

"A cup of Cocoa"

Good at any hour of the day
Baker's Cocoa
is especially good in the evening a short time before retiring. Its flavor is delicious, its aroma most attractive, and it is conducive to restful sleep without being in any sense of the word, a narcotic—
Absolutely pure and wholesome.

Walter Baker & Co. Ltd.
ESTABLISHED 1860
MONTREAL, CANADA, DORCHESTER, MASS.

BOOKLET OF CHOICE RECIPES SENT FREE



JUST COMMON FOLKS

By the Rev. Charles Steitz.

It was the hour when the streets of uptown New York were jammed with workers who have been disorganized from big factories and monster department stores.

A slim little girl of about 15— one of the "workers"—suddenly stopped before a newboy who had both arms full of papers, and whose shoes laces were flapping about his feet, because he could not tie their loosened ends.

With a word to the boy which no one else could hear, she bent over and quickly jerked up the dirty laces, gave them a twist, and knotted them firmly, and then passed on without a word. Just as though she had done what was expected of her by a careless kid of about ten.

And all through this little human incident the newboy stood without a smile, and when she had finished, he never even looked at the girl nor said a grateful "thank you."

There isn't the shadow of a doubt that the newboy had a mother who had unselfishly been doing this sort of thing for him all through his life, until he had come to expect it as a matter of course.

And the girl—well, she had the instinct which mothers every uncomforable, suffering being—the instinct which holds the world together, not through big deeds, but through little acts of kindness and gentleness—for, after all, life is made up of such things—without them, this world would be a hollow mockery.

Have you ever been hungry—really hungry—so hungry that you've been tempted to knock down another man who possessed that which would give you food?

Have you ever been so poor that you hadn't a place to sleep, outside of a park bench, or a door-way or over a warm grating?

Most solutions of the social problems of the day are based upon the assumption that the average man is well-nigh ideal—all that he needs is a "system" to bring in the glad new day—the "millennial dawn."

Whatever may be the arguments for or against this proposition, it's safe to say that there will always be some men who will drop by the wayside, beaten and discouraged, no matter what our economic system may be. Some of them were literally cursed into the world! Nobody really wanted them, at any time in their lives. How could they ever have had a fair chance to make good?

What are you going to do with these men—allow them to go straight to Hell—every way? They're near enough to it now—physically and mentally.

Whatever else may be true of these men with regard to their blood and breed and burdens, there's no doubt that their hearts beat like other men's hearts, and that in the main, their needs are just the same.

But how can one who hasn't travelled the rough road understand what these men are up against—the fierce temptations, the horrible pull of the old life, standing again and again on the brink of perdition, because they have failed and failed and failed.

These men need strong arms about their waists, and strong hearts to help them.

They need food and shelter and clothing—and friendship, and then more friendship, and when your pocketbook is open, don't forget to open your heart!

Some of us are driving hard to change social and economic conditions so there will no longer be homeless men. But don't let's wait until that time comes before giving a boost to the man who is now down and out—no matter how he got there.

How would you like to be a "problem"? Wouldn't it make you feel kindly toward your investigators?

It is assumed that any sort of a high-brow or a "sociologist" has the right to thrust his kid-gloved fingers into your private affairs—but wouldn't it jar them if you invaded their kitchens to find out how they cooked their food or if you pushed your way into their bedrooms to see the conditions under which they slept?

The real "problem" of the poor are the rich—those of them who are enjoying wealth which rightfully belongs to the workers.

Wouldn't it be a good plan to study the rich, for a change?

If you get the capitalists straightened out, it would help immensely to settle the problems of labor.

So let's offer a resolution that the investigations of the social workers be shifted from the tenements to the mansions.

There's lots of data lying around in swifdom that would be mighty interesting "dope."

The rich sometimes complain that they do not receive enough attention. Here's a chance to make them understand how it feels to have attention forced upon one.

The war bit the "sociological statistician" pretty hard—the chap who had us all tabulated, averaged and fully "doped out."

For his system doesn't leave much room for change. He estimates that things which have happened will continue to happen—to the end of time.

He talks a lot about the "law of averages," and "groups" is his pet word when discussing classified humans.

Along came the war and disturbed so many things—food products, sickness, length of life, richness and poverty, the alcohol question, social customs, and clear down the line—that the "social expert" was completely flabbergasted. He had to take his chances with just common folk and guess.

And somehow he never can quite forget that human nature is a commodity so difficult to classify that you can't gauge it with even the finest micrometers ever produced.

Just about so often it shatters all the rules of the sociologist and makes him feel like thirty cents.

Why can't we behave and settle down, so that the experts can take our "measurements"?

Maybe it's because the Almighty never did want us all to be exactly alike. He didn't make anything else uniform, not even leaves or grass or birds or elephants. Why run men and women through a common mold?

