

## It's Baker's and It's Delicious



Made by a perfect mechanical process from high grade cocoa beans, scientifically blended, it is of the finest quality, full strength and absolutely pure and healthful.  
Sold in 1/2 lb., 1/4 lb., 1/2 lb. and 1 lb. cans, net weight.  
**Booklet of Choice Recipes Sent Free**  
**Walter Baker & Co. Limited**  
Established 1780  
Montreal, Can. Dorchester, Mass.

## TRAVELLING.

### GRAND TRUNK RAILWAY SYSTEM HUNTERS EXCURSIONS

Round trip tickets will be issued at

**Single First Class Fare**

Good going Oct. 9th to Nov. 11th to points on Temiskaming and Northern Ont. Ry.; Intercolonial Ry., main line of C.P.R. and C.N.R. points between Carson Junction and Gowan-ganda Junction.

Also from Oct. 19th to Nov. 11th to Muskoka Lakes, Georgian Bay and points on C.N.R. North of Washago.

All tickets good to return until November 14th.

J. P. HANLEY, Agent,  
Corner Johnston and Ontario Sts.

### KINGSTON & PEMBROKE RAILWAY

IN CONNECTION WITH

### Canadian Pacific Railway

**Low Rates  
TO  
Pacific Coast  
Sept. 15th to Oct. 15th  
\$45.10**

Full particulars at K. & P. and C. P. R. Ticket Office, Ontario Street.

F. CONWAY, Gen. Pass. Agent.

**BAY OF QUINTE RAILWAY.**  
Train leaves Union Station, Ontario Street, at 10 a.m. daily (Sunday excepted), for Tweed, Sydenham, Napanee, Deseronto, Banrockburn and all points north. To secure quick despatch to Banrockburn, Napanee and points on Central Ontario Route your shipments via Bay of Quinte Railway. For further particulars apply, H. H. Ward, Pass Agent; J. H. Welch, Pass Agent. Phone No. 2.

**LAKE ONTARIO AND BAY OF QUINTE STEAMBOAT CO. LTD.**

**Steamer Aletha**

**KINGSTON, PICTON, BELLEVILLE.**

Steamer leaves Kingston daily except Sunday at 3 p.m. for Picton and intermediate points, arriving at Deseronto and Belleville on Tuesdays, Thursdays and Saturdays only.

Freight handled with despatch and care at reasonable rates.

E. E. HORSEY,  
General Manager, Kingston.J. P. HANLEY,  
JAS. SWIFT & CO.,  
Agents

### WHITE STAR DOMINION LARGEST STEAMERS FROM CANADA

**MONTRAL AND QUEBEC TO LIVERPOOL, EVERLASTING DAY.**  
S.S. LAURENTIC, S.S. MEGANTIC, Passengers in all Classes. Elevators. Orchestra.

First, \$82.50; Second, \$52.75 up. S.S. TEUTONIC, S.S. CANADA, Only One Class Cabin (1st), and Third Rates.

Toronto, \$55 up; Canada, \$30 up. Third Class at lowest rates. Closed Room only.

**XMAS SAILINGS** From Portland, Me. and Halifax, N.S. CANADA, MEGANTIC, TEUTONIC, Dec. 2. Secure your berths now. Local Agents, J. P. Hanley and C. S. Kirkpatrick, Main Office, Montreal, P.Q.

Some people seem to think that Sunday real ought to offset the sins of the rest of the week.

## CANADIAN WOMEN AND THEIR WORK.

## CANADIAN WOMEN AS TEACHERS.

By MARJORIE MACMURCHY.

Copyright by Publishers' Press, Ltd. Canadian women have taught successfully in such large numbers that the story of the Canadian woman teacher has become a commonplace. No one apparently has recognized what an interesting part has been taken in the development of Canada by the Canadian woman who has taught. Many interesting types of women teachers have been evolved in the short history of the teaching profession in Canada. There is the type of woman teacher of long ago in the Canadian towns; and the woman teacher of long ago in the country. There is the private school mistress and the public school teacher, both of yesterday and to-day. There is the college graduate who becomes a teacher. The native born school mistress and the school mist-

