



Purity! Purity! Purity!

The one dominating note that runs all through the making of Sunlight Soap is Purity. The \$5,000 Guarantee you get with every single bar is not a mere advertisement. It marks a standard set for the buyers who select the choice Sunlight Soap materials—for the soap boiler—for the expert chemists—for the girls, even, who wrap and pack Sunlight.

All are mindful of the Guarantee—it is a source of gratification to all the Sunlight workers.

Sunlight Soap

SIDE TALKS

THE UNREASONABLE HUSBAND

To fall in love with and marry because the object of your love possesses a certain quality of character, and then to be unpleasantly surprised when that quality manifests itself, is one of the commonest of marital inconsistencies.

I am thinking just now particularly of the quality of intemperance, because a case where the husband fell in love with his wife because she was so intemperate about her enjoyment of things and her devotion to him, has greatly interested me.

That Was Why He Fell In Love With Her
"She's so interested in everything she does," he used to say when he first met her. "Nothing half-hearted about her. It's fun to take her anywhere because she's so enthusiastic."

And so they were married. And by-and-by the intemperate little girl became an equally intemperate mother.

She couldn't do too much for her children couldn't guard their health too carefully, couldn't think of anything else. And as every intemperate capacity for worrying over its object, she couldn't keep from worrying about them.

Again, when bereavement came to her she grieved with an intensity that soon grew tiresome to her husband.

But He Didn't Want Her To Be Intense Over Everything
"Why can't she take life more

easily?" he said. Look at my brother's wife, she has six children and see how easily she takes them." And again, "Of course it's sad for her to love her mother, but she can't go on grieving forever. What's the sense?"

Poor man! I'm afraid he'll never realize that it isn't a question of sense at all but of something infinitely more powerful,—of human nature.

Mind, you, I don't mean to say that she couldn't try to control some of the manifestations of her intensity. She could and she should. But I do say that the tendency is there and that he knew it when he married her and should have reckoned with it.

A Wise Husband
This is what I once heard a very wise husband say to his wife.

"I don't see how I could have found a wife better suited to me all round than you."

"You might have found one who was more placid," said she, "and that would please you sometimes."

"Yes," said he, "sometimes, but if she were placid sometimes she would be placid from A-Z. I'd hate that."

Wise, wise young man,—truly "a Daniel come to judgment."

John A. Bricknell, for ten years supervisor of the Canada Life Office at Detroit, died in Windsor Hospital, aged 56. He broke his ankle two weeks ago while curling, and pneumonia developed a few days ago.

Our Daily Pattern Service

Valuable Suggestions for the Handy Home-maker—Order any Pattern Through The Courier. Be sure to State Size

GIRL'S RUSSIAN BLOUSE DRESS.

By Anabel Worthington.

One look at this design makes it clear to us why the fancy of fickle fashion is securely anchored in the Russian blouse. Truly it is a most satisfying style for the growing girl.

In the model illustrated the blouse slips on over the head, is loosely belted at a bit below normal waist line, with pockets in contrasting note clinging to the belt for novelty and to delight the wearer. The sleeve may be in three-quarter length and finished with a very lovely cuff, as pictured, or a long sleeve with its fullness gathered into a wristband cuff may be your choice.

The separate two gore skirt is of different material, but all one may be employed to advantage. Many mothers like a woollen weave for the skirt and linen for the blouse. Others use striped and plain material, as in the illustration, or reverse and make the blouse of striped, trimmed with plain material, and the skirt of plain ground goods. The detail touches are effective, but the lines of this model are so very simple that a girl who has been taught sewing in the schoolroom can copy the design without effort.

The pattern No. 8,153 cuts in sizes 8 to 14 years. To make in size 10 requires 1 1/2 yards of 36 inch goods for the skirt and



trimming of blouse, and 2 1/4 yards of 36 inch material for the rest of the dress. To obtain the pattern send 10 cents to the office of this publication.

LENTEN RECIPES FOR HOUSEWIFE

Salmon Broiled
Cut the fish in slices from the best part. Each slice should be an inch thick. Season well with pepper and salt, wrap each slice in white paper, which has been buttered with fresh butter, fasten each end by twisting or tying. Broil over a very clear fire 8 minutes. A coke fire, if kept clear and bright, is best. Serve with butter or tomato soup.

