

Try  
**ME** →  
on your  
**BATH ROOM  
WALL**



One rub will make  
it as white as snow

**Old Dutch  
Cleanser**

Many uses and full directions on  
Large Sifter - Can 10¢

that with the Book of Psalms. My experience as a compositor was a great help to me, and the work all appeared straightforward. The words were read to me, and I tapped them out with the puncher—three taps to each dot.

"Had I continued to work steadily at the Bible I should have completed it in three and a half years, but as a matter of fact I did not finish it until ten years after I had started. One of the most difficult points to me was the names and genealogies, as so many had to be spelt out letter by letter. There were thirty-nine books altogether, and they averaged between sixty and seventy plates apiece. I calculate that I had to strike a total of twenty million blows on the punch."

Mr. Ford has also produced works in Arabic, Hebrew, German, French and Hindustani, and he added, "I want to go on producing books for the entertainment and education of my blind brethren. Up to the pre-

## Renewed Vigor in Old Age

**This Letter Brings a Message of  
Cheer to the Aged—Results of Us-  
ing Dr. Chase's Nerve Food.**

New, rich blood is what is most needed in the declining years to keep up energy and vitality. That Dr. Chase's Nerve Food is a wonderful help in maintaining good health and prolonging life is attested by the writer of this letter.

Mr. Stephen J. Leard, North Tryon, P.E.I., writes:—"At seventy-five years of age my heart gave out and became very irregular and weak in action and would palpitate. My nerves also became weak, and I could do nothing but lie in bed in a languishing condition, losing strength and weight. In that condition I began using Dr. Chase's Nerve Food, and am cured. Had I not obtained this treatment I would now be in the box with the roof over my nose. At eighty-one I have an energy which means go, and I am writing this letter so that old people like myself may prolong their health and strength by using this great medicine." 50c. a box, 6 for \$2.50. For sale by all dealers.

sent I must have superintended the making of some thousands of volumes."

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### AN ESKIMO DINNER

An interesting description of the hospitality of Eskimos was given in Harper's Magazine. At one stage of his adventures the writer found himself among Eskimos who had never before seen white people. He says:

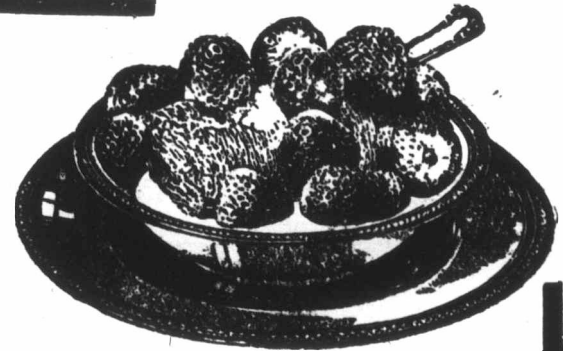
"Like our distant ancestors, no doubt, these people fear most of all things the evil spirits that are likely to appear to them at any time in any guise, and next to that they fear strangers. Our first greeting had been a bit doubtful and dramatic through our being mistaken for spirits, but now they had felt of us and talked with us and knew we were but common men. Strangers we were, it is true, but we were only three among forty of them and were therefore not to be feared. Besides, they told us they knew we could harbour no guile from the freedom and frankness with which we came among them; for, they said, a man who plots treachery never turns his back to those whom he intends to stab from behind.

"Before the house which they immediately built for us was quite ready for our occupancy children came running from the village to announce that their mothers had dinner ready. The houses were so small that it was not convenient to invite all three of us into the same one to eat; besides, it was not etiquette to do so, as we now know. Each of us was therefore taken to a different place. My host was the seal hunter whom we had first approached on the ice. His house would, he said, be a fitting one in which to offer me my first meal among them, for his wife had been born farther west on the mainland coast than any one else in their village, and it was even said that her ancestors had not belonged originally to their people, but were immigrants from the westward. She would therefore like to ask me questions.

"It turned out, however, that his wife was not a talkative person, but motherly, kindly and hospitable, like all her countrywomen. Her first questions were not of the land from which I came, but of my footgear. Weren't my feet just a little damp, and might she not pull my boots off for me and dry them over the lamp? She had boiled some seal meat for me, but she had not boiled any fat, for she did not know whether I preferred the blubber boiled or raw. They always cut it in small pieces and ate it raw themselves, but the pot still hung over the lamp and anything she put into it would be cooked in a moment.

"When I told her that my tastes quite coincided with theirs, as in fact they did, she was delighted. People were much alike then, after all, though they came from a great distance. She would accordingly treat me exactly as if I were one of their own people come to visit them from afar.

Give  
Nature a  
Chance



The road to health and strength and palate-joy is through a return to simple foods like

# SHREDDED WHEAT

With Strawberries or Other Fruits

Cut out meat and potatoes for a while and try this dish—a dainty, delicious, nourishing dish. Because of its porous shreds and its biscuit form Shredded Wheat combines most naturally and deliciously with all kinds of fresh fruits.

Heat one or more Biscuits in the oven to restore crispness; then cover with berries or other fresh fruit; serve with milk or cream and sweeten to suit the taste. Better than soggy white flour "short-cake"; contains no yeast, no baking powder, no fats, no chemicals of any kind—just the meat of the golden wheat, steam-cooked, shredded and baked.

The Canadian Shredded Wheat Company, Limited  
Niagara Falls, Ontario

Toronto Office, 49 Wellington Street East

57-E

"When we had entered the house the boiled pieces of seal meat had already been taken out of the pot and lay steaming on a sideboard. On being assured that my tastes in food were not likely to differ from theirs, my hostess picked out for me the lower joint of a seal's foreleg, squeezed it firmly between her hands to make sure nothing should later drip from it, and handed it to me, along with her own copper-bladed knife. The next most desirable piece was similarly squeezed and handed to her husband, and others in turn to the rest of the family.

"As we ate we sat on the front edge of the bed platform, holding each his piece of meat in the left hand and the knife in the right. This was my first experience with a knife of native copper. I found it more than sharp enough and very serviceable.

"Our meal was of two courses—the first, meat; the second soup. The soup is made by pouring cold seal blood into the boiling broth immediately after the cooked meat has been taken out of the pot and stirred

briskly until the whole comes nearly—but never quite—to a boil. This makes a soup of a thickness comparable to our English pea soup, but if the pot be allowed to come to a boil the blood will coagulate and settle to the bottom. When the soup is a few degrees from boiling the lamp above which the pot is swung is extinguished and a few handfuls of snow are stirred into the soup to bring it to a temperature at which it can be freely drunk. By means of a small dipper the housewife then fills the large musk ox horn drinking cups and assigns one to each person. If the number of cups is short two or more persons may share the contents of one cup or a cup may be refilled when one is through with it and passed to another.

"After I had eaten my fill of fresh seal meat and drunk two pint cupfuls of blood soup my host and I moved farther back on the bed platform, where we could sit comfortably, propped up against bundles of soft caribou skins, while we talked of various things."

IN ANSWERING ADVERTISEMENTS, PLEASE MENTION "THE CANADIAN CHURCHMAN."