed to bring luck to bride and bridegroom. Some of the superstitions of the Middle Ages were very curious. It was thought that ill-luck would dog the union of the married pair if the bridal party in going to church met a monk, a priest, a hare, a dog, a cat, lizard or serpent. On the other hand, it was considered very lucky to meet a wolf, a spider or a toad.

"Marry in Lent and you will live to repent," is a superstition which holds to this day. All penitential days throughout the year were considered unsuitable for wedding festivities. If it rains on the wedding day the bride will weep all her married life," is a saying that is still believed in. It is also considered unlucky for the bride to try on the wedding gown before the ceremony. "Three times a bridesmaid, never a bride," is another well-known saw, and one seldom finds a girl nowadays willing to be a bridesmaid more than twice. It is considered unlucky for bride and bridegroom to have the same initials. "To change the name and not the letter is a change for the worse and not for the better."

In Sweden the bridegroom has a great fear of trolls and spirits, and as an antidote against their power he sews into his clothes various strong-smelling herbs, such as garlic and rosemary. It is customary to fill the bride's pocket with bread, which she gives to the poor she meets on the way to the church, and so averts misfortune with the alms she bestows. On their return from the church the bride and bridegroom visit their cow house and farm, and the cattle may thrive and multiply.

The wedding ring as a symbol also dates to far-back times, probably having its origin in the days of Tubal Cain. It was at one time customary for marriage rings to be worn by both sexes, and this custom is largely followed on the continent to-day. Our ancestors put the ring on the left hand because they found it more convenient; and they chose the fourth finger because it is less used than the rest, and more capable of preserving the ring from damage.

It is hard to determine the origin of the idea that a shoe string brings bad luck, but it is a striking example of the time when a woman was practically sold to her husband. In olden times Jews confirmed a sale by giving a sandal to their customers.

**DISFIGURED WITH ERUPTIONS ON FACE**

Body Covered With Running Sores. Could Not Sleep from Itching and Pain. Cross and Fretful. Tried Fifty Remedies Without Result. Cured in Nine Days by Cuticura Soap and Ointment.

30 Champagne St., Montreal, Quebec.—"I have a five-year-old boy who was suffering from what the doctor said was 'Eczema.' His body was all covered with running sores. The trouble started with pimples and opened up into sores. Of course scratching made it worse. The eruptions appeared on his face, and he scratched and disfigured him awfully. The boy could not sleep at night from the itching and pain, and I did not know what to do with him. It made him cross and fretful. I had tried one of the best of the Cuticura Soap and Ointment, and after using them two days I noticed a change. I then bought a full-sized case of Cuticura Soap and one box of Cuticura Ointment and I used to give the boy a hot bath daily using Cuticura Soap freely, and then applied the Cuticura Ointment. He had suffered three months with the horrible disease before I started to use the Cuticura Soap and Ointment, and nine days after the boy was cured and has not been troubled since." (Signed) E. Cloutier, Dec. 12, 1911.

Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. A single set is often sufficient. Liberal sample sent free, with 33-p. Skin Book. Address post card Porter Drug & Chem. Corp., Dept. 40D, Boston, U.S.A.

**CHURCH OPEN TWICE A YEAR.**

English Traveler Visits Unknown Parts of Lapland.

Frank Hodges Butler, one of the greatest travelers of that much traveled body, the Royal Geographical Society, has just returned to London from a trip to almost unknown parts of Lapland. In the course of his journey he had two novel experiences—he attended a service in a church which is thrown open on only two days in the year. Speaking of his trip Butler said: "I came upon a church in the ordinary service is held once a year—at Easter. In July of each year a general wedding service is held and Lapp couples living within a 200 mile radius who wish to get spliced come to the service."

I arrived at the church just in time to witness the altar. It was a picturesque ceremony. The brides (there were five of them) were attired in red, with red silk scarves and tasseled, white shoes, and fur gaiters. The church was crowded, and in accordance with custom, accommodation was found at the end of the church for the remainder who had borne the brides to the church, and also for their dogs."

**WATER RECORD WHEAT CROP.**

Postman Discovers New Grain of Remarkable Quality.

A romantic story of the discovery of a wonderful new wheat by a postman named Cook, at Buckden, near Huntingdon, England, has just come to light.

Three years ago Mr. Cook was walking through a wheatfield at Graveley, and among the myriad ears which were bowing in the wind he detected one which was different from all the rest he could see. He plucked it and took it home as a curiosity.

It was a large ear, of peculiar shape, thickening gradually toward the top, with an extraordinary number of grains.

The wheat was sown in Cook's garden and when harvest time came he had a wonderful crop. The seed was carefully flailed and stored and the second seeding took place on his allotment. He now had enough seed to sow nearly three acres.

Mr. Cook stated in an interview that he was persuaded that a better wheat was not known.

"Essex Conqueror" and "Little Joss" are supposed to be the champion wheats round here," he said, "but this entirely beats them."

"The characteristics of the wheat are developed wonderfully compared with other sorts. I have looked in the Gresham Encyclopaedia of Agriculture and I cannot find any type of wheat resembling this sort."

"The shape of the ear is different from any I know. It is longer and grows thick and heavy at the top. It is sturdy in growth and is inclined to be a little later than other wheats."

**A WONDERFUL DISCOVERY**

An eminent scientist, the other day, gave his opinion that the most wonderful discovery of recent years was the "discovery of Zam-Buk." Just think, as soon as you apply a wad of Zam-Buk to a wound or sore, such injury is insured against blood poison! Not one speck of microbe has been found that Zam-Buk does not kill!

The agent, as soon as Zam-Buk is applied to a sore, or a cut, or to skin disease, it stops the smarting. That is why children are such friends of Zam-Buk. They care nothing for the relief of the itching, all they know is that Zam-Buk stops their pain. Mothers should never forget this.

Again, as soon as Zam-Buk is applied to a wound or to a diseased part, the bacteria which work up to the surface and literally cause of the diseased tissue above it. [This is why Zam-Buk cures are permanent.]

Only the other day Mr. Marph, of 101 Delorimier Ave., Montreal, called upon the Zam-Buk Co. and told them that for over twenty-five years he had been a martyr to eczema. His hands were at one time so covered with sores that he had to sleep in gloves. Four years ago Zam-Buk was introduced to him, and in a few months it cured him. To-day—over three years after his cure of a disease, he had for twenty-five years—he is still cured, and has had no trace of a return of the eczema!

All druggists sell Zam-Buk at 50c. or you will send free trial box if you send this advertisement and a 1c. stamp (to pay return postage). Address Zam-Buk Co., Toronto.

**WHY LADY BARBERS ARE FEW**

Most Girls Too Nervous and Break Down on First Face.

There are not many women barbers yet; but the pioneers of the business declare that if girls only knew the possibilities of the craft there would be more practicing it.

LONDON (England) Daily Sketch learned from a lady barber in a West End establishment, some of the advantages of the trade.

"It is one of the pleasantest jobs you can imagine," she said, "for it is both clean and healthy, while our patrons are as nice as can be. I had to put in a good deal of practice before I was proficient, but I never have the slightest tremor, even when I am shaving someone with a very stiff beard."