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A Message To Thin, Weak, Scrawny Folks

An Easy Way to Gain 10 to 30 Lbs. 9, 1750, appeared the earliest known and women everywhere are heard to doubtedly a gift book: not get fat. I eat plenty of good, at the Bible and Sun, in St. Paul's nourishing food." The reason is just Churchyard, over against the north this: You cannot get fat, no matter door of the church (only paying one how much you eat, unless your di- penny for the binding), Nurse Truemaking elements of your food in- Plaything for Little Children, by

tions of the stomach and intestines cuts."-London Mail. to absorb the oils and fats and hand may reach the starved, shrunken, run-down tissues and build them up. The thin person's body is like a dry and bound themselves together to sponge-eager and hungry for the deprived by the failure of the alimentary canal to take them from th food. The best way to overcome this sinful waste of flesh building ements and to stop the leakage fats is to use Sargol, the recently ommended so highly by physic-Sargol tablet with every meal and notice how quickly your cheeks fill out and rolls of firm, healthy flesh are deposited over your body, covering each bony angle and projecting point. Your druggist has Sargol, or can get it from his wholesaler, and will refund your money if you are not poor were revealed by the Dublin satisfied with the gain in weight it strike. It is said that there are over produces as stated on the guarantee 12,000 one room tenements which in each package. It is inexpensive, house from three to twelve people

easy to take and highly efficient. Caution:-While Sargol has pro-luced remarkable results in overcoming nervous dyspepsia and gen-eral stomach troubles, it should not maintains a life insurance branch, be taken unless you are willing to which has over 23,000 active policies, gain ten pounds or more, for it is a with an aggregate insurance of \$10,-Wonderful flesh-builder,

SAVED SIR JOHN GAYER FROM A

In Gratitude For His Escape Sir John Commemorates Sermon Preached Every Year - For Which the Preached Receives the Equivalent

At the Church of St. Catherine Cree, in Leadenhall street, London there is preached every year, on Oct. 16, the sermon known as the "Lion Sermon." It commemorates the providential escape of Sir John Gayer, Lord Mayor of London, who, in 1630, when journeying in the east, encountered a lion, which, however, on his repeating the prayer of Daniel, allowd him to pursue his way unmolested.

in his will that a commemorative sermon should be preached annually, for which the preacher should receive the equivalent of five dolfars; the clerk, fifty cents; the sexton, twentyfive cents, while forty-four dollars | rise above it. should be distributed among the poor of the neighborhood.

somewhat similar nature, says The charge of Joseph Taylor, a Paternoster Row bookseller, who, to commemorate his preservation during the great storm of 1703, that caused the | the Office of Works, a part of the wall death by drowning of eight thousand | was laid bare some time ako. people, destroyed the Eddystone The original brick was then dis-Lighthouse, and did damage, it is closed, and when the stucco facing be viewed when you reach Gorhamsaid, in London alone to the extent of | had been cleared away the arms of \$10,000,000, left \$250 for a sermon | the cardinal carved in stone were to be delivered annually in Little | brought to light. It has become the Wild Street Chapel, Lincoln's Inn.

Cross on Good Friday on "Christ's person of a bishop, a dean, and a doctor of divinity, to deliver three sermons on "The Resurrection," at the pulpit-cross in the Spital. On the Sunday immediately after these addresses, yet another divine was selectcriticizing and passing judgment on the discourses that had been delivered by the preceding preachers. On this occasion, as on Good Friday and Easter Wednesday, the civic fathers attended in state.

A Wily Leopard.

No form of food except perhaps the dog-is so acceptable to the leopard in the jungle of Ceylon as the large gray Wanderoo monkey, and the artistic methods of capture employed by them necessitate n

tree climbing. Whenever monkeys catch a sigh of a leopard slinking under the trees they become greatly excited and all clatter together. As soon as the leopard hears this he lies down under a bush and begins to click his teeth

This noise seems to make monkeys beside themselves terror and excitement; they huddle together in the treetop above the leopard's head, jumping up down on the branches, shricking and chattering. Below, the leopard waits motionless, clicking its teeth until suddenly one of the monkeys misses its footing and comes to the ground with a thud-and then the leopard is on it in a bound.

Guiana's Resources.

The goldfields of Guiana are probture between 1884 and the present fame. But they wonder why." date more than \$40,000,000 worth of gold has been obtained.

First Christmas Gift Book.

In the General Advertiser of Jan. of Solid, Healthy Permanent Flesh announcement of a Christmas gift Thin, nervous undeveloped men book, and in this case it was un-

say, "I can't understand why I do Given Gratis. By J. Newberry, gestive organs assimilate the fat- love's Christmas Box; or The Golden stead of passing them out through which they may learn the letters as soon as they can speak; and know What is needed is a means of how to behave so as to make everygently urging the assimilative func- body love them; adorned with thirty

English Freemasons.

Originally the English Freemasons were really connected with building after much the same manner as the modern trade unions. Their interference with the wages of laborers, in deed, caused such an outery in the fifteenth century that in 1423 an act of Parliament was passed prohibiting "the Chapiters and congregations of Masons in tyled lodges" under the penalty of being "judged for felons and punished by imprisonment and fine and ransom at the King's will." We are not sure that that statute has been revoked .- London Graphic.

