

**THE FINEST QUALITY Baker's Breakfast Cocoa**



The half pound can contains eight ounces of pure cocoa, of the finest quality, most delicious flavor, and possessing all the strength of the best cocoa beans, most carefully blended.

**WALTER BAKER & CO. LTD.**  
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Branch House: 88 St. Peter St., Montreal

**LITTLE KNOWN BRITONS**

**KACHINS OF UPPER BURMA ARE SUBJECTS OF THE KING.**

Secluded Race Who Live In the Hills Are a Highland Tribe With Peculiar Customs—They Are 5 Feet 4 Inches Tall as an Average—They Attribute Everything to Nats or Spirits.

All travelers have remarked that while on level stretches of particular areas of the world's surface the people are of the same race and speak a similar language, there are in mountainous regions many races in close proximity who are startlingly dissimilar and who speak quite different languages.

The hills have done much to lock people up in particular districts and to prevent them from communicating with their neighbors. But many of the hill tribes, like those in the wild land of Upper Burma, when cut off from the rest of the world, are not aboriginal, but come from lands in the west.

It looks as though, over a long stretch of prehistoric time, the nomadic people on the plains of Central Asia went wandering and wandering until at last they got into a tangle of mountains which barred them—and there they have stuck ever since. Just as in the Caucasus Mountains, and mostly on the southeastern side, are many races, speaking more than sixty languages, so in the Burman-China mountain ranges, and generally on the western side, are many quaint peoples.

Now, in all my vagabondings in strange lands I have never come across a place which is so captivating a story-book of the human race as the little-known patch of the British Empire in Upper Burma, says John Foster Fraser. The Burmese are a delightful people, kindly, easy-going, picturesque; but it is when you get on the eastern fringe of Burmah that you run into a hot-potch of tribes which have got nothing in common with the Burmese except the brownness of their skins.

I remember once falling in with a party of Kachins who had been down to the plains getting rid of pigs and fowls and honey, and receiving in exchange gaily colored goods. I walked with them—all of us trading zigzag, Indian file, up the jungled mountain-side to their temporary village.

I knew when I was approaching the village, because curious bamboo devices, hung with tufts of colored wool, had been erected to keep away the evil spirits. My casual friends were well disposed, and I got sleeping accommodation in the house of the head man, an oblong, low-built house, rather like a Noah's ark, raised from the ground, without windows and divided into various apartments.

The Kachins are divided into many sub-tribes, or minor clans. The chief tribe is called the sawbwa. The various tribes are distinguished by their customs, some shaving the head, except for a topknot, and other allowing the hair to grow tangled.

The Kachin, as a rule, is a short man, averaging 5 feet 4 inches, while the women, short, pugy and unlovely, are rarely taller than five feet. The man is slim and weedy, and though apparently lacking in muscle is capable of much endurance.

The variety of types of countenance among the people is most marked. Some are curly-haired and thick-lipped and others are fair-skinned and have straight hair. Then you come across oblique eyes and aquiline noses, while in an adjoining village the eyes are round and the nose is a mishapen bump in the middle of the face. Mostly, however, the eyes are oblique, telling of descent from the Tartars.

As might be expected, the Kachins are sunk in superstition. Illness always indicates that some nat or devil is displeased. Accordingly, presents of eggs or fish or fowl, or even a buffalo, have to be made in proportion to the danger and stringency of the pain.

The funeral ceremony is singular. When death occurs there is much clatter, and if anybody has a gun it is fired. The coffin is usually the scooped-out trunk of a tree, and just when the tree in being felled a fowl is beaten to death against the stem.

Money is always put into the mouth of the deceased, for a long journey is to be taken and tolls will have to be paid in crossing the rivers by ferry. At dawn next day some of the relatives return to the grave and place by it a piece of pork and some sharp-nosed native drink.

The Kachins have no religion except the worship of nats, or spirits. Yet, through the terror and fog of superstition, there is to be found a kind of belief in a Supreme Being. This is a nat called Chinun Way Shan, who existed long before there was any world. He created the other nats.

That the dead go "somewhere" most Kachins believe, but they do not know and do not care about the place. There does not appear to be any separation of the good or the bad, or any thought of "heaven" or "hell." This applies to most of the tribes, though one or two of them think there are places for the good and other places for the wicked.

The prevailing thought, however, is that everything that happens is due to spirits. When a Kachin's liver is out of order, and he feels seedy, he is fairly sure that the spirit of some wicked uncle or aunt or jealous brother is causing all his trouble. Therefore, first of all, he consults the Tumsa. The Tumsa indulges in a lot of hocus-pocus, and at last announces which nat is offended. Then the Tumsa delivers a long sermon admonition to the spirit, and a bit of pig or chicken is sacrificed.