The Law

as amended Nov. 10, 1919

THIS Referendum on April 18 is to ratify a new federal law, namely, the Canada Temperance Act, as recently amended by Dominion Parliament.

If a majority of the people of Ontario vote in favor of the Canada Temperance Act as amended, then, in the exact words of the law, it follows:

No Person Shall Import

1. "No person shall import, send, take or transport into such province any intoxicating liquor.

or Manufacture or Sell for Importation

2. "No person shall, either directly or indirectly, manufacture or sell, or contract or agree to manufacture or sell, any intoxicating liquor to be unlawfully imported, sent, taken or transported into such province.

or Transport Save by Public Carrier

3. "The carriage or importation of intoxicating liquor through such province shall only be by means of a common carrier by water or by railway and not otherwise, and during the time any intoxicating liquor is being so transported or carried no person shall open or break or allow to be opened or broken, any package or vessel containing such intoxicating liquor, or drink, or use or allow to be drunk or used any intoxicating liquor therefrom."

Except for Permitted Purposes

NOTE.—This law does not prohibit importation of liquors to be used for sacramental, medicinal, manufacturing or commercial purposes, or the importation of such liquors as are permitted to be sold by the laws of the Province.

The Question to be Submitted:
"Shall the importation and the bringing of intoxicating liquors into the Province be forbidden?"

Vote and vote "YES"

Close the door to imported "booze"

Ontario Referendum Committee

A girl will marry a man because she feels sorry for him. Then she'll put in the rest of her time feeling sorry for herself.

We do not know much. But we do know that a man's alibi never seems as plausible to his wife as it does to him.

A lot of the girls who show through haven't much to show.

TASTY RECIPES

Special Cheese Tarts.

One of the nicest cheese tarts that I have tasted is made by mixing two cups of cottage cheese with four tablespoons of whipped cream, six tablespoons seedless raisins, two egg yolks, four tablespoons powdered sugar, quarter teaspoon powdered cinnamon, and ground nutmeg, one teaspoon grated lemon rind, two tablespoons orange juice, and two tablespoons finely chopped almonds. Place this mixture in pastry lined tart tins and bake in a moderate oven twenty minutes. Cool and sprinkle with powdered sugar mixed with a little powdered cinnamon.

Special Tea Cake.

For a nice tea pastry rub half a cup of butter into three cups of sifted flour, add four tablespoons powdered sugar, two tablespoons grated orange peel, one lightly beaten egg and enough milk to make smooth stiff dough. Turn out on a sugared pastry board, roll to one-half inch thick and cut in pieces one and a half inches wide and four inches long. Bake in a slow oven until crisp. Serve with butter and jam, hot or cold.

Old Style Orange Pudding.

An old very fine orange pudding is made by sifting together two cups of flour, two teaspoons baking powder, one teaspoon salt, and one tablespoon powdered sugar. Rub into this one tablespoon butter and two tablespoons of lard; make to a smooth stiff dough with milk. Roll into an oblong sheet half an inch thick. Brush with melted butter and sprinkle with sugar. Cover the dough with peeled oranges sliced thin. Roll into a tight roll and tie in a buttered and floured cloth and cook for two hours. Drain and place on a hot platter, sprinkle over chopped almonds and pour over a lemon custard made with one cup sugar, one tablespoon flour, two egg yolks, and one and a third cups of

A Favorite Pudding

Another very good pudding and one of the old receipts that improves with age is made by beating to a cream one-third cup of sugar and one-third cup of butter, add two eggs, one at a time, and beating in each egg thoroughly. Add one cup sifted flour, one cup bread crumbs, one cup

seedless raisins, one teaspoon lemon juice and one tablespoon orange juice. Put mixture in a well greased pudding mould and steam two hours. Serve with lemon custard sauce.

Brown Betty.

While we are giving the pudding receipts, we will give one for the old favorite, Brown Betty. Mix well two tablespoons of melted butter and two cups of fresh bread crumbs. Mix one-half cup of sugar with two cups chopped apples, one cup chopped seeded raisins, one teaspoon cinnamon and a quarter teaspoon cloves. Put a layer of crumbs in the bottom of a baking dish, cover with a layer of the apple mixture and alternate until all are used, have the last layer of crumbs. Cover tight and bake forty-five minutes in a slow oven, uncovered and brown. Serve hot with hard and lemon sauce, or cold with cream and jelly.

Mrs. Wyman's Sugarless and Heatless Candy.

1 lb. seeded raisins.
1/2 lb. seeded dates.
1/2 lb. figs.
1/2 lb. walnut meats.

Zest and juice of one orange. Put the raisins, figs, dates and walnut meats through the fine knife of the meat chopper. Add orange zest and juice; knead smooth, roll out in a long piece and cut in small rounds. Wrap in waxed paper.

