

Our Treat All Week!

Luscious "Sunkist" Oranges at Special Prices, at Your Dealer's!

The best part of breakfast is a juicy, thin-skinned, seedless "Sunkist" orange. "Sunkist" oranges are the finest, juiciest, most delicious oranges grown in the world.

Buy them by the box or half-box—they are most economical and keep for weeks. Carefully picked and packed by gloved hands. The cleanest of fruits. Tree-ripened.

Rogers Silverware Premiums for "Sunkist" Trademarks

Cut the trademarks from "Sunkist" orange wrappers, and send them to us. We offer 27 different silverware premiums—all Rogers A-1 guaranteed Standard silver plate. Exclusive "Sunkist" design.

Buy "Sunkist" Oranges at Your Dealer's

Send your name and full address for our complete free premium circular and club plan. Address all orders for premium silverware and all correspondence to

California Fruit Growers Exchange
105 King Street, East, cor. Church (n) Toronto, Ont.

A. L. GOODWIN,
Market Building, Germain Street.

HEADQUARTERS FOR

Sunkist Oranges

The Woman's World

THE Women's department of the Standard is conducted by Miss Hazel Winter of Fredericton, supervisor of the Women's Institutes of New Brunswick, and all matter for publication in this page must be submitted to Miss Winter for approval.

THE SECRETARIES OF THE DIFFERENT INSTITUTES

Albert County.
Hillsborough, Mrs. Ingram Steeves; Albert, Mrs. J. D. Cleveland; Elgin, Mrs. Rita Downes.

Carleton County.
Debec, Miss B. May Harron; Florenceville, Mrs. B. P. Smith; Hartland, Mrs. J. W. Montgomery; Glassville, Miss Katie Ronald.

Charlotte County.
Oak Bay and Levesville, Miss Agnes Boyd; Grand Harbor, Miss Hazel Newton; Seal Cove, Mrs. E. M. Harvey.

St. John County.
Lorneville, Mrs. Samuel E. Calbraith.

Kent County.
Buctouche, Mrs. D. V. Landry; Ross, Mrs. Grace C. Fraser; Ford's Mills, Mrs. John Call.

Kings County.
Clifton, Mrs. S. S. Carmichael; Markhamville, Mrs. W. P. Fowler; Lower Millstream, Mrs. H. C. Coy; Newton and Smith's Creek, Miss Blanche Gosselin; Central Greenwick, Mrs. Frank Short; Hawick, Mrs. E. Kelly; Cors Hill, Miss Ethel M. Burlock.

Northumberland County.
Barnaby River, Miss M. Alice McDonald; Blackville, Mrs. Justus T. McCarthy; Millerton, Mrs. W. O'Donnell; Centre Napan, Miss Lena A. MacLean.

Queens County.
Welsford, Mrs. H. W. Woods; Garrettsville, Mrs. W. H. Babitt.

Restigouche County.
Campbellton, Miss Nellie Aker.

Sunbury County.
Hoyt Station, Miss Annie Smith.

Victoria County.
Andover, Mrs. J. W. Jamer; Grand Falls, Mrs. J. L. White.

Westmorland County.
Bayfield, Mrs. Percy Allen; Port Elgin, Miss Eva Siddall; Upper Sackville, Mrs. Fred T. Thompson; St. Hubert, Mrs. Harry Carter; Shediac, Miss Grace Harper.

York County.
York, Mrs. Hedley Currie; Prince William, Mrs. Dr. W. McKenzie; Stanier, Mrs. A. Pringle; Millville, Mrs. Walter Kennedy; Fredericton, Miss Inez E. Johnston.

WOMEN'S INSTITUTES REPORTS

The Department of Agriculture provides reports, forms for different branches, and after each meeting secretaries fill in these forms and send them to the Supervisor, thus enabling her to keep in touch with each institute and to know what line of work is being taken up.

Reports Show Good Work Done.
The following reports have been received by Miss Winter which will give interested readers an excellent idea of the work done by the Women's Institutes and to know what line of work is being taken up.

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WOMAN BEST EXPONENT OF THRIFT

"Not what I have, but what I do, is my kingdom," Carlyle said. Thrift began with civilization. It began when men found it necessary to provide for tomorrow, as well as for today. It began long before money was invented. Thrift means private economy. It includes domestic economy as well as the order and management of a family.

Private and public wealth have the same origin.

Wealth is obtained by labor; it is preserved by saving and accumulation; and it is increased by diligence and perseverance.

On the other hand it is wastefulness which causes want and destitution.

So that every thrifty person may be regarded as a public benefactor, and every thriftless person as a public nuisance. There is no dispute as to the necessity for private economy. Everybody admits it, and recommends it. But with respect to political economy, there are many opinions.

Economy is not a natural instinct, but the growth of experience, example and forethought. It is also the result of education and intelligence.

Prodigality is much more natural to man than thrift. The savage is the greater spendthrift, for he has no forethought, no tomorrow.

Man would have continued uncivilized, but for the results of the useful labors of those who preceded him. All nature teaches that no good thing which has once been done is utterly lost. One generation taught another, and the art and handicrafts were established. The labors and efforts of former generations were transmitted by father to son, mother to daughter, and they continue to form the natural heritage of the human race—one of the most important instruments of civilization.

Our first thrift therefore consists in the useful effects of the labor of our forefathers, but we cannot enjoy it unless we ourselves take part in the work. All must labor either with hand or head. Without work, life is worthless; it becomes a mere state of moral coma. We do not mean merely physical labor. There is a great deal of higher work—the work of action and endurance, of trial and patience. Labor is not only a necessity, but it is also a pleasure, when it is normal and suited to the individual. And ought never to be forgotten, that however rich or poor he may be, all that we eat, all that we are clothed with, all that shelters us from the palace to the cottage, is the result of labor.