The only warfare in which the Kachins engage is raids on peaceful villages in the valleys. The head of an enemy is cut off, and usually brought along with the spoil, so that the Kachin may be accepted by his friends as a first-class warrior.

After retreating to a pesthouse for half an hour a man is apt to feel the way he does after taking a dose of better medicine.

What kind of wings do you expect to get for the pennies you drop into

**CUTICURA COMFORT**



**FOR MEN**

Because of its delicate, emollient, sanative, antiseptic properties derived from Cuticura, united with the purest of saponaceous ingredients and most refreshing of flower odours, Cuticura Soap is unrivaled for shampooing, bathing, shaving and for every use in preserving the hair and skin. Assisted by Cuticura, it allays itching and irritation and tends to prevent clogging of the pores, a frequent cause of facial eruptions.

Sold throughout the world. Details, London, 27, Chancery Lane, E.C. 4, and in all Dispensaries, Chemists, and Druggists. B. K. Paul, Calcutta; China, Hong Kong Drug Co.; India, Mysore, Ltd., Mysore; London, 114, Cannon Street; U.S.A., Foster Drug & Chem. Corp., New York, 135, Canal Street.

28-29, Cuticura Book, post-free, a Guide to the Best Care and Treatment of Skin and Soap.

**Booth at Home.**

General Booth is a strict vegetarian, and his needs in the matter of food are carefully looked after by a little housekeeper, an old-time Salvationist, whom the general regards with a deep affection. As with all his friends and visitors the general enjoys a gentle joke at the expense of his housekeeper, and he tells how, after returning from a deeply interesting interview with the King and Queen at Buckingham Palace he caught himself addressing his little housekeeper as "Your Majesty." He keeps up the joke still, much to the old lady's confusion.

The "Autobiography," which he is now engaged upon will cover a period of sixty-five years of active work, and the general does not mind confessing that one of his inspirations in his book is the portrait, hanging in his room, of his dead wife, the "Mother" of the Salvation Army, the courageous woman who, when the Methodist New Connection decided to send him on circuit work, instead of the revival work for which he had long labored, told him "Never" from the gallery, and so determined his new start in life.

**Pauperism Growing.**

The number of paupers in England and Wales is rapidly approaching a million. The latest returns show that on July 1, the number were 938,000, and in England and Wales, 904,028; London, 148,323. This means an increase of 2.5 per cent. over the previous year for the whole of the country, but in London the increase is only 0.8 per cent. Paupers amounted to one person in every forty in England and Wales, and one person in every 34 in London.

**HER HUSBAND WAS A DRUNKARD**

A Lady who cures her husband of His Drinking Habits Writes of Her Struggle to Save her Home.

**A PATHETIC LETTER**

Welsh Proverbs in English.

Just as the Welsh people have their own language, they have their own philosophy. Here are a few proverbs in common use in the principality. Everything possible is easy. Everything needless is waste. One sin draws a hundred after it. Let him who reads reflect. He who knows least will talk most. The weapon of the brave is in his heart. Safe is the owner of a clear conscience. Love is the mother of all goodness. Good for evil will lead thee to heaven. One does not ring a bell for the dead. He is not born who knows not sin. Let everyone stand on his own feet. The empty net is wasteful.

**A Terrier's Challenge.**

One of the oldest of the Knight's Grand Cross of the Bath, Lieutenant-General Sir John Chesham McCleod, has just kept his seventy-ninth birthday. Educated at St. Andrews and Perth, Sir John served for over thirty years in the 42nd Highlanders, fighting in the Crimea, the Indian Mutiny, and the Ashanti war, gaining fresh laurels in every campaign.

Retired from the army, this veteran general lives at North Berwick, and until recently was a regular attendant at the famous links. He is the father of soldier sons, who, like himself, have done honor to the fine old fighting race from which they spring.

**It might be well to remember that other people have just as much right to their opinion as you have to yours.**

Anyway, it isn't a matter of record that an old hen originated the shell

**ABOUT DREADNOUGHTS.**

**Paragraphs Concerning the Ships That Will Make 1910 Famous.**

(The year 1910 will go down in naval annals as the year of Dreadnoughts. In addition to two—the Collingwood and the Vanguard—which will be officially declared completed in February and March, ten of these monster ships are due to be launched before December 31st, a round dozen in all, or at the average rate of one a month.)

Twenty years is regarded as the maximum useful life of a Dreadnought.

The submerged portion of the hull of a Dreadnought is entirely unarmored.

Each Dreadnought costs, approximately, \$10,000,000, equivalent to about one cent in the dollar on the income tax.

Suggestions have recently been made by naval experts to armor Dreadnoughts with concrete in place of steel.

In fixing armor plates, the nut securing the inner end of the bolt to the ship is fitted with a rubber washer in order to absorb shock.

