

The Kind That Makes You Like Fruit Cake

That tender, almost juicy cake with the rare flavor of delicious' raisins and piquant spice. That rich, fruity, luscious cake that doesn't crumble and dry out. The kind that you have always liked-the kind you mean when you say "fruit cake."

SIDE TALKS.

HAPPIER APART.

not ask her to

The daughter

live with her.

a home nearby; she sees that

By Ruth Cameron.

The mother of , couldn't stand the constant interfer-

a friend of mine ence and the fussing if the children

is very much ag- moved a chair out of its place. And in

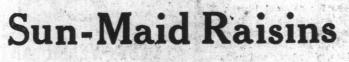
grieved because the daughter's home other but similar

was inevitable.

You can buy it now-get just the kind you like-and save baking at home.

Yust ask your bake shop or confectioner for it-the cake that's made with

. . . .





'Phon EET.

WAR

etile

LWAR

table

usto

Killer

Lamb.

keen-

These plump, tender, juicy, thin-skinned raisins are ideal for cake. Taste the cake you get and see. You'll enjoy fruit cake more often when you can secure such good cake ready-made. Mail coupon for free book of tested recipes suggesting scores of other luscious raisin foods.

Sun-Maid Raisin Growers A co-operative organization comprising 14,000 grower members Dept. N-518-22 Fresno, California

daughter d o e s with the situation complicated with a sordid crimes and vicious customs all

third generation and the whole of day long, where others notice noth-

them hived up in one house, trouble ing wrong. But in the old days

join the Poultry Association. The enclosed letter received from NOTHING NEW. the editor of "The Maritime Farmer"

gone to seed, no women used the

may interest you: I saw a girl, a social pet, light up a costly cigaret; she ! blew . G. Butler, Esg., B.C.S., M.C.S., the smoke around Springdale St. Commercial School, her head, ; a n d St. John's, Newfoundland. mournful-Dear Sir,-I wish to thank you for have gone to help in building up yours of the 8th inst. At the request other countries. We need to develop ly I sighed and of Mr. J. P. Landry, I sent a number the resources of our country more said, "Great Cae-

and."

of copies of The Maritime Farmer to by industrial awakening and become sar! Whither do some of your leading citizens in New . optimistic of the future. we drift? These modern women foundland and hope that they will are too swift. I grieved because her m a r r i e d each was a strong personality and hind the times; I'm always seeing bear fruit. I am sure I appreciate very much

what you have done for The Maritim Farmer. We have published the list "The Sample Alone which you have sent us, in this issue, and it should have some local effect. has found h e r of Course It Can Be Done Graciously. Filthy Weed." I make such state-Mr. Burke, Deputy Minister of Eduw nome nearby; she sees that Mind you, I do not say the thing ments off the reel; I always like to cation, the other day and found him

TEF EVENING TELEGRAM, ST. JOHN'S, NEWFOUNDLAND, FEBRUARY 21, 1923-3

Awakening Needed

Evening Telegram

Dear Sir,-The following from "The

aritime Farmer," a magazine very

terest your many readers:

land, where he acted instructor at schools, and where people accurate a school accurat

bandry, illustrated by cinema reels to successful neighbors, so as to

on incubation, the rearing of chick-ens and the Nova Scotla Egg-laying We have too many Micawbers, wait-

Contest. By way of variety, reels were also shown on the Hot Bed for

Home Gardening and the Winter thing else to turn up to care for our

Storing of Vegetables. Mr. Landry product. These need to create their

ceedingly successful one attracting a large and distinguished patronage.

est taken by Sir William and Lady sale men who will compete with one

Horwood, and by Hon. Tasker Cook, another to secure their products, in-

Mayor of St. John's. The stock shown would be very creditable at any sim-

elpful and popular in Newfound

"Professor J. P. Landry, Superintend-ent of the Poultry Division at the

Agricultural College, has just re-turned from St. John's, Newfound-

land, where he acted in the double

cently held in that city. Prof. Landry

gave three lectures on Poultry Hus-

reports that the Show was an ex-

He mentions particularly the inter-

ilar show in Caanda. Newfoundland

is unusually well situated for Poul-

try raising, both from the point of

view of feeding and markets. The

local supply is insufficient to meet

the demands, and fresh eggs particu-

larly command very high prices.