ress of the growth of stronger individuals. A strong individuality is a fine quality in an instructor. There are two such individuals which can be taken as types of the Canadian women teacher at her best. Miss Janet Carnochan, of Niagara, now tired from teaching and greatly interested in the collecting of historical material, is a native of the Niagara peninsula. She is as keenly interested in life to-day as she was when she began teaching. Her teaching brought out the individuality of her pupils. In the same way Miss How, principal of the Elizabeth street school in Toronto, which is now known officially and popularly as the Hesse Ho school, is an admirable example of the strong individuality of a teacher. Miss How has accomplished more practical work for social reform than, perhaps, any other Canadian. Her chief aim is to make the best of every boy and girl who passes through her hands. She does not merely mean to make the best of them. She makes the best. The biographies of these two women are examples of the splendid story of the Canadian woman teacher.

There are a number of Canadian women who have achieved a national reputation as teachers. Miss Harrie Johnston on the staff of the Toronto public schools has been elected more than once at the head of the poll a member of the advisory council to the minister of education for Ontario. Mrs. James L. Hughes, wife of Inspector Hughes, of the Toronto public schools, who came from the United States to be head of the public school kindergartens in Toronto, was elected president of the Dominion teachers' association as representative of the kindergarten section. Miss Eliza Ritchie of Halifax was instructor of philosophy, Wesley College, Massachusetts, and then associate professor of philosophy in the same institution, until her resignation in 1900 when she returned to Canada. Many Canada-

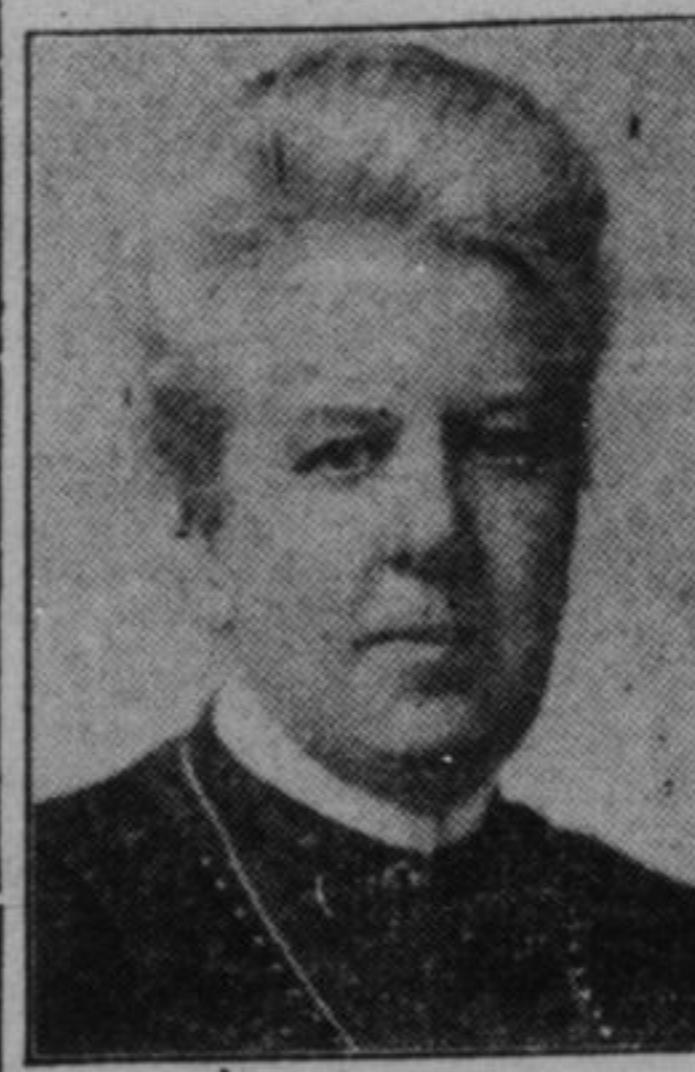
schools. Miss Curlette, head of Westover School, Toronto, and Miss Edgar, who with Miss Cramp, has charge of a girls' school in Montreal, are also typical instances of the Canadian woman teacher, who has been trained in Canada. Miss Knox, head of Havergal College, Toronto, and Miss Jones, head of Havergal College in Winnipeg; Miss Hurlatt, of the Royal Victoria College, Montreal, and Miss Smith, lady principal of the church school for Girls, Edgehill, Windsor, Nova Scotia, are instances of the woman teacher in Canada who has been trained in England girls' schools and colleges all over Canada are engaged in living Canadian rights for domestic and social life. Some of these schools are introducing the ideals of social service to their students. Canada has always been potentially a wealthy country. But in a few years the graduates of these schools will have opportunities given them whether they win or no in filling arduous social positions. The girls' college has been planned to train girls who will be able to fill such positions. On the other hand, the public schools, high schools and collegiate institutes are more or less designed to train girls who will become teachers or who will fill business positions. The training of the public secondary schools is for use in the business world. It is impossible naturally to draw a hard and fast line. The graduate of a girls' college may become a teacher, and the girl who is trained in a collegiate institute in a few years may be one of the leaders among the women of a new prairie town. But generally speaking, the public school training is more rigorous and the private school training more decorative. It would be impossible to name one out of every private schools and colleges for girls in Canada and it would be more impossible to call the roll of women teachers who are engaged as teachers in the primary and secondary public schools of Canada.