Dreadnought's engines are of the turbine variety, and are designed to develop over 23,000 horse-power under natural draught, sufficient to drive her at a speed of not less than 21 knots.

No fewer than 120 miles of steel ribbon go to the making of one of the Dreadnought's guns. It is wound round and round a central "barrel" or "bore," and afterwards covered with a protective steel jacket.

The thick, curved, steel decks of a Dreadnought are a very important item in her scheme of armor defence, constituting, as they do, a species of carapace for the protection of her engines and other internal mechanism.

One hundred tons is the approximate weight of a Dreadnought's tripod masts. These masts are hollow, and through their interior men can climb up and down between the decks and the conning towers they support.

The only explosive carried in a Dreadnought's magazine is cordite, so called from its resemblance to grey cord. It contains nearly 60 per cent. of nitro-glycerine, a substance which in its pure state is so exceedingly volatile that the slight shock of a footstep has been known to cause it to explode.

Dreadnoughts are known in naval parlance as all-big-gun ships; that is to say, they carry no 6-inch, or other intermediate guns, such as were usually fitted in the earlier battleships. Their armament consists solely of ten 12-inch guns, reinforced by twenty-four smaller, quick-firing, anti-torpedo-bomb guns, and five submerged tubes.

The new armored cruisers Invincible, Inflexible and Indomitable are only slightly inferior as fighting machines to the Dreadnoughts. They displace 17,250 tons, or only 650 less than the original Dreadnoughts; they carry eight 12-inch guns, as compared with the Dreadnought's ten; while their speed is, of course, very much greater, 22 knots as compared with 21.

Dreadnoughts are divided into a number of separate water-tight and shell-proof compartments by means of the portulac, hanging in his room, of his dead wife, the "Mother" of the Salvation Army, the courageous woman who, when the Methodist New Connection decided to send him on circuit work, instead of the revival work for which he had long labored, told him "Never" from the gallery, and so determined his new start in life.

The Krupp steel with which Dreadnoughts are sheathed is made by "boiling" ordinary molten steel in huge cauldrons, holding from 40 up to 60-tons of metal. Small quantities of chromium, nickel, and manganese are added to the mass while it is in a state of effervescence. It is then allowed to go "off the boil," as cooks say, after which it is "clarified" by the admixture of ferro-manganese in a finely-divided form, such as is "cleared" by the addition of albumin.

The method adopted for sheathing a Dreadnought in her armor is an exceedingly ingenious one. On no account must an armor-plate be pierced for bolts, or it would, when struck by a projectile in action, be liable to crack back from hole to hole. Instead, the plates are fixed in position from the inside of the hull by means of an enormous number of small, short bolts, which only penetrate a few inches into the side of the hull, and so weaken it scarcely at all, but which, nevertheless, possess in the aggregate great holding power by reason of there being so many of them.

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**The Firm Behind NA-DRU-CO Medicinal and Toilet Preparations**

When your doctor gives you a prescription and your druggist fills it, you have confidence in that medicine. You have good reason for that confidence, for behind the medicine is the professional skill as well as the honor of two men whom you know and respect.

When you buy what are ordinarily known as patent medicines at your druggist's, what guarantee have you of either the formula or the compounding? Your druggist can give you none, for the makers do not take him into their confidence.

Take for instance headache cures. Many people hesitate to buy them because they don't know what may be in them. Not so with NA-DRU-CO Headache Wafers. Your druggist can get the list of ingredients from us for the asking.

Can you think of any article you buy with which it is more important that you should have a definite guarantee, made by responsible men, than medicinal and toilet preparations?

When you buy preparations bearing the NA-DRU-CO Trade Mark you have this guarantee, made by the National Drug & Chemical Company.

**A Guarantee that Carries Weight**

The National Drug and Chemical Company of Canada, Limited, is one of the largest wholesale drug firms in the world, having a Paid-up Capital of over Five Million Dollars. We have wholesale branches in Halifax, St. John, Montreal, Ottawa, Kingston, Toronto, Hamilton, London, Winnipeg, Regina, Calgary, Nelson, Vancouver and Victoria, and chemical works and laboratories in Montreal and Toronto.

We are the largest buyers of drugs and do the greater part of the wholesale drug business in Canada. We employ a staff of about nine hundred people and distribute in salaries, dividends and other expenses over One Million Dollars annually. We carry a stock distributed among our branches of about Two Million Dollars, and in addition to these and other large assets our real estate and buildings are today worth about Five Hundred Thousand Dollars.