Grains can be secured from the Mon-

treal trade with much lower trans-

portation charges than in Nova Sco-

tia, the difference, being accounted

for by the advantage of a direct ocean

route as compared with all-rail car-

riage. It is apparent that there is

noom for considerable expansion in

the Poultry business of Newfound-

I sent "The Maritime Farmer," a

opy of the Newfoundland Poultry

Association's Prize List, and a copy

of the excellent report that you kind-

ly published, and which will do good.

It has induced one more at least to

Sussex, N.B.

Dec. 22, 1922.

Industrial

and may int

arrying out the right ideas; select-

of members to districts, not as poli-ticians, but as industrial leaders and

co-working experts, for ' increased

eports from: each family of what

they are doing, and to see that the

teachers, school children and parents

co-operate in furnishing such reports. Every family and farm should be

visited, Inspection of farms is re-

quired as well as inspection of

lessons, such as 'experimental sta-

tions, self-supporting and by visits

own marketing system by work, co-

their intelligence writing to whole-

perly. Truly a co-operative market-

ing system is needed also, but a bet-

ter, more business training in selling

and advertising would be useful. I

fear there is lack of interest in the

real issues of life; too much desire

for so-called pleasure no desire to

something better, no desire to awak-

en are some of the troubles of ou

existence. Evening classes for all

should be started and made attract-

ive by moving pictures and by social

education as well as industrial.

have tried this, but could not afford to

keep it going because of insufficient

support from the public, the employ-

ers and the pupils. The remedy is a

public awakening of conscience, and

greater attraction which will cost

less in the end. There is also a lack

of effort among our leaders and

workers. Decreases in agriculture

each year prove this. People have

sins of omission in industry to preach

about-there is too much content

ment with "such things as ve have."

The gospel of ambition and co

operation of St., Paul's day needs to

be taught and practised more to help

in building up Newfoundland, before

nore of our young men have lost in

terest in if, and one another. and

P. G. BUTLER.

Yours truly,

February, 1923.

production, competition, and to get

on and action; regular visitation

Healed Me After Years of Suffering. I had been a sufferer from facial





brush when you see it

Knowing what work you expect of brush, you are able to judge by examinat whether or not it will do that work. Th Pro-phy-lac-tic Pen-e-tra-tor is designed t brush through the hair clear to the scalp. Just examine this brush. See the stiff springy, widely separated tufts of bristles and you will see how they will give your hair a thorough brushing. Sold always in the yellow box.

Sold by all dealers in Canada EVANS & CO., Limited 247 St. Paul St. West, Montreal

Sole Distributors

Save Your Sight. HOW TO LOOK AFTER YOUR EYES. Though our sight is one of the most precious senses we possess, how very little real care we take of it! Who is there that does not read

while travelling by train? The vibration is very harmful to the eyes if they are made to work; so let them rest in the train, and save your sight for reading at home.

It is a great mistake to read by firelight. It is far too unsteady a light and causes undue strain on the eyes. A dim light means eye-strain, so does reading in bed, especially if you have only a candle to see by. Though reading in bed may help you to go to sleep, it is bound to affect your sight eventually, if you practise it regular-

| Staring at bright lights is another fruitful source of trouble. You have only to look at the sun for a moment. or two, as you know, to be blinded temporarily. Do this frequently, and a permanent disability will result. People who overfeed, or take their meals irregularly, are asking for eye trouble later on; so are those who sit about with damp feet-the cold they think they're in for is only one of the minor evils to which they are liable. The best position for reading is to hold the body erect and let the light come over the left shoulder, if posthe. If you use your eyes much with

