



### Make This Work Easier for Yourself

**Y**OU will find that Sunlight Soap is the best and handiest helper for washing dishes you ever used.

Try Sunlight, and the hardest part of dish-washing will disappear. The work will be quicker done, too.

Of course, Sunlight is the best all-round soap you can buy—good for dainty fabrics, and those woollen blankets you want to keep fresh and fleecy. Remember, it is kind to the hands.

# Sunlight Soap

**5c.**  
A BAR

All grocers  
sell and  
recommend it

1310



### For Dyeing Children's Clothes

This winter is seeing lots of real, sensible economy practised. What's the sense of throwing good dresses away because they're faded?

### MAYPOLE SOAP DYES EVERYTHING

A Cake of Maypole Soap will do wonders and any one can use it. Dyes Cottons, Wools, Silks or Mixtures. 24 Colors 10c. a cake. Black 15c. at your dealers or postpaid with Booklet "How to Dye".

**FRANK L. BENEDICT & CO., MONTREAL**

When writing advertisers please mention The Western Home Monthly.

"Good morning, Mr. Carruthers."  
"Good morning, Smith, is there something you want?"

"Yes, sir, I want to marry your daughter," said Jack bluntly, going right to the point.

"H'm, are you sure you have this right? Do you care enough for each other to get married?" the father said with his eyes twinkling strangely.

"Yes sir," said Jack, "all we wish is your consent. You see, sir," he continued, "I am not what I appeared to be. My right name is—"

"Jack Sherman," cut in Carruthers suddenly, "and your father is Charlie Sherman, of Boston. Why boy," and here he burst out laughing, "your Dad and I went to school together when we were little fellows. I've been corresponding with your father since you came here, and I thought that you would be paying me a visit one of these days anyhow." Here he broke into his little chuckle again.

To say that Jack was surprised at these disclosures was drawing it very mild. He had simply been floored. To think that this old duffer had known all the time. This explained his friendliness, of course.

which the world needs to-day, and second-mile living which would compel weary pilgrims to turn their faces Christward Who is Himself always the inspiration and example of the second mile.

The valley of the Nile is a fruitful valley not because the Nile flows through it, but because the Nile overflows it. It is only when your life overflows that power is in your possession. The world is sighing for this spirit of the second mile, which is the spirit of love.

Problems in our home may easily be settled on this basis. Children recognize the necessity for discipline. They have no regard for the home without it, but their little hearts long for the second mile.

Men are brought to Christ by the spirit of love in the preacher and his people and by the evident presence of Christ in the lives of those with whom they may casually worship. Going the first mile counts for almost nothing; going the second mile will invariably win out.

—J. Wilbur Chapman.



The Misfit.

—Daily Graphic (London)

"Do I get your consent?" he said eagerly.

"You bet your life. Why I anticipated you so far as to send a telegram to your father, telling him that you were going to take my daughter away from me. Here's an answer to it," he said picking up a blank, from which he read:—

"Tell the boy I think he is independent enough to run the factory now. If he can steal Bill Carruthers' only daughter, he can handle the job."

"Chas. Sherman."

"Oh, I say, where are you going?" he demanded, as Jack hurried to the door.

"Why, to tell Hazel," he shouted happily, and then turning, added—"I'm an independent man."

### THE DOCTOR'S WIFE

Agrees With Him About Food

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients."

"It is delicate and pleasing to the palate (an essential in food for the sick) and can be adapted to all ages, being softened with milk or cream for babies or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet I find Grape-Nuts and albumen water very nourishing and refreshing."

"This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice for flavouring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any distress."

"My husband is a physician and he uses Grape-Nuts himself and orders it many times for his patients."

"Personally I regard a dish of Grape-Nuts with fresh or stewed fruit as the ideal breakfast for anyone—well or sick."

In stomach trouble, nervous prostration, etc., a 10-day trial of Grape-Nuts will usually work wonders toward nourishing and rebuilding and in this way end the trouble. Name given by Canadian Postum Co., Windsor, Ont.

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

### How Much Shall We Do for Others?

It is said that in the olden days, if one was travelling through a strange country, if he should meet along the way one who may have been going in the opposite direction it was possible for the stranger to stop the one he met and compel him to become his courier. The law made it obligatory for the man who knew the way to turn aside from his own journey and go with the stranger just one mile. At the end of that mile he could stop and could not be compelled to go one foot farther.

Jesus must have had this in mind and so said to His disciples: "Whosoever shall compel thee to go a mile go with him the second mile." The first mile was law, the second grace; the first mile you are compelled to go, the second mile you choose of your own accord to travel, and it is this second-mile Christianity