Families Are Buying "Sunkist" Oranges by the Box or Half-Box

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Enjoy the rich, delicious meat and sweet, tangy juice of ruddy, thin-skinned, seedless "Sunkist" oranges.

Have this golden fruit for breakfast, dessert and "between meals." Cleanest of all fruits—never touched by bare hands. All the pickers and packers of "Sunkist" oranges wear clean white cotton gloves.

"Sunkist" oranges are the finest, juiciest oranges in the world. Tree-ripened, fiberless. Not a seed in "Sunkist." Buy them by the box or half-box. That is cheaper than buying by the dozen. They keep for weeks.

Get Rogers Silver with "Sunkist" Wrappers

Cut the trademarks from "Sunkist" orange wrappers and send them to us. We offer 27 different premiums, all Rogers A-1 Standard Guaranteed Silverware. Exclusive "Sunkist" design. For this orange spoon send 12 "Sunkist" Orange Wrappers and 12 cents. "Red Ball" orange wrappers count same as "Sunkist."

In remitting, send amounts of 20 cents or over by Postal Note, Post Office or Express Money Order.

Buy "Sunkist" Oranges at Your Dealer's

Send your name and full address for free pre-nium circular and Premium Club Plan. Address all orders for premiums and all inquiries to

CALIFORNIA FRUIT GROWERS EXCHANGE
105 King Street, East, cor. Church TORONTO, ONT

REMEMBER!

Our Sunkist Oranges are received direct from the coast in carload lots, thus assuring freshest stock.

A. L. GOODWIN, - Market Building, St. John

Flour trial is essential but it is not your work!

Flour varies from time to time in baking quality. This is because wheat continually varies according to soil condi-

Therefore, if baking results are to be constantly high, baking tests are essential. It is unreasonable to expect you to make these tests at your

So from each shipment of wheat delivered at our mills we take a ten pound sample. This is ground into flour. Bread is baked from the flour. If this bread is high in quality and large in quantity, we use the shipment. Otherwise we sell it.

By simply asking for FLOUR bearing this name you can always be sure of more bread and better bread.

"More Bread and Better Bread" and "Better Pastry Too" 523



How To Make Good Cake

MATERIALS: (Fresh eggs, good solid batter (sot too saity), fine granulated sugar and postary for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust and cearse for the granulated sugar sugar and postary for the granulated sugar produces a hard crust and cearse for the granulated sugar sugar and postary produces a hard crust and cearse for the granulated sugar sugar granulated sugar produces a hard crust and cearse for the granulated sugar produces a hard crust sugar sugar granulated sugar produces a hard crust and postary produces a hard crust and cearse for the granulated sugar s

eat as soon as the cake is mixed.

The Fire.

If gas, gasoline, or kerosene is used, light the oven at least ten minutes before the cake is put in. The length of time depends upon the fuel used. The above mentioned fuels are more desirable for cake baking than wood and coal, as they can be regulated to a licety.

Whatever fuel is used it should be regulated so as to obtain an even temperature during the entire baking of the cake. The oven should never becoled off after baking begins.

Oven temperature: Layer cakes and small cakes require a hotter oven than loaf cakes. Sponge cake and an jel food demand a slower oven than loaf cakes. Sponge cake and an jel food demand a slower oven than loaf cakes. Sponge cake and an jel food demand a slower oven than loaf cakes. Sponge cake and an jel food demand a slower oven than loaf cake during baking. If turned at all, it should be after the mixture has set, enough to prevent falling. This is when nearly done.

If gas is gasoline, or kerosene is used, the oven 40 min sponge cake—slow oven—45 to 60 minutes.

Layer cake—hotter than loaf cake—boar minutes.

Seneral Suggestions on Cake Baking. While the cake is in the oven, open and shut the door carefully. A sudden jar often causes a cake to fall. So the cake during baking. If turned at all, it should be after the mixture has set, enough to prevent falling. This is when nearly done.

If gas is gasing the entire baking of the cake should be placed in the center of the top grate.

If gas is gasing the entire baking of the cake should be placed in the center of the top grate.

MUTHER ALWAYS LETS

ME MAKE THE OXO, IT'S

twarm room for an hour of two become creamins.

The pans should be buttered and lined with buttered paper to prevent burning.

The eggs may be broken and septarted if necessary. The yolks may be beaten and the whites set in a cool place unbeaten until the cake is nearly mixed.

The oven should be at the desired beat as soon as the oake is mixed.

The oven should be at the desired beat as soon as the oake is mixed.

16 tablespoons—I cup.
4 tablespoons of flour—lounce.

They beat all the old ideas

for building up strength and sturdy growth

It is their wonderful convenience, as well as their body-building power, that commends the new Oxo Cubes to mothers, and is winning for this wonderful new food-invention a permanent place in every

"Don't you tell---Sis!"

The first dose gives speedy relief in sick-headache, biliousness, constipation, lack of appetite, heartburn, dyspepsia, and lasting improvement follows the timely use of this favorite and reliable home remedy. You will become healthier and stronger, and more cheerful if you let Beecham's Pills

Pick You Up

When Run Down

"This'll be a good joke on mother!

She didn't think we could reach so high when she put Kellogg's on the top shelf, did she?

But we fooled her this time!

Course mother won't care, 'cause she lets" us have Kellogg's every time we want it, don't she? Says it's good for us and makes us grow like

Always fresh-always uniform in quality. 10c at all grocers

We have a large assortment of type ready to serve you.

THE STANDARD JOB PRINTING CO.



Calvert's Tooth Powder is time spent well!

—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT.
Tina 15°., 30°. & 45°. Sprinkler-top glass Jar, 35°
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F. C. CALVERT & CO.,
349, Dorchester Street West, Montreal

FAMILIARIZE yourself with the genuine Listerine. It is to your interest to get it, because it is the most effective of all mouth-washes.

In our laboratories we have many thousands of preparations labelled Listerine, but which are imitations and substitutes. These have been collected from all parts of the world. Most are worthless—many positively harmful. Be sure you get the gen-

All druggists sell Listerine. LAMBERT PHARMACAL CO. Toronto, Ont.



Mrs. H. VON RODEN of LYNDON, KY.

Recommends Lydia E. Pink-ham's Vegetable Compound for Backache, Nervousness, Headaches.

Lyndon, Ky.—"I have been taking ydia E. Pinkham's Vegetable Compound or headaches, neuralgia pains, backache, rvousses and a general run down continue of the average and an entirely re-

rousness and a general run down contion of the system, and am entirely reeved of these troubles. I recommend
our remedies to my friends and give
ou permission to publish what I write."
-Mrs. H. Von Roben, Lyndon, Ky.
When a woman like Mrs. Von Roden
spercous enough to write such a lettar as the above for publication, she
should at least be given credit for a sincer desire to help other suffering women,
for we assure you there is no other reason why she should court such publicity.

anadian Woman's Experience;



Canadian Woman's Experience;
Windsor, Ont.—"The birth of my first
child left me a wreck with terrible weak
spells, but I am glad
to tell you that I do
not have those weak
spells and I feel like
a new woman since
taking Lydia E.
Pinkham's Vegetąble Compound. I am
now well and strong
and can do my own
housework. I do
not take medicine of
any kind. It was