Labor and skill applied to the commonest things invest them at once into precious value. Labor is indeed the life of humanity, banish it, and the race of Adam would be at once stricken with death. "He that will not work," said St. Paul, "neither shall he eat." It is the most so. By one working man, we do not mean merely the man who labors with his muscles and arms, but the man who labors with his brain also, and creates a saving as the result of labor, or the capitalist is merely a man who does not spend all that is earned by work. But thrift is not a natural instinct. It is an acquired principle of conduct. It requires self-denial of present enjoyment for future good.

The habit of saving dispenses with every thing which is not essential. A purchase made at the lowest price will be dear if it is a superfluity.

CASTORIA For Infants and Children. The Kind You Have Always Bought

Keeps the Signature of Dr. J. C. Watson

The Real Secret of Rejuvenating the Face

She holds the true secret of facial rejuvenation who has learned how to remove the dead skin particles as fast as they appear. It's a secret anyone may possess.

GOLD WATCH FREE

A watchmaker's apprentice who has been working for some time has been given a gold watch as a reward for his good work.



SHOWERPROOF

"GRAVENETTE" (Regd) Cloth, you know, has a big advantage over the regular dress goods, in being showerproof. By the wonderful "Cravenette" (Regd) process, Tweeds, Worsted, Serges and other fabrics are made absolutely showerproof.



With Every Batch of bread you make with Regal Flour

successfully, you will wonder why you didn't try it before. No use waiting. Get

REGAL FLOUR

now, and avoid baking-day troubles. Too many cooks spoil the bread by using inferior flour. Don't you make this mistake, but always insure success in baking by using only REGAL FLOUR. Acknowledged to be the most uniformly excellent of any flour sold.

Get a barrel from your grocer. If it isn't satisfactory, we'll refund your money. The St. Lawrence Flour Mills Co., Ltd., Montreal, Canada



This oven test means

bake-day "luck"

If your baking results vary, you may find the reason in the flour. For there is only one way that a miller can assure you constant success. An oven test must be made.

So we take ten pounds of wheat from each shipment delivered at our mills. We grind this sample into flour. Then the flour is baked into bread.

If this bread proves to be the "lucky" kind—high in quality, large in quantity—we use the shipment. Otherwise we sell it.

You buy luck in flour bearing this name. No need to merely try your luck. "More Bread and Better Bread" and "Better Pastry Too"

PURITY

Little expenses lead to great things that are not needed soon accustoms us to prodigality in other respects.

It is in fact that in youth economy should be practiced and in old age liberality should be dispensed—not to exceed the income. Youth has a long future, while the aged are reaching the end, and can carry nothing out.

When economy is looked upon as a thing that must be practiced, and those who have not before observed it, will be astonished to find what a few dimes or quarters laid aside weekly will do towards securing moral elevation, and personal independence.

In conclusion the ideas expressed in reference to thrift, labor, economy, are more practiced by woman than men. How many women are at work intelligently, self supporting, respect-

ful men, as capable of assisting in the affairs of the Empire, and yet they are denied Equal Suffrage.

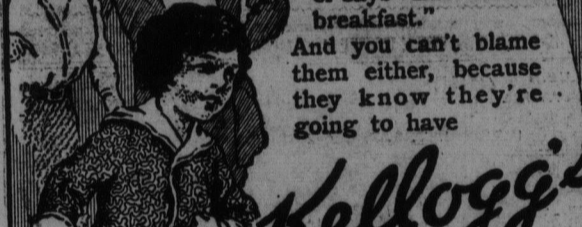
It is said there are only a few women who would care to vote. If such is a fact, they would be doing their country good service—not to I have a good deal of sympathy for a little girl who asked her mother the other day this question. She said, "Ma, when I grow up, if I get married, must I marry a man like Pa?" Her mother said, "Yes. Well ma, this is a hard world for us women isn't it?" Now the trouble is, there are too many men like "Pa" in the Legislature.

But we still remain firm in the faith, that Equal Suffrage is not in the far distance and only good can result from justice.

L. H. PERLEY.

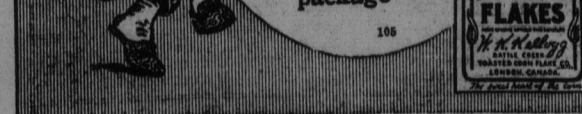
The Last Call to Breakfast

My! How everybody scampers when mother says "Last call to breakfast." And you can't blame them either, because they know they're going to have



Kellogg's CORN FLAKES

Look for the signature 10c per package



Let me talk to you about being "Run-Down"

When your system is undermined by worry or overwork—when your vitality is lowered—when you feel "anyhow"—when your nerves are "on edge"—when the least exertion tires you—you are in a "run-down" condition. Your system is like a flower drooping for want of water. And just as a drooping flower—so "Wincarnis" gives new life to a "run-down" constitution. From even the first wingless fly you can feel it stimulating and invigorating you, and as you continue, you can feel it surcharging your whole system with new health—new strength—new vigor and new life. The result will delight you.

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Send for a liberal free trial bottle of "Wincarnis." Enclose six cents stamps for postage. COLEMAN & Co., Ltd., Wincarnis Works, Norwich, England. You can obtain regular supplies from all leading Stores, Chemists and Wine Merchants.



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