Why Bake At Home

when you can buy bread like it, ready baked?

COUNT the raisins — at least eight big, plump, tender fruit-meats to the slice.

Taste it—see how the raisin flavor permeates the bread.

No need to bake at home when we've arranged with bakers in almost every town and city to bake this full-fruited raisin bread.

Just 'phone and they'll deliver it—all ready to surprise the family tonight.

It comes from master bakers' modern ovens in your city. And it's made with Sun-Maid Raisins.

That's another reason for its superiority. A rare combination of nutritious cereal and fruit—both good and good *for* you, so you should serve it at least twice a week.

Use Sun-Maid Raisins also in puddings, cakes and cookies. You may be offered other brands that you know less well than Sun-Maids, but the kind you want is the kind you know is good. Insist, therefore, on *Sun-Maid* brand. They cost no more than ordinary raisins.

Mail coupon for free book of tested Sun-Maid recipes.

SUN-MAID RAISINS

The Supreme Bread Raisin

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Please send me copy of your free book, "Recipes with Raisins."

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STREET.....

CITY..... PROVINCE.....

Providing for the Future

BY REV. PETER BRYCE

About a year ago I received a letter from a man in the city, who, after outlining his qualifications for matrimony, stated he would like to marry a widow with a furnished house, as he was boarding, and just go in and "hang up his hat, as it were," and make himself at home and look after her and the house. He added as a postscript to his letter, "The Lord will provide," evidently with the desire to impress me with his piety.

In the matter of providing for the future their are some who say unctuously "The Lord will provide." Some appear to be sincere, and to believe it would manifest a lack of trust in God to "Take thought for the morrow." I fear, are like the man of the with pretentions to faith in God are of doubtful value.

no warrant in the revelation for believing that we need provision for the future. All know of the Great Provider indicate that He expects all up- responsibility rests, to dis- that responsibility to the full- sible extent.

apparent to all who have know- of family life in Canada that men have failed to appreciate importance of providing in an ade- manner for the incidence of and its consequent effect upon dependent on them. Clergymen over the country have been again again brought face to face with tragedy of the death of a father early manhood leaving a family out financial resources.

man with a family and in re- of a small wage finds it most dif- to do more than provide for the necessities in the present, and whole problem with very many is aggravated by periods of depression, ging in their unemployment with consequent debt and general discouragement.

I spent three years on the west coast of Newfoundland and I observed there in certain families an arrangement whereby a boy, when he reached the age of eighteen or twenty years, proceeded to lay the foundation of a house, spending his savings in doing so, and each year adding to the foundation until the house was erected, and he had a house of his own to which to take his bride. The same thing, perhaps, could not be done here, but the principle is sound for application anywhere. The young man who contemplates matrimony, and most young men hope to have a home, should begin early to prepare for it. The young man who can present his bride with an insurance policy, or take her to the home he has acquired, has shown in a practical way his love and his capacity for the responsibilities that belong to the married state.

Youth is the time to lay foundations, physically, mentally and vocationally. Should we not as naturally think of youth as the time to lay foundations financially for the future home, and wife and children? I wish every young man, for instance, were expected to purchase insurance, endowment or life, when his age makes possible a low rate.

Many men and women in middle life to-day would, if endowment policies were coming due, have occasion to bless those who had urged such a plan upon them. The widow with an income would have grateful memories of the one who had provided for her need beyond the period of his life. Sorrow and loss endured by great numbers of women and children might have been avoided if ordinary measures of precaution for the future had been taken by the young men of the last generation.

I am not a real estate agent nor am I an insurance agent! The suggestions made have the ordinary man of limited means in view and they appear the best available. If there are better means within the reach of such a man whereby he may safeguard the future of his family, let them be made known.

My hope is that an increasing number of the younger men, though living in a spendthrift age, an age which lives up to and indeed beyond its income, may appreciate the necessity and value of providing as fully and as wisely as possible for the future.

Equal to the Occasion.

"Will you buy this pair of kittens, your riverence?" asked Pat. "Sure, and they're rale Catholic kittens."

"Now then, Pat," said the padre, reprovingly, "only yesterday I heard you tell a clergyman they were Protestant kittens."

"Bedad, sir," replied Pat, "but they've had their eyes opened in the night!"

Mexicans eat salt with oranges.

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...st permanent exhibition in Canada. ...eology, Geology, Mineralogy, Pal...ology, Zoology. Open daily, 10 a.m. ...p.m. Sunday, 2 to 5 p.m. Bloor, ...ine, Dupont and Avenue Rd. cars. When in Toronto visit the

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Sir Herbert Samuel

Who faces a huge task in Palestine, where, according to Bishop MacInnes, of Jerusalem, now in Canada, Mohammedans and Christians are joining forces to oppose the high-handed politics of the Zionists.

