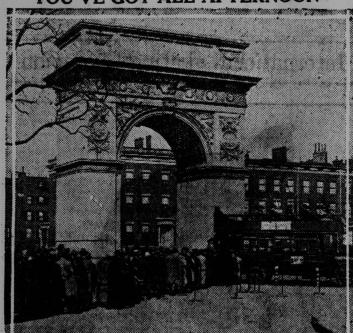
#### NO CAPITAL, BUT HE MADE SUCCESS

Story of Canadian Opportunities in High Commissioner's Office Budget.

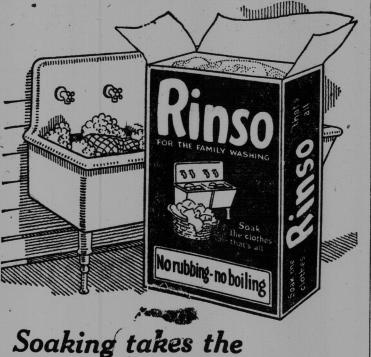


"YOU'VE GOT ALL AFTERNOON"









JUST by soaking the clothes in the suds of this new soap, dirt is gently loosened and dissolved.

Even the dirt that is ground in at neckbands and cuff-edges yields to a light rubbing with dry Rinso. Not a thread is weakened. The mild Rinso suds work thoroughly through and through the clothes without injury to a single fabric.

Rinso is made by the makers of Lux. For the family wash it is as wonderful as Lux is for fine things.

All grocers and department stores sell Rinso.

LEVER BROTHERS LIMITED, TORONTO

# YEAR ONE OF BEST IN

Membership of Branches Reporting is 988,522-Endowments Increase.

ice. If it saved you eight dial. That is the mark of a hours a year it would pay good timekeeper. And it for itself and you would have costs but \$2.00.

Marked increase in the number of men and boys affiliated with Y. M. C. A. Bible classes is reported. A total of 282,948 for the year is a gain of 24,000 or 11.5 per cent. Aggregate attendance at Bible and religious meetings reached approximately 9,549,000, an increase of 11.6 per cent.

Endowment funds increased by 8.3 per cent. to \$7,308,000, while the property debt increased by only 6.6 per cent. An increase of net association property to \$159,521,000, 8.1 per cent. in the year, indicates the volume of property additions and is believed to mark the end of the deflation period of 1922-28.

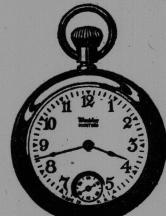
Big Bem Baby Ben America Sleep-Meter Jack o'Lentern Pocket Ben \$1.00 \$1

Building Projects.

In a foreword Dr. John R. Mott, general secretary of the International Committee, Y. M. C. A., states that at the present time the building bureau of the committee is retained on some 75 building projects, and points to the multiplication of branch buildings both in large and middle-sized cities and the evolving of building plans and projects for cities or isolated communities of under 15,000 inhabitants. The Financial Service Bureau of the Committee, he says further, reports campaigns for funds for new buildings and for clearing off building indebtedness aggregating over \$14,000,000. "It is a striking fact," Dr. Mott adds, "that in spite of all criticism and other handicaps, the associations today are raising sums which before the war would have seemed absolutely impossible." The latest "impossiblity" is \$3,000,000 subscribed by St. Louis citizens for a citywide Y. M. C. A. development programme.

Most of the Y. M. C. A. work in

## Westclox



#### The time in your pocket, \$2.00

WITH careful treatists service free in addition.

The man with a dependshould last you several able watch in his pocket can years. But suppose you use his time to the best adbought one every year. vantage. He saves hurry, That is \$2.00 a year to have worry and waste time spent the time in your pocket. in waiting.

Four cents a week at the Pocket Ben wears the most for timekeeping serv- trade mark Westclox on its ice. If it saved you eight dial. That is the mark of a

manded us when we entered upon the foreign work, that of developing autonomous independent self-supporting been traced, however, to the Teutonic

FFEE particular people-Roasted and packed same

day in airtight cans

### A vigour breakfastin 3 to 5 minutes



No matter how great your hurry, now you can enjoy a hot nourishing cereal every morning. Quick Quaker cooks perfectly in less time than it takes to make the toast, fry the eggs, or boil the coffee.

Your grocer has both kinds of Quaker Oats-regular Quaker and Quick Quaker. Both are milled from the choicest Canadian Oats. Both are stored with health-giving nourish-

Both have that supremely delicious Quaker flavour. The only difference is that Quick Quaker cooks quickly. The grains are cut in two, rolled thinner and partly cooked before packing. That is why Quick Quaker is handy for the hurry-up breakfast.

Quaker Oats The kind you have always used

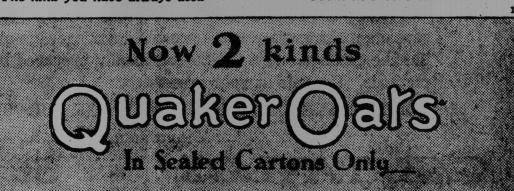
Your grocer has both kinds of Quaker

Oats now. Get whichever kind you

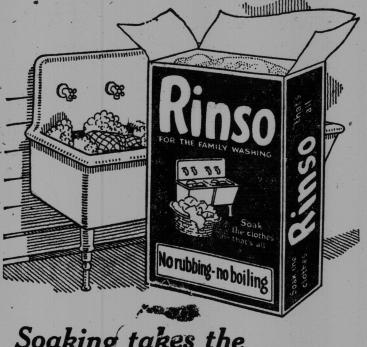
prefer. Look for the picture of the

Quaker on each package.

Ouick Ouaker Cooks in 3 to 5 minutes



If you've never eaten Kraft Cheese you have a treat in store! No other food so combines delicious flavor with satisfying nourishment. It tempts and gratifies the most jaded appetite of child or grown up-for Kraft is the no rindsupreme in cheese. The secret of its quality and flavor is in no waste the blending of properly matured cheese. Your guarantee that you get this aristocrat of all cheese is the Kraft label. Be sure it's on the cheese you buy. "CHEESE-AND WAYS TO SERVE IT"



place of rubbing—