POOR DOCUMENT

THE EVENING TIMES AND STAR, ST. JOHN, N. B., THURSDAY, NOVEMBER 10, 1921

Many Families in the City Will Require Aid

Preparations Made at Associated Charities Meeting to Handle Serious Situation This Fall and Winter-Churches and Other Benevolent Organizations Co-operating.

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it is pure, fresh and wholesome and the flavour





Real Raisin Pie

1 cups Sun-Maid Seeded Raisins 2 cups water 14 teaspoon sait 2 tablespoon some starch 1 tablespoon sugar

Wash the raisins, put in saucepan with 1 cup cold water and bring slowly to a boil. Add sugar, sait and corn starch, which has been mixed with 1 cup cold water, Boil 3 minutes; add lemon juice. Pour in pie tin which has been lined with crust, while het cover; brush top with cold milk

and bake in moderate oven until brown. All measurements for this recipe are level.

THE man for whom you choose the food, madam, depends largely on you to keep him fit for the modern business grind.

Iron and Energy

He needs foods that give him luscious flavor to enjoy, and energy least once a week at his request. You'll please him and improve him, and iron to refresh and vitalize

and you'll enjoy the pie yourself. Raisin pie is prime food in both Delicious raisin pie and raisin bread are sold by bake shops and groceries everywhere. Buy of them to save baking at home. respects. Raisins are rich in iron. Men need but a small bit of iron daily, yet that need is vital. Raisins furnish 1,560

Real raisin pie is made with lots of raisins. Insist on it. First-class bakers do not stint. calories of energizing nutriment per pound-in practically pre-digested

SUN-MAID RAISINS

Cut This Out and Send It

California Associated Raisin Co. Dept. P-368-29, Fresno, Calif.

-give them to your husband in a pie that he'll crave because of its luscious flavor So this pie is ideal dessert for the hard-worked, tired man at night. Make according to the recipe shown here. You don't know real raisin pie, nor does he, until you've tried this kind. You'll serve it at

No money

accepted

The 10-Day Tube of Pepsodent is free. We even pay the postage. This is simply to urge that you test it. See for yourself what it does. Decide by the clear results.

Just send the coupon, then watch

the benefits you get.



"Your Pretty Teeth-

What have you done to them?"

There is a new way of teeth cleaning — a way which fights film. To millions of people it has brought whiter, prettier teeth. Also safer teeth and cleaner.

You see the results in every circle - see them in glistening teeth.

This is to urge that you try this method. Ask for a ten-day test. Then mark the change which you see and your friend see.

It combats the film

Most teeth are clouded more or less by film. The film is viscous. You can feel it with your tongue. But if clings to teeth, en-ters crevices and stays. And it often forms the basis of fixed coats.

The ordinary tooth paste does not end film. The tooth brush has left much of it intact. The film absorbs stains, making the teeth look dingy. Thus millions of teeth have lost their natural luster.

How film ruins teeth

Film does more than mar the beauty. It is now regarded as the cause of most tooth

Film is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. Also of other serious troubles, local and internal.

These troubles have been constantly in-creasing. So dental science has long been seeking ways to fight that film.

A daily combatant Two effective methods have now been found to daily combat that film. Able authorities

have amply proved them. Millions now em-ploy them. And leading dentists everywhere are helping to spread their use. The methods are combined in Pepsodent, a new-day dentifrice. The results are quickly seen and felt, so they cannot be disputed. That is the tooth paste we urge you to try. And we send a test tube free.

Also aids Nature

Nature places in the mouth great teeth-protecting agents. But with modern diet, rich in starch, those forces need constant stimulation. Pepsodent supplies that stim-ulation. This is in keeping with the views of dental authorities f dental authorities

It multiplies the salivary flow. It multi-plies the starch digestant in the saliva. That is there to digest starch deposits which may otherwise cling and form acids.

It multiplies the alkalinity of the saliva. That is Nature's agent for neutralizing acids which cause tooth decay.

Each use of Pepsodent increases these forces, and the excess remains for some time. These effects alone, in dental opinion, mean a new era in tooth protection.

No soap—no chalk

Soap and chalk are omitted from Pepso-dent, to accord with modern dental require-ments. No tooth paste which contains them can bring Pepsodent effects. Pepsodent is the scientific tooth paste — the new-day method of teeth cleaning. Au-thorities say that it should supplant the methods which are wrong.

The reasons are told in a book we send. The 10-Day Tube reveals the effects. You will know what is best in a week.

Smokers' teeth are often particularly dis-colored. The film absorbs the stains. The results of film removal are usually quick and cons Most children suffer from these film at-

Men see the results

very quickly

tacks. Few reach the age of 15 with sound teeth. Dentists advise that Pepsodent be used twice daily from the time the first tooth appears. No ordinary tooth paste offers any-where near such protection.

⁴ Ten days will tell

Send the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear. Watch the other good effects.

Judge by what you see and feel. You can easily decide then between the old ways and the new. Cut out the coupon now.





A Battery for Business Men

SEVERAL different sizes and shapes of Waterman's Ideal Fountain Pen will give you more efficient service and greater writing ease than is possible to obtain in any single style of this business man's pen.

For routine office work, you naturally choose a Waterman's Ideal that instantly fits your writing position and one, probably, with a medium fine point.

For signing cheques, letters and other records, you will find that another style altogether, with a broader point, will give you a freer sweep of motion and make easier this part of your work.

An entirely different



will be preferred for your pocket-for personal use at home.

Then-if business demands it, have two or three Waterman's Ideal filled with colored inks-red, green, violet-for checking and notations.

This is the convenience and time-economy which the Waterman's Ideal Fountain Pens offer. Install the battery for business men.

We suggest the \$5.00, \$6.00, \$7.00 and \$8.00 styles. There are others up to \$15.00 and down to \$2.50.



Made in Canada

The New-Day Dentifrice

The scientific film combatant, approved by modern authorities and now advised by leading dentists everywhere. Each use brings five desired effects. All druggists supply the large tubes.