A Bit Added.

He rang in a little sooner
Than the fellows in his shop;
And he stayed a little longer
When the whistle ordered "stop!"
He worked a little harder
And he talked a little less;
He seemed but little hurried
And he showed but little stress,
For every little movement
His efficiency expressed.
Thus his envelope grew just
A little thicker than the rest.
He saved a little money
In a hundred little ways;
He banked a little extra
When he got a little "raise."
A little "working model"
Took his little "leisure" time;
He wrought each little part of it
With patience most sublime.
Now it's very little wonder
That he murmurs with a smile,
As he scans his little bank book:
"Are the little things worth while?"

Douglas Fir.

On account of its strength and the size in which it can be obtained Douglas fir of British Columbia is considered as Canada's finest wood for structural purposes although it has many other uses The tree reaches heights exceeding 250 feet and diameters above seven or eight feet although its size is much below this on an average in the interior part of British Columbia. It is an important timber for structural purposes, for the production of lumber, railway ties, piles, mine timbers, wood block paving and many other purposes.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Emotional Cabbage.

Do plants and vegetables experience the same emotions that are felt by human beings? Scientists are beginning to think that they do.

Some extraordinary discoveries have been made, and it has been proved that even the humble cabbage has feelings. It is also known that roses experience a rise in temperature after they have been pruned.

Experts declare that there is no emotion, however delicate, which cannot be felt by plants.

The Japanese have always recognized this feature in plants. They believe that love and hatred are both experienced by flowers. Every plant and vegetable has its own character, we are told.

Science has still much to learn in this direction, but it may be that before long we shall know everything that goes on in the plant "mind."

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

"Knocking Wood" for Luck.

Why does a person "knock wood" whenever he does not want his luck to desert him?

The custom is believed to originate from an old Danish myth.

According to the legend an old Danish sea captain, just before starting on a voyage, would always tap on the side of his ship, and then stand in silence and listen for a few minutes.

His belief was that as there were so many millions of their kind in the timbers of the ship, the elves of the wood would come out and bless the ship and ensure it a safe return.

Other Danish skippers followed this practice, and, strangely enough, at least so we are told, the vessels so submitted to this quaint ritual seemed to acquire immunity from the perils of the sea.

As a result the superstition became a custom which has lived to the present day.

Minard's Liniment for Garget in Cows.

A WOMAN'S RIGHT TO GOOD HEALTH

It Can be Hers if She Keeps Her Blood in Good Condition.

To every woman belongs the right to enjoy a healthy active life. Yet nine out of ten suffer, often in silence, from splitting headaches, torturing backaches or some other of the many evils that follow anaemia or bloodlessness.

That is why one sees so many women with pale, thin cheeks, dull eyes and drooping figure—all signs that the blood is out of order. These women should win the right to be well by refreshing their bodies with the new, rich blood of health that so promptly transforms them into healthy, attractive women.

There is no other medicine can supply this rich, red blood so speedily and so surely as Dr. Williams' Pink Pills. Through this medicine thousands of tired, suffering women have found new health. For example, Mrs. F. Lane, Paris, Ont., says:—"A few years ago I was in a badly run down condition. My appetite was poor, I fell off in weight, and could with difficulty do my housework. Nothing I took seemed to do me any good until a neighbor advised me to try Dr. Williams' Pink Pills. I had only taken a few boxes of the pills when I began to feel stronger and I continued using them until I had taken ten boxes, when I felt as well as ever I did, and had regained my lost weight. My husband and children have also used the pills with good results, and I would advise anyone who is rundown to give them a fair trial."

You can get these pills through any dealer in medicine or by mail postpaid at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Britain's Oldest Road.

One of the world's most famous thoroughfares is Watling Street, which runs from Richborough, near Dover, to Wroxeter, in Shropshire, an important place in Roman days.

Part of this road is now the scene of a great modern engineering feat for it is being widened and remade.

Watling Street, which passes through Canterbury, London, St. Albans, Dunstable, Towcester, and Wellington, was made by the Romans. The original name was Via Vitelliani, but when the Saxons came to Britain they renamed it after one of their heroes, Waetla. This person was a god who was said to live in the mass of stars known as the Milky Way, which was also called Watling Street by the Saxons.

How well the old Roman road was placed can be judged by the fact that when the London and North Western Railway was being built, modern engineers could find no better route, and laid their line alongside it.

Funny Signs.

A dentist placed over his doorway a business sign which read: "Teeth extracted with great pains."

This was something like the butcher's sign which ran: "Beef is very high; our prices are the same"; and the grocer's: "Don't go elsewhere to be robbed. Try us."

Baby Carriage Motor.

A motor wheel for baby carriages that an Englishman has invented also enables an attendant to ride by standing on a low platform.

