

DEMAND FACTS
About What You Eat.

When it comes to food, demand to know the facts about what goes into your stomach.

Not only that it is pure but that you are not deceived in the description of its contents and condition. Some flaked breakfast foods that have thus far failed, are now being advertised in close imitation of the Grape-Nuts advertising, thinking in that way to finally make a success of the failure.

But false statements of the merits of human food will never on earth build up a business. These flaked foods are, not predigested. They are not fully cooked and the starch in them is starch-still and has not been turned to sugar as claimed.

Chemical analysis tells the truth and the analysis of the famous chemists of the world show Grape-Nuts the only prepared breakfast food in which the starch part of the wheat and barley has been transformed into sugar and therefore ready for immediate digestion.

Why is this true? All the thin rolled flake foods are made by soaking the grains of wheat or oats in water, then rolling drying and packing. These operations do not cook or pre-digest the starch.

Contrasted with this pretense, observe the care, method and skill in making Grape-Nuts.

The barley is soaked about one hundred hours, then it is slowly warmed for some days and sprouted, the diastase being developed and part of the starch turned to sugar, (and later on all of it), then the grains are baked and the sprouts stripped off. Then comes grinding, sifting and mixing with the creamy colored flour made from white and macaroni wheat. This mixture must be skillfully made in right proportions.

This blended flour contains just the ingredients demanded by nature to rebuild the soft gray substance in the nerve centres and brain, but how to make the food easy to digest, that was the question.

It certainly would not do to mix in drugs, for their is a certain failure sure to come to the person depending on drugs to digest food. They may do for a temporary expedient, but pure food and digestible food is the only final resort and safe way. So to change the remaining starch part and prepare the other, elements in this blended flour it is made up into massive loaves like bread, the inside being dark cream color and quite sticky to the touch. These loaves are sliced and again go through long cooking at certain temperatures. Then the rock hard slices are each one carefully inspected and ground ready for packing and use, having gone through 10 or 12 hours in the different operations.

When finished, each little granule will show a sparkling substance on its surface. A magnifying glass will bring it out clearer and develop little pieces of pure dextrose sugar, not put on "or poured over" (as the head of a large Sanitarium once stated in his paper, thus exposing his appalling ignorance of food processes) but this sugar exudes from the interior of each as the starch is exactly like what is found in the human intestines, provided the starch of the grains, potatoes, bread, rice, cake, etc., etc., has been perfectly digested. But many are weak in that form of digestion and yet need the starches, so Grape-Nuts supplies them predigested and ready to go quickly into the blood.

Visitors are shown freely through the works and can follow the steps of making Grape-Nuts from the grain to the finished product. The proportions of the different kinds of flour, and the temperatures are not disclosed and it seems impossible for others to steal these secrets of the makers. But purity, cleanliness and skill are shown in every corner of the immense pure food factories. People who care for results from choicely selected food, those who want the food to rebuild the soft gray substance in brain and nerves that give the go, the vigor, the life, will understand why the imitators who try to copy the announcement about Grape-Nuts have failed in the past.

There's a reason for Grape-Nuts and a profound one.

BEYOND TO-DAY.

If we could see beyond today,
As God can see;
If all the clouds should roll away,
The shadows flee—
O'er present griefs we would not fret,
Each sorrow we would soon forget.
For many joys are waiting yet
For you and me.

If we could know beyond today,
As God doth know,
Why dearest treasures pass away
And tears must flow—
And why the darkness leads to light,
Why dreary paths will soon grow bright—
Some day life's wrongs will be made right;
Faith tells us so.

If we could see! if we could know!
We often say;
But God in love a veil doth throw
Across our way;
We cannot see what lies before,
And so we cling to him the more.
He leads us till this life is o'er.
Trust and obey,

—Christian Work.