The average woman teacher in Canada is conscientious, devoted, able, helpful and optimistic. She could hardly be a Canadian if she were not optimistic. But it is of the nature of the teaching profession to make its followers a trifle over-anxious, perhaps, than the woman teacher in some other countries. She is, possibly, less precise than she used to be. It is no longer so necessary for a teacher to impress her class with the idea that she keeps all the knowledge of the world in her mind. A teacher in the twentieth century is allowed to forget a few facts occasionally without losing her authority as a teacher. Canada owes a great deal to her women teachers. Sarah Maxwell, the heroine of the teaching profession in Canada, said that she could not leave her little children and so she died with them. Many of the women teachers of Canada would be able to do this willingly if the necessity arose for the sacrifice. The great majority of these

MISS CARRIE DERICK,  
Professor of botany McGill University.

girl's college, or in charge of a residence for women in connection with a Canadian university, means that the woman who holds the position stands high in her profession, not merely in scholarship, but in character.

Three women teachers were elected to the senate of the University of Toronto within the last year. These three, Miss Balmer and Miss Lawler, of the Hartford Collegiate Institute, Toronto, and Miss Charlotte Ross, of the Margaret Eaton School of Expression are representative graduates of the University of Toronto. They are native Canadians and received their early training in the Toronto

MISS KNOX,  
Principal Havergal College, Toronto.

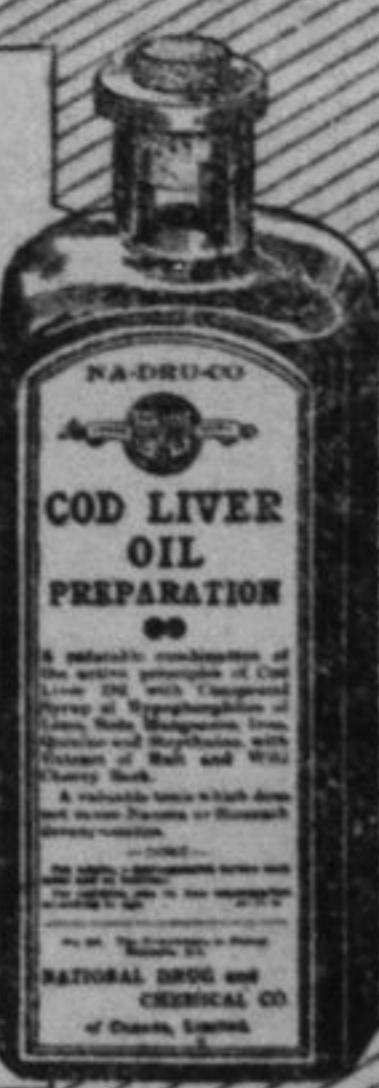
## NA-DRU-CO Tasteless Cod Liver Oil Compound

There is no question as to the very high value of Cod Liver Oil, properly prepared and made digestible, as a "builder-up" for convalescents or those who are run-down.