Poor In Dublin.

Frightful conditions among the

Insurance In India.

WOLSEY'S CELLAR.

served Intact.

Little survives of Whitehall save the name, the one splendid fragment of the New Palace which Inigo Jones planned for King Charles I., but the course of English history determined should never be built. It served for a short while as the hanqueting hall, King himself spent his last moments before he stepped out of its window

upon the scaffold. To-day it has become the United to the public. Underground, however, there is still intact a relie of the oldthat is said by tradition to have been | age. the great cardinal's wine cellar. As In gratitude for this miraculous already stated, great changes are bans, the charming ancient town deliverance, Sir John left directions pending in Whitehall gardens, where which lies just within the borders of

> This last relic of Wolsey's days of power at York Place is to be preserved unharmed when the new buildings

For years past the vault has served the purposes of a refreshment-Another thanksgiving sermon of a room for the clerks engaged in the public offices. It is a somewhat low Globe, was that preached at the | chamber, of no architectural pretensions; its value historically is that it was Wolsey's building. The fact was made plain when, at the instance of

accepted tradition that Wolsey built Annually, on Easter Tuesday, is | Whitehall, and that is probably true, the "Spital Sermon' 'delivered before | for a builder on such a magnificent the Lord Mayor and Corporation of | scale as his works still to be seen at London at Christ Church, in Newgate | Hampton Court and at Oxford disstreet. It originated in an old cus- play, is likely to spare little that he tom by which the Bishop of London | found on the site. But York Place was wont to appoint some distin- | was standing there centuries before guished cleric to preach at St. Paul's | his time. It was not even his property. Seventeen archbishops of York Passion," and on the Monday, Tues- has possessed the place before Wolday and Wednesday following, to sey, and till the day of the seizure nominate three other divines, in the by the crown it belonged to the

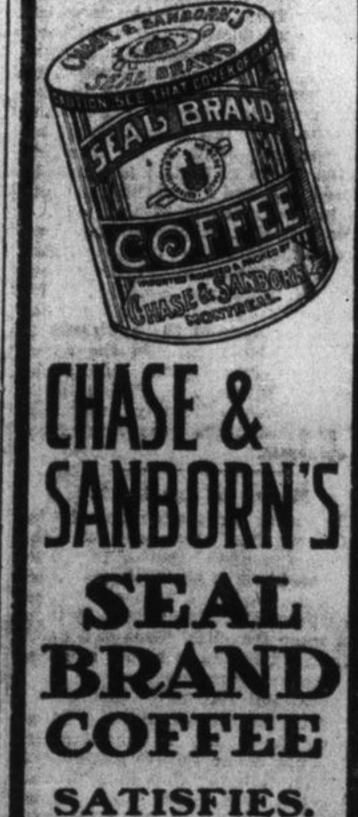
The vault, as shown in Fisher's plan of the Ord Palace, prepared in the reign of Charles II., was situated mmediately behind the great hall. Near by were the kitchen, the buted to hold forth at St. Paul's Cross, tery, pantry, and other offices requisite for the preparation of the great feasts at which the all-powerful Minister entertain his royal maser, among others. That the vault still-preserved was actually the wine cellar is, by reason of its situation, extremely probable. The means by which King Henry VIII. secured York Palace for himself were charac-

> It belonged by right, as already stated, to the See of York. It was at this time, says the historian Strype, distinguished "by a sumptuous magnificence that most probably has never been equalled in the house of any other English subject, of surpassed in the palaces of many of its kings. · Its buildings and gardens covered three acres, and from the stairs upon the river Wolsey entered his barge, and was rowed to Esher after his disgrace. Henry paid absolutely nothing or this most valuable property, either to Wolsey, the builder, or to the See of York, the dispossessed owner. Yet in the Act of Parliament legalizing the unholy business, it is set out that the state of utter ruin and decay into which the Ancient Palace of Westminster has fallen had "induced the King to purchase" York Palace.

Whitehall. Thomas Hardy at Home.

A London paper, commenting upon ably the largest undeveloped aurifer- | the standing of Thomas Hardy with ous area in the world, according to his townspeople, says: "In point of three hundred years have passed Prof. Harrison, director of Science | fact the presence of Thomas Hardyand Agriculture in the colony. He a legend to the great world - means says that "there is not the slightest | practically nothing to the life of Dordoubt that the Cuiana's goldfields are | chester. Its farmers, factors, shopin all probability the largest unde- keepers, keen, plump, rosy, practical veloped gold-bearing area in the men, who are hard as nails at a bar- of work, and is almost as perfect toworld. There is evidence not only gain and 'do themselves well." look that they are the most extensive, but upon Thomas Hardy as the son of his also in places among the richest." father and the brother of his brother. Despite the fact that the methods | They know dimly that he has 'made employed for the extraction of the a good thing out of book writing." gold from the soil have hitherto been | They respect him. They are proud to practically of the most primitive na- | know that the world rings with his

> Luck has a perverse habit of favoring those who don't depend on it.



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FRANCIS BACON'S HOME.