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|--|---|---|--|
| <b>Apertient and Laxative:</b><br>Kidney and Liver Pills<br>Baby's Cough Syrup<br>Little Liver Pills<br>Cascares Laxative (Tablets)<br>Cascares Laxative (Tasteful)<br>Fig Syrup<br>Pruit Saline<br><b>Blood Purifiers:</b><br>Stomach & Liver:<br>Herb Tablets<br>Herb Tea<br>Blood Purifier<br>Sarsaparilla<br><b>Bowel Complaints:</b><br>Blackberry Cordial<br>Wild Strawberry Extract<br>Essence of Ginger<br><b>For Children:</b><br>Baby's Cough Syrup<br>Baby's Soothing Powders<br>Baby's Tablets<br>Soothing Syrup<br>Worm Syrup<br>" Lozenges, Chocolate<br>" Slicks<br>Hive Syrup<br>Sugar of Milk | <b>Coughs and Colds:</b><br>Baby's Cough Syrup<br>Five Syrup<br>Lime-lic, Licorice and<br>Chloroquine (2 sizes)<br>Throat Gargle<br>Asthma<br>" Pastilles<br><b>Dyspepsia &amp; Indigestion:</b><br>Charcoal Tablets<br>Dyspepsia Tablets<br><b>Eye Troubles:</b><br>Eye Water<br>" Salve<br><b>Foot Remedies:</b><br>Corn Cure Liquid<br>" Salve<br>Foot Powder<br><b>Headache Wafers.</b><br>Kidneys:<br>Ruchu Juniper Kidney Pills<br>Kidney Caps Liquid<br><b>Liniments and Plasters:</b><br>Healing Oil<br>Liniment, White | <b>Liniments and Plasters:</b><br>Mosquito Oil (Continued)<br>Plasters<br>Witch Hazel, Distilled<br><b>Ointments and Salves:</b><br>Carbolic Salve<br>Eucalyptus Ointment<br>Heating Salve<br>Menthol Salve<br>Resorcinol Ointment<br>Stainless Iodine Ointment<br><b>Pile Ointment</b><br><b>Rheumatism:</b><br>Rheumatism Cure<br>Toiletz<br>Camphor Ice<br>Cold Cream (3 sizes)<br>" Theatrical (3 sizes)<br>Complexion Cream<br>Cucumber and Witch<br>Hazel Cream<br>Witch Hazel Cream<br>Talcum Powder, Violet<br>" " Rose<br>" " Peach<br><b>Tooth Paste</b><br>Tooth Paste<br>Toiletz<br>Hair Restorer | <b>Tonics:</b><br>Beef Iron and Wine (2 sizes)<br>Cod Liver Oil Compound<br>" Tasteless (2 sizes)<br>Cod Liver Oil Emulsion<br>" (2 sizes)<br>Cod Liver Oil in Syrup (3 sizes)<br>Quinine Wine<br>Quinine Iron and Wine<br>Syrup Hypophos (2 sizes)<br>Crispy Nerve Tonic<br>Nervonic<br>Iron Pills<br>Blind's Pills<br><b>Toothache Drops</b><br>Toothache Drops<br>" Gum<br><b>Miscellaneous:</b><br>Antiseptic Fluid<br>Sanitary Tablets (Antiseptic)<br>Sanitary Tablets<br>Marking Ink<br>Extract of Beef (2 sizes)<br>Resnet Tablets<br>Saladilla (Dredge Boxes) |
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**National Drug and Chemical Company of Canada, Limited**

Wholesale Branches at: Halifax, St. John, Montreal, Ottawa, Kingston, Toronto, Hamilton, London, Winnipeg, Regina, Nelson, Vancouver, Victoria.



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This flour cannot be described in an advertisement. We use this paper merely to give the introduction—to say:  
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It is the guaranteed flour. If you are not satisfied with it after two fair trials, ask your grocer for your money back. We'll give it to you. Add more water than usual when using Robin Hood Flour. Made of such hard, dry wheat, it absorbs more moisture—producing a larger, whiter loaf.

The difference between Robin Hood Flour and other flours you have to find out for yourself. That there is a difference every woman who now uses Robin Hood admits.

**SASKATCHEWAN FLOUR MILLS CO. LIMITED**  
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**ML Floorglaze**

Use it to finish floors with a beautiful and most durable surface that you can keep clean most easily.

Use it instead of paint or varnish for vehicles of every sort. It withstands the weather.

Use it to renew the looks of old furniture and every sort of woodwork.

Get it in tin—choose from 17 handsome colors in solid Enamele, 7 shades of Lac to imitate hardwoods, or Transparent Lac for natural finish. Ask about the hundred uses M L Floorglaze has in your home, shown in our Free Book. Order costs 50c per set. Imperial Varnish & Color Company, Ltd., Toronto

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When convalescing from LaGrippe, Pneumonia or Wasting Diseases, nothing hastens the return to health like a short period of treatment with "ASAYA-NEURALL." It feeds the nerves, induces restful sleep, quickens the appetite, aids digestion, and soon buoyancy of spirits and the sense of restored vitality are attained. A few doses convince, \$1.50 a bottle. Obtain from the local agent.

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