Na-Drn-Co Tasteless Compound contains the valuable properties of the Cod Liver Oil without its disagreeable flavor. In fact, this preparation is decidedly pleasant to the taste. With Extract of Malt, Extract of Wild Cherry, and Hypophosphite of Lime, Soda, Potassium, Manganese and Iron added, it makes a combination that puts an edge on the appetite— aids digestion— invigorates the nerves— relieves and helps to cure affections of the throat and lungs — and generally builds up strength and restores health.

For puny, delicate children there is probably no better "builder-up" than Na-Drn-Co Tasteless Cod Liver Oil Compound.

National Drug and Chemical Co. OF CANADA LIMITED.



## Eat More Bread

### Few people eat enough of what is rightly called "the staff of life"

**F**OOD authorities declare that wheat is the KING of all foods. It is the best food for growing children, the best for old age, the best for every age of life. It is best chiefly because it contains most of the life-building nitrogen combined with the proper degree of starch.

Of all the forms in which wheat may be eaten, bread stands at the top. There is no food yet created that can take the place of good bread—"the staff of life."

The better the flour you use, the better, more wholesome, bread you'll make. And better bread means the use of PURITY FLOUR.

The bread will be better, higher-class, because PURITY FLOUR consists exclusively of the high-grade portions of the best Western hard wheat. There are no low-grade portions of the hard wheat berries, nor no soft wheat flour, in it. It is all high-grade—a strong, vigorous flour. The loaves will be more nutritious, because they contain the high-quality nitrogen, gluten, starch and phosphates—the blood-enriching,

body-building and life-sustaining elements of the world's strongest wheat. Think of the added enjoyment of eating bread you know is so chock-full of wholesomeness. Think of the good it will do your children, your husband and yourself. Think of the wisdom of eating lots and lots of it, for it is a fact known to the medical profession, that few people eat enough of "the staff of life."

Of course PURITY FLOUR will cost you slightly more than ordinary flour. It's worth the difference. And it will make "more bread and better bread" for you than you can obtain from the same weight of ordinary flour.

And the pastry PURITY FLOUR makes! It's more delicious too, if you take the precaution to add more shortening than is required with ordinary flour. The extra strength of PURITY FLOUR requires the addition of more shortening for best pastry-results.

Think of the PURITY trade-mark when you buy flour.

Add PURITY FLOUR to your grocery list right now.

## PURITY FLOUR

"More bread and better bread"



"J. A. McFarlane Distributor, Kingston"



A SCENE WITH LAWRENCE D'ORSAY IN "THE EARL OF PAW-TUCKET," AT THE GRAND, ON SATURDAY, OCT. 7TH, MATINEE AND NIGHT.

women teachers do spend their lives for the children who attend their daily classes.

—MARJORIE MACMURCHY.

Baiting the Big Wig.

Prof. Grant in Queen's Quarterly.

Much if not most of the talk against reciprocity was exaggerated.

The very men who financed the magnificently conducted campaign of the

Montreal Star and the Toronto News

are the very men who have the largest

business dealings with the United

States. Probably not a little of the

money which paid for the distribution

of imperialistic editorials was made

in New York. It is difficult to see

why Sir Edmund Walker or Sir Wil-

liam Van Horne becomes the heaven-

born saviour of his country by sell-

ing in the New York market the right

to use Canadian money, or by finan-

cing American railways in Cuba, while

the Canadian farmer, who sells his

wheat in Minneapolis or his late

peaches in the border towns, inevit-

ably drifts towards a belief in annexa-

tion.

St. Lawrence, Wolfe Island.

St. Lawrence, Oct. 5.—Threshing in

this vicinity is about finished and

ploughing is the order of the day. The

sloop, Maggie L., has been carrying a

lot of grain from here for the ship-

ardson's of Kingston. Potatoes are a

new crop around here. Roy Rathay

spent a couple of days last week at

James O'Brien's.

INDUBITABLY the best Babbit Metal for a general machinery Bearings is Harris Heavy Pressur

Write for prices.

The Canada Metal Co., Ltd. Fraser Avenue Toronto

## THE PRESERVING TEST

FOR NEARLY 60-YEARS.

*Redpath*

EXTRA GRANULATED SUGAR

has stood the searching test of preserving time. This is only possible because of its consistent high quality.

FROM YOUR GROCER

The Canada Sugar Refining Co., Limited, Montreal

Established in 1854 by John Redpath.