The spirit of simplicity is a great magician. It softens asperities, bridges chasms, draws together hands and hearts. The forms which it takes in the world are infinite in number; but never does it seem to us more admirable than when it shows itself across the fatal barriers of position, interest, or prejudice, overcoming the greatest obstacles, permitting those whom everything seems to separate to understand one another, esteem one another, love one another. This is the true social cement that goes into the building of a people.—Charles Wagner.

God has put in our power the happiness of those about us, and that is largely to be secured by our being kind.—Henry Drummond.

The whole world is beautiful. It's just as we make it ourselves. We sometimes shut our natures up and complain that it's dark and lonely, when all the time the sun is shining and the birds are singing outside; but when we open the doors and windows we know that the light and beauty of heaven is to be had for the seeking. We don't even have to seek them always; they'll come if we only let them in.—James Creelman.

The fundamental difference lies between the men who think that life is for them, that this great world of living things is the reservoir out of which they are to draw pleasure and good; and the other men who think that they are for life, that in this universe of living things there is a divine idea and purpose to which they, coming in their appointed time in the long ages, are to minister with what powers of service they possess.—Phillips Brooks.

"I and my house will serve the Lord;
But first obedient to his word
I must myself appear;
By actions; words and tempers show
That I my heavenly Master know,
And serve with heart sincere.

"I must the fair example set;
From those that on my pleasure wait
The stumbling-block remove;
Their duty by my life explain;
And still in all my works maintain
The dignity of love."

In the morning praise God for opportunity—but make some use of it before the morning goes.—Isaac O. Rankin.

I see not any road of perfect peace which a man can walk, but after the counsel of his own conscience. Let him establish himself in those courses he approves. The unremitting reiteration of simple and high sentiments in obscure duties will harden the character to that temper which will work with honor, if need be, in the tumult or on the scaffold.—Emerson.

Die to thyself every day, and then thou has sold all. Then all that thou hast will be used by thee for the love of God and thy neighbor.—William Law.

Whoever lives in society and yet acts without regard to society is a dangerous man. Here is a crime in essence, crime in the making. All crime springs from selfishness.—Charles Gordon Ames.

Investments.

If you have money to invest your first consideration is SAFETY, and the next, RATE OF INTEREST.

THE STOCK OF
The Sun and Hastings
Savings and Loan
Co. of Ontario.

OFFERS
ABSOLUTE SECURITY.

Permanent Capital Stock
Draws a Dividend of Six
Per Cent. (6%) per annum.
PAYABLE HALF YEARLY.

DEPOSITS sold drawing good
rate of interest (4 to 5 per cent)
DEPOSITS taken. Liberal interest
allowed from date of deposit (3 to
4 per cent.)

Correspondence will
receive prompt
attention

HEAD OFFICE: Confederation Building,
Toronto.
W. VANDUEN, President.
W. PEMBERTON PAGE, Manager,
Toronto.
REV. DR. MURDOCH, SIMCOE,
General Agent,
Temporary address t. John, N. B.

NATIONAL
UNIVERSITY SOCIETY.

Quick. Quick. Quick.

Agents wanted at once throughout the provinces.

Complete History RUSSIAN
JAPANESE WAR. Largest and
best book. Most liberal terms to
agents. Outfit free. Send 10 cents
postage.
W. M. PRILAY,
St. John, N. B.

COWAN'S

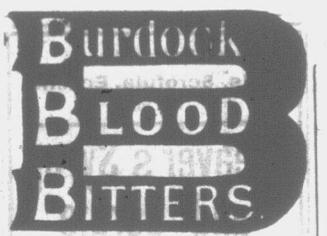
Cocoa and Chocolate
Are being bought in twice the quantity.

O. J. McCully, M. B., M. R. S. London.
Practise limited to
EYE, EAR, NOSE AND THROAT
Office of late Dr. J. H. Morrison.
103 Gormain St.