PNEUMONIA

and other Lung Diseases

Claims many Victims in Canada and should be guarded against.

MINARD'S LINIMENT

is a great preventative, being one of the oldest remedies used. Minard's Liniment has relieved thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and kindred diseases. It is an enemy to germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.

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Fred Harvey meals "all the way." May I send you our picture Folders?

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Grand Canyon Line

"We Know Him!"

A white colporteur once visited a part of central China into which to the best of his knowledge no white missionary had ever penetrated. Gathering a big crowd of Chinese round him in one of the towns, he began to read to them from the New Testament in Chinese. He read the story of Jesus's healing a blind man and also of his healing a lame man. Then he read of his healing lepers, like the lepers that crowded the streets of the town; whereupon the faces of the people lighted up.

"Oh, we know him!" they cried. "He used to live here. Our mothers and fathers have told us about him. He lived in a house down the street. We know where he is buried. His grave is here; we will show it to you, teacher. When the great plague came the rest left us, but he would not leave us. He gave us strange things out of a bottle. We took the things and were better. We had babies; they were blind. He washed their eyes and made them well; they could see. Oh, we know him very well! He has often walked down our streets and spoken to us when we were little."

"No, that could not be!" said the colporteur. "He lived in a land far, far from here. He belonged to a different nationality."

"No, sir," they insisted "you are mistaken. He was right here. Come and we will show you the grave!"

He went and saw the grave and its inscription, which was in English. He looked up the history of the town and learned that the man whom the people had spoken of was a British colunteer, a young doctor who had just completed his medical course, who had gone up the Yangtse River six hundred miles and, breaking into the central and northerly interior, had settled in the little town. The plague at last had taken his life.

And away out there years after when the people heard the words about Christ they called out: "We knew him! He lived here! We knew him well!"

Poor Consolation.

Quartermaster—"She'll steady up a bit, sir, once she's round the Lizard."

Passenger—"Oh, er—good. Is it very far to the Lizard?"

Quartermaster—"Oh, no. 'Bout thirteen hours."

During its lifetime the sturgeon lays about 7,000,000 eggs.

Diamonds feel much colder to the tongue than paste or glass.

PETRIE'S MACHINERY TORONTO

For Nervous Headaches

IS THE RELIEF from headache or neuralgic pains worth one cent to you? That's all it costs for an application of "Vaseline" Mentholated Jelly. With the first indication of a headache rub a small amount of it gently on the forehead and temples. So convenient, effective and economical!

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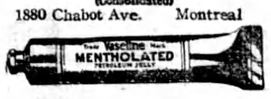

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CUTICURA HEALS ITCHY PIMPLES

Face Inflamed and Disfigured. Lost Rest at Night.

"My face broke out with hard, red pimples which festered and scaled over. They were in blotches and itched and burned so badly that I had to scratch them, and my face was inflamed and disfigured. I lost rest at night on account of the irritation.

"I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample, which relieved me. I bought more, and after using four cakes of Cuticura Soap and two boxes of Ointment I was healed, in about three weeks." (Signed) Miss Juliette Ortiz, Box 1018, San Diego, Calif., Feb. 7, 1921.

Use Cuticura for all toilet purposes.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

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BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

Broken Glass.

The safest way to gather up broken glass is to wipe it up with a wet woolen rag, which should then be wrapped in paper and thrown away.

Minard's Liniment for Distemper.

Saved Hand Labor.

Operated by compressed air, a machine has been invented to rub down the paint on automobile bodies and save much hand labor.

The horse has no eyebrows.

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Fork River, Manitoba.—"I saw in the newspapers where Lydia E. Pinkham's Vegetable Compound was doing so much good to women, and as I needed something I began to take it. I used to be very sick but I am not now. I live on a farm in the homestead district and we have to do all our own work. I tell all the women I see what Lydia E. Pinkham's Vegetable Compound does for me. I think it saves me from going to a doctor and is the best medicine women can take."—MRS. WM. COULTAS, Fork River, Manitoba.

Lydia E. Pinkham's Vegetable Compound is a medicine for the ailments peculiar to women. It is prepared from medicinal plants, with care and accuracy. It can be taken by women of any age.

Women make a serious mistake in allowing themselves to become so weak and nervous that it is well-nigh impossible for them to attend to their necessary household duties.

Such symptoms as pains and irregularities, all-gone feelings, backache, headache, hot flashes, nervousness, with a general run-down condition, indicate some form of female trouble.

The Vegetable Compound has brought relief to thousands of women suffering from such ailments. Let it help you.

HORSES COUGHING? USE

Spohn's Distemper Compound

SPOHN'S DISTEMPER COMPOUND

to break it up and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. Sold in two sizes at all drug stores.

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