Fish a la Creme
After the fish has been dressed and washed, put it into boiling water enough to cover, adding a little salt, pepper and lemon juice. Cook slowly 15 minutes. Take out fish and place it on a tray. Remove head, bones and skin, preserving its shape as much as possible, only open it to take out the bones. Put the fish on a platter. To serve, make a rich cream sauce, pour over the fish and sprinkle bread crumbs on top. Set in a pan of boiling water and bake till brown.

Fish Croquettes
One pint of cold boiled fish, free from bones and skin, mince it fine; 1 pint of hot mashed potatoes, 1 tablespoon melted butter, 1-2 cup hot milk, 1 egg, well beaten, pepper and salt, add a little chopped parsley (or sage or poultry seasoning), mix thoroughly, let cool. When cold, form into balls of any shape you choose, dip in a beaten egg, roll in bread or cracker crumbs, fry at once.

Recipe for Boiled Bass
After thoroughly cleaning it, place in a saucepan with enough of water to cover it, add 2 tablespoons of salt, set the saucepan over the fire, and when it has boiled about 5 minutes try to pull out one of the fins, if it loosens easily from the body, carefully take the fish out of the water, lay it on a platter, surround it with half a dozen hard-boiled eggs and serve it with a sauce. Roll bluefish the same as bass.

Fish Balls
One cup salt codfish, 2 cups potatoes, 1 egg, 1-2 tsp. onion powder, 1/2 tsp. little black pepper and salt.

Wash fish slightly and cook with the potatoes. Drain and mash thoroughly, with egg well beaten, and other ingredients. Stir all together thoroughly, then take up by spoonfuls, roll in bread crumbs and fry either in deep fat or in frying pan, as you prefer. Boiling the potatoes and fish together gives a better flavor.

WOMEN'S INSTITUTE

The Tutela branch of the Women's Institute met at the home of Mrs. Mintern. The meeting opened in the usual way, after which Mrs. Hird, the president, in a few words welcomed Mrs. S. G. Kitchen, district president, from St. George, who gave an interesting talk on Institute work. The members of Tutela branch will always welcome Mrs. Kitchen as a visitor. Another pleasant speaker of the afternoon was an address given by Mrs. Bowser. Mrs. Walter Charlton was successful in holding the lucky number which drew the handsome centrepiece donated by Miss Ariel Oliver, the proceeds to be given to the Red Cross fund. An interesting paper on "Brave Belgium, their country and its people," was given by Mrs. Hargreaves. Instrumentals by Miss Ruth Crandon and selections on the victrola brought to a close a most enjoyable program. The hostess served dainty refreshments. The next meeting will be held at the home of Mrs. A. Walsh.

GET RID OF HUMORS

Dry, moist, scaly, itchy, all forms of eczema or salt rheum, pimples and other eruptions come from humors, which may be either inherited or acquired through defective digestion and assimilation.

To treat these eruptions with drying medicines is dangerous.

Hood's Sarsaparilla, the old reliable medicine, helps the system to discharge the humors, and to improve the digestion and assimilation.

From your druggist get Hood's Sarsaparilla, which may be confidently relied upon to do its work. It purifies the blood, tones the stomach, and builds up the whole system. It goes to the roots of diseases, and its beneficial results are permanent. It sets things to rights in the system. Remember to ask for Hood's Sarsaparilla, because nothing else acts like it and nothing can take its place.



EVENINGS AT HOME

I sit me down at close of day, to the cellar stair, I think about the coming spring, when wife and girls will once more sing their song of Easter hats; I think of seeds that I must buy, to make the garden multiply, the beans and marrowfat. I think of bills that I must pay when comes the next collection day. I think of them and sigh; I think of how the price ascends on all the needed odds and ends, on raiment, shoes and pie. My book has fallen to the floor; I cannot read it any more; my thoughts are far astray; I do not care for idle tales when I must raise the price of nails and gasoline and hay.

WEAR THOSE SHOES THAT TORTURED YOU

Cincinnati Authority Tells How to Dry up a Corn so it Lifts Out
You corn-pestered men and woman need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of frezone applied directly on a tender, aching corn stops soreness so it can be lifted out, root and all, without pain.

A quarter of an ounce of frezone costs very little at any drug store, but is sufficient to take off every hard or soft corn or callous. This should be tried, as it is inexpensive and is said not to inflame or irritate the surrounding tissue or skin.

Good Night Stories

The Little Lost Sunbeam
Once upon a time a Sunbeam wandered too far into the forest and was lost. She was not frightened because she knew when morning came some of the other Sunbeams would come in search of her, so, instead of crying like some fairies would, she went on and on until she came to a



Sunbeam and the Old Lady
The next morning Sunbeam went out into the yard and cleaned away the rubbish that was scattered about, and planted lovely flowers in its ugly place.