ECZEMA

you are not a patient. If you use Dr. Chase's Ointment for Eczema and Skin Irritations, it relieves at once and gradually heals the skin. Sample by Dr. Chase's Ointment free if you mention this paper and send 2c. stamp for postage. See a list of all dealers or Edmanson, Sales & Co., Limited, Toronto.

Freckle-Face

Now Is the Time to Get Rid of These Ugly Spots.

Do you know how easy it is to remove those ugly spots so that no one will call you freckle-face? Simply get an ounce of Othine, double strength, from your druggist and a few applications should show you how easy it is to rid yourself of freckles and get a beautiful complexion. The sun and winds of March have a strong tendency to bring out freckles, and as a result more Othine is sold in this month. Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove the freckles.

Columbia Easter Music

As Christmas gives us the Music of Joy, so Easter gives us the Music of Triumph. Scarcely in any other field of special music can there be found more beauty, inspiration and praise than in the wonderful Columbia music of Eastertide.



A musical gift makes a beautiful Easter remembrance. Send your friends Columbia Records in the artistic Easter envelopes.

Hear these Columbia Easter Records:

Your Columbia Dealer will gladly play them for you

Easter Chimes (Lake)	Prince's Orchestra	A-1946
Dawn of Hope (De Casella)	Prince's Orchestra	\$1.00
Lost Chord (Sullivan)	Columbia Stellar Quartette	A-5744
The Holy City (Adams)	Columbia Mixed Quintette	\$1.65
Memories of Easter—Part I. (Robert Hood Bowers) and Memories of Easter—Part II. (Robert Hood Bowers)	Marie Morrissey and Columbia Stellar Quartette.	A-2693
Contralto and Male Voices. Orch. Accompaniment.		\$1.00
Agnus Dei	Paulist Choristers	A-2466
Salve, Regina	Paulist Choristers	\$1.00
Stabat Mater. Cuius Animam (Lord, Vouchsafe Thy Loving Kindness) In Latin	Charles W. Harrison	A-5833
Stabat Mater. Inflammatus (To Thy Holy Care) In English	Columbia Oratorio Chorus	\$1.65
Largo (Handel)	Pablo Casals, 'cellist	49802
		\$1.50
The Palms	Louis Graveure, Baritone	A-6179
The Holy City	Louis Graveure, Baritone	\$1.65
Largo (Handel)	Gatty Sellars, Cathedral Pipe Organ	A-6004
Lost Chord	Gatty Sellars, Cathedral Pipe Organ	\$1.65
A Legend	Paulist Choristers	A-2647
Sing Ye To The Lord	Paulist Choristers	\$1.00

New Columbia Records are out the 20th of each month

COLUMBIA GRAPHOPHONE CO., TORONTO.

Treadgold's Sporting Goods Co.

Agents for Columbia Records

C. W. Lindsay, Limited

Headquarters for Columbia Records

Columbia Records on sale at

The J. M. Greene Music Co., Ltd.
166 PRINCESS STREET

Seven Sentence Sermon.

Keep your soul in the free and open wherever your body may be.—Out West.

A diligent man can always find leisure, a lazy one never.—Anon.

Self is the only prison That can ever bind the soul; Love is the only angel Who can bid the gates unroll; And when He comes to call thee Arise and follow fast; His way may lie through darkness, But it leads to light at last. —Henry van Dyke.

This above all: To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.—Shakespeare.

And lo, I am with you always, even unto the end of the world.—Jesus.

Some of your hurts you have cured, And the sharpest you still have survived; But what torments of grief you endured From evils which never arrived! —Anon.

He is a man who thinks for himself, says what he thinks, and does what he says.—R. D. Hitchcock.

How Did He?

On a Scarborough train, a gentleman was seated and had comfortably placed his golf clubs beside him. A buoyant fellow with a wealthy breath came into the car and lurched into the golf clubs. "Why don't you look where you're going?" said the golfer testily. "H-mph—You don't know who I am, do you?" "No, and I don't care to know." "Well," was the reply, "how do you know it's me?"

HATCHING EGGS

From Guelph and Cobourg strain—pure bred Barred Plymouth Rocks—can't be beaten for feather, size and laying quality. \$2 A SETTING; 3 SETTINGS \$5.00. Also White Rocks—Albion Price Stock \$3 A SETTING; 2 SETTINGS \$5.

Orders carefully filled and shipped.

Gilbert's Grocery

194 BARRIE ST. PHONE 254.

MATHIEU'S SYRUP OF TAR & COD-LIVER OIL



CURES

Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc.

MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL. Colds, when neglected or badly treated give rise to consequences of such a grave character that you should not risk using inferior preparations. MATHIEU'S SYRUP is the only genuine remedy whose reputation has caused to crop up many imitations of doubtful value. ON SALE EVERYWHERE