St. Albans Is a Mecca for Lovers

The town of St. Albans, which is the Mecca of the admirers of the great English statesman and scientist, gave him his peer's title. For this noted scientific spirit, this eminent lawyer, this acme of classical and scientific education and knowland later as the place wherein the edge in Elizabeth's reign, was never really Lord "Bacon" at all, as he is so frequently miscalled to-day. He was "Lord Verulam," and it was from this old Roman name for his beloved Service Institution, and it constitutes | St. Albans that he took his title, all of Whitehall Palace that is known | "Baron Verulam" and "Viscount St. Albans" were what he himself selected for his titles when the King er palace erected by Wolsey-a vault (James I.) raised him to the peer-

And from that time to this St. Aladditional Government offices are to Hertfordshire, and is just far enough from London to be quite in the beautiful rich pasture lands of the coun-'try, has always been proud of her son and patron, Francis Bacon.

His name and fame prevade all St. Albans. You can hardly walk a hundred yards there even now without seeing or feeling it, although the great scientist and lawyer has been dead nearly three centuries. His family seat was at Corhambury, which is only two miles distant from the centre of the city, and the way to which lies through some of the most delightful rich meadow land in England. The ruins of his house may yet bury, and all around is simply full of Bacon-lore, and Bacon-connections. One of the most interesting of all

the many attractive churches of the ancient city is St. Michael's, which lies at the foot of one of the quaintest old streets in England, and yet seems to be right in the centre of a real country village. For in this church stands the splendid tomb and effigy of Lord Bacon-if we may be forgiven for calling him by the familiar but wrong title-whilst beneath its chancel floor are buried the remains of one of the world's greatest and most learned sons. Hither, then, come pilgrims from all parts of the kingdom - nay, one may truthfully say from many lands afar also!-to pay homage at the shrine of him who gave literature and science so much that is remarkable, so great an endowments of genius as to make his name and fame immortal throughout

St. Michael's Church is itself a fitting spot to be the last resting-place of such a marvellous man. It dates back at least to 948, being one of the oldest churches existing in the land. It has yet intact the Saxon walls of nave and chancel, which were pierced later by the Normans to enlarge

The immense thickness of these old walls still strikes the visitor with astonishment, though they have now become the pillars of the nave, so to speak. And, after the Normans had added the aisles, came along the Early English builders, who again pierced the Norman work, leaving their pointed arches to tell the story of the three successive improvements and building-styles of this ancient

In this church, too, are fresco-

paintings, with many curious pictures and prints which have come down to us from those far-off times. Here, too, is an old hour-glass in a fine Elizabethan pulpit; also excellent military brasses going back to 1380 and 1400 It gives the admirer of Bacon a thrill to look at all these fine sur-The name was changed at once to vivals of olden days in this prosaic age, and to remember that Francis Bacon himself must, as boy and man, many a time and oft have pored over them and noted their beauties and

> since those same eyes gazed on the venerable relics! The monumental emgy which surmounts Bacon's tomb at the north side of the altar is really a fine piece day as when first put up. The sculpture of the figure, the delicate tracery of face and clothes, are just as good as ever, and mark a high stage of artistic work in the way of carving.

World's Longest Poem.

A crony at the club the other night demanded to know which was the longest poem on record. Nobody knew. Well, isn't it "The Faerie Queenc?" For, as a fragment, a quarter of the original plan, it is as long as Homer's "Iliad" and "Odyssey" and Vergil's "Aeneid" put together, twice as long as Dante's "Divina Commedia" or Tasso's "Gerusalemme Liberato" and three times as long as Milton's "Paradise Lost" and "Paradise Regained" in Had Spenser attained his object his twenty-fourth book, with "The Faerie Queene," he would have outdistanced all the others put together .- London Spectator.

What the Duke Meant.

His grace the Duke of Argyll was once addressing a select company in a London drawing room on the present state of things in South Africa. "I look forward to the time," he sald, "when the Englishman will marry the Boer girl and have an English wife as well!" Respectable dowagers looked their surprise, and the men began to smile. Then the duke carefully explained that he meant, of course, that the Boer girl should become an Englishwoman to all intents and purposes.

The most valuable stamp in existence is said to be the "postoffice" Mauritius, which is worth about \$6,-500. Just after the postal authorities had received the issue the postoffice was destroyed in a hurricane. But the governor had given a ball and as an act of courtesy had sent invitations to friends in England. The only specimens of the stamp known to ex-ist are those which were affixed to the envelopes of these invitations,-London Opinion.

The remains of the late Cy Warman, a G.T.R. publicist, will reach London, Ont., on Thursday and will be buried from his late home. Many rominent G.T.R. officials will at-

Great Englishman. WATER, CLEANING AND CLOSETS, DRAINS MANY OTHER THE STANDARD ARTICLE SOLD EVERYWHERE.

EDDY'S FIBREWARE TUBS AND PAILS RETAIN THE HEAT OF THE WATER MUCH LONGER THAN THE WOODEN OR GALVAN-IZED IRON ONES-ARE CHEAPER THAN THE LATTER—WILL LAST LONGER AND DOES NOT RUST THE CLOTHES.





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