One must have blossoms in one's garden," she told the old woman. And then she filled the old woman's field. "For land must not go to waste," she said.

Before many days the old woman's hut was turned into a beautiful home. People who knew the old woman wondered what had caused the change and now they spoke to her as they passed, wishing her joy, for her soiled dress was laid aside, and she wore a clean white one now, and a neat little cap rested on her gray head. Strangers going through the forest would stop to gaze with longing eyes, for they had never seen such a wonderful garden nor such a charming little old lady, who could be found most any time among the flowers.

Things had changed since she had opened her door to the Sunbeam. Grain was in the barn, food on the shelf and money in the bank. When Sunbeam's sisters found her and asked her to go with them, the little old lady begged her to remain. Sunbeam wanted to stay, but the Sun had sent word that there were other dark places that needed her. So with tears in her eyes she kissed the little old lady good-by and danced away with her sisters to seek other gloomy spots that she might brighten with her light.



Thank Offering of Mission Circle

The annual "Thank Offering" meeting of the Women's Mission Circle of Calvary Baptist Church, as held on Wednesday evening, March 7th. The meeting opened with Mrs. Bowyer in the chair after singing a hymn and the reading of the scripture lesson and prayer were favored with a beautiful solo entitled "Be not weary or cast down, there's a rainbow in the clouds for you," sung with much feeling by the Pastor Mr. Bowyer.

Mrs. Bowyer then in a few well chosen words introduced the speakers of the evening.

Miss Best, secretary of the Y. W. C. A. and Mrs. Rev. McClintock, of Alexandria, Presbyterian church, Miss Best chose as her theme "Service," as found in John 6—28th verse. "Then said they unto him, what shall we do that we might have the works of God." It was an act of the spirit that was needed and the only way to have it was to receive it. Believe on him whom He hath sent. Service therefore would be the natural consequence to the God filled one. Mrs. McClintock chose as her topic the "Medical, Educational and Evangelistic work as being done by the Presbyterian Church in Formosa, Honan and South China. Mrs. McClintock gave a very interesting account of the Medical work, its history its place in evangelism and its outlook giving many interesting examples of prejudice disarmed, of friends won and souls saved and of the educational work where there is a good work going on, she also spoke of the work which Mr. and Mrs. McGilvray, who are supported by Zion church here, are doing in Shanghai, China.

A splendid offering was received to be divided between home and foreign missions.

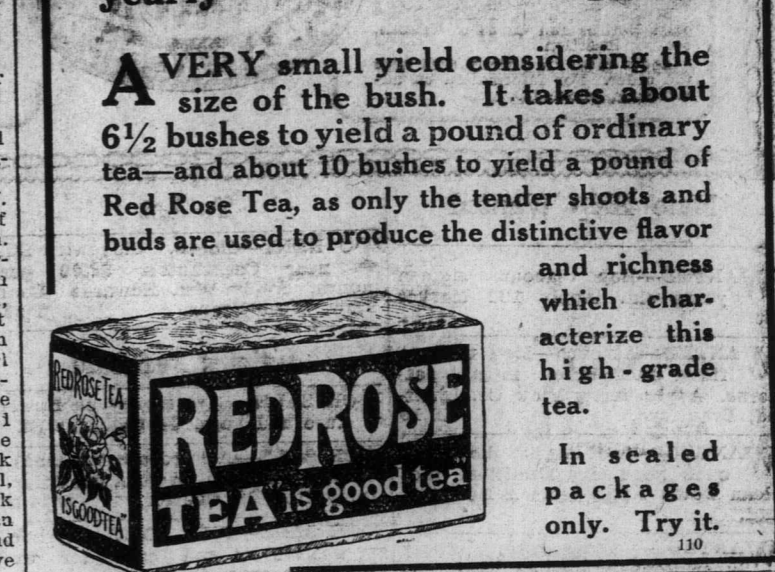
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A DINING ROOM "UP-TO-DATE"

Determined to meet the demands of the people of Brantford, we have re-decorated and equipped our banquet hall for a dining room, which will be opened on Saturday, March 10th. You will now find a large, airy, pleasant dining room, with tables in the open, where ladies and their escorts may dine. We are doing this with the intention of giving our customers the style that is found to be best in the large cities of Canada and the States. Patrons will be assured of the same high service and quality as ever. To those who prefer, our service downstairs is the same as that upstairs.

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