SPRING
CLEANING

is considered a necessity by everyone, and yet they neglect to eradicate from their blood the accumulated impurities whose presence is indicated by listlessness and loss of energy, and by the occurrence of canker and pimples. If these impurities are left in the body it is in a suitable condition to fall prey to tuberculosis and other diseases. For this purpose thousands of people take two bottles of

Gates' Life of Man Bitters
and one of GATE'S INVIGORATING
SYRUP every spring. These increase the activities of the organs which remove wastes from the blood, and then the system is fitted to withstand the summer exertions.
Sold everywhere at 50 cents per bottle
C. GATES, SON & CO.,
Middleton, N. B.



Turns Bad Blood into
Rich Red Blood.

No other remedy possesses such perfect cleansing, healing and purifying properties.

Externally, heals Sores, Ulcers, Abscesses, and all Eruptions.

Internally, restores the Stomach, Liver, Bowels and Blood to healthy action. If your appetite is poor, your energy gone, your ambition lost, B. B. B. will restore you to the full enjoyment of happy vigorous life.

SNOW & CO,
Limited.

UNDERTAKERS and EMBALMERS
90 Argyle Street,
WATERLOO, N. B.

Students Can Enter
At Any Time

As we have no summer vacation, do not divide into terms, and the instruction given is mostly individual.
We do not find it convenient to give a summer vacation, as many of our students are far from home, and would be seriously inconvenienced by an interruption of their work.

Besides St. John's summer weather is so cool that a vacation is not necessary.
Catalogues free to any address.
S. KERR & SON

Insurance. Absolute Security
QUEEN INSURANCE CO.
Ins. Co. of North America.

JARVIS & WHITTAKER,
General Agents,
74 Prince William Street, St. John, N. B.

Fire Insurance

effected on Dwellings, Furniture, Stocks and other insurable property.
WHITE & CALKIN,
General Agents,
Prince William Street.

CANADIAN
PACIFIC RY.

HOMESEEKERS EXCURSIONS
To The Canadian Northwest.

Second-Class Round Trip Tickets will be issued from
ST. JOHN, N. B.

Table with 2 columns: Destination and Price. Includes WINNIPEG, MOOSOMIN, REGINA, LIPTON, MOOSEJAW, PRINCE ALBERT, McLEOD, CALGARY, RED DEER, STRATHCONA.

Equally low Rates to Other Points.
Tickets good going June 14th and 28th and July 12.

Good to Return two months from date of issue.
Further particulars on application to
F. R. PERRY, D. P. A., C. P. R.,
ST. JOHN, N. B.

BOYS OF DRINK

A son of a drinking less chance of health than of total abstinence show alarming facts. Parents, give the boys abstainers yourselves an example in practice a hereditary peril. An York City found over the children of drink with organic or nervous number examined.—cord.

BUILDING UP OUR

Rev. G. W. Morro says: "No man can town in Vermont, h manhood, or money, saloon has proved a crime producer, a bu destroyer, the church's build a church on your religious organ you will, but as long to be open you will than you can reclaim

ALCOHOL AND

Among the not upon the human is p crease in ability to these effects are not half an hour, and at an hour's time.

Dr. Lauder-Bruno creases the reaction crimination and the makes all the nervo at the same time it producing a kind of that all these process himself to be quick being as they really

These views are co M. D., of Johns Ho Crothers, M. D., of Clinical Medicine, Madden, M. D., of

A WIDOW

Quit the Thing Th

A woman tells h insuring her life:

"I suffered for n trouble with my he headaches and neu incapacitated at time did not realize the till I was rejected fo the examining phy so bad he could not ed me very much, a child dependent tect her future that life.

Fortunately for advertisement cont a man who had be way that I was wit was cured by leav Postum Food Coffe this held out, and

"My health bega ly. The headache peared, I gained in came back to me a my heart was stre ning, and soon all passed away. No night with my hea mouth! Then I a life insurance, and ing the medical ex "It was seven y use Postum Food still, and shall con it a guarantee of g en by Postum Com

There's a reason Read the big li Wellville," in each