



Five Roses, Madam, Saves You Money, Because—

Have you ever noticed, Madam, in your mixing bowl how some flours take up more water than others? How after using the usual amount of liquid your dough continued to "tighten up?" How you simply had to add more and still more water so as to get the dough just right—nor too slack nor too tight, Oh, you have noticed it, eh!

You see, Madam, it's this way.

No flour can be stronger than the wheat it's made from.

Take our own Canadian wheat, for instance: Hard Spring wheat and Soft Winter wheat.

The Spring (Manitoba) wheat, you know, due to climatic conditions, soil and shorter ripening period is wonderfully rich in GLUTEN.

It's the quantity of gluten that makes it so hard and firm. The softer the wheat, Madam, the less gluten.

On gluten quantity and quality depends everything worth while in bread-making—Flavor, Texture, Color, Volume.

Which brings us to FIVE ROSES flour, Mistress Housewife.

Made exclusively from the picked Spring wheat berries, the wonderful hard western wheat, it contains the amber gluten which makes it famous.

There is not a single grain of soft wheat in FIVE ROSES.

So that in YOUR mixing bowl it absorbs a lot more liquid than soft



wheat flours and even blended flours—that's why it's so thirsty. And it retains this surplus liquid, Madam, all through the baking process.

Means a big saving to YOUR pocketbook.

Since with the same amount of flour you get more loaves. We know a housewife who once took the trouble to count the loaves she made with a barrel of FIVE ROSES.

And was amazed to find, without any more labor or material, she actually obtained from 30 to 40 pounds more bread than ever before.

At 5 cents each loaf that makes \$2. After paying the slight difference in cost, she still had a comfortable margin to reward her buying judgment.

And such bread, Madam.

If you're one of those thrifty housewives whose husband every man envies, here's your opportunity to get more bread for less money.

The sooner you get FIVE ROSES, Madam, the more money you will save.

Start saving TO-DAY.

LANE OF THE WOODS MILLING CO., LTD., MONTREAL

SUNDAY SCHOOL LESSON

February 27th.

TRUE AND FALSE DISCIPLESHIP.

Matt. 7:13-29.

GOLDEN TEXT.

"Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father who is in heaven."—Matt. 7:21.

POINTED SUGGESTIONS.

By Rev. D. W. Snider.

It makes little difference what may be the literary feature in a sermon, which most strongly appeals to one's mental capacity, so far as the sermon on the Mount is concerned, whether didactic or argumentative, or illustrative or hortatory. Its rich variability, from the sententious beatitude to the glowing metaphor and from the sarcastic comparison, and from the sunlit promise to the stern and awful declamation, must have its charm and compelling interest for all.

But never could a sermon be more definite and clear cut in its purpose, it moves with the resistless strength of an avalanche to its goal. There is an issue presented which can neither be turned aside or dodged. One of two courses is open for the lives of men, and they must, and they do, choose between. There are two gates and two ways, the narrow and the wide, the broad and the straightened. The choice which is made reveals two characters, one which is found upon rock, and one which awaits its sure downfall and destruction upon sand.

If, in other portions of the teaching of Scripture, it has been learned that the way of the Christian is as exacting and strenuous as a race or as perilous and hope-deferring as a pilgrimage, or as hazardous and desperate as a warfare, it is now to be learned from the lips of the Master Himself that the very gate to the way of the Christian is so narrow that many shall seek to enter in and shall not be able.

The reason for all this calls for close and careful thinking, because the Master's sermon is consistent throughout. It is not only consistent with itself in every part, but with all that He ever said anywhere else. Was not the first word in His ministry, "Repent?" And were not the first words of this very sermon, "Blessed are the poor in spirit?"

John Buryan's comment, therefore, is quite in order, and plainly reveals the secret of the situation. The only room for body and soul at the entrance gate to the kingdom of Heaven, or upon the way of eternal life, and "there is not room for body and soul and SIN."

These are not the best schools at which the matriculation is easiest, nor is that the most useful or profitable or worthy occupation whose tasks of preparation and discipline are the least exacting. That is why it comes to pass that honor students are always in the minority, and skillfully equipped clerks in the store.

Likewise, men cannot slip or slide or bribe their way into the kingdom of heaven. Nor does the gate open at some meaningless beck, which expresses a vague or momentary wish to be good or to obtain a knowledge of salvation. A pious appeal in pious phraseology in a final endeavor at pious earnestness to obtain the reward of piety will not avail.

The line of demarcation is sharply drawn by the Master, both sternly and ethically. "Say well" and "do well" must be bound in one frame. Beware, then, of the wide gate and the broad way—the crowd at it or upon it is no indication that it is right. Beware of the false prophet—because his voice is dulcet and his teaching alluring is no proof that it is true. Let him show the fruits. The attraction of the holy differs from the attraction of the magnetic. The way of repentance will legit a purer and stronger character than the way of "Free from the law" and "Jesus paid it all," ditties.



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SINGLE-TRIP-SERVICE

Commencing December 9th, the tea-ship "Calvin Austin" will leave St. John every Thursday at 8 a. m. for Eastport, Lubec, Portland and Boston. Returning leaves Union Wharf Boston Mondays at 9:00 a. m. and Portland at 5:00 p. m. for Lubec, Eastport, and St. John. Through tickets at proportionately low rates on sale at all Railway Stations, and may be booked through to destination. L. R. Thompson, T. P. & P. A. WM. G. L. E. Are 1 St. John

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A MIRACLE IN MANITOBA

CAPTAIN BANISTER STRICKEN WHILE IN CAMP

HAD TO BE CARRIED TO TRAIN, HELPLESS IN BED FOR SIX WEEKS

"FRUIT-A-TIVES" COMPLETELY CURED HIM AFTER DOCTORS FAILED



Captain Banister's letter reads like a page from the History of Miracles. It is one of the strongest endorsements ever given to any medicine in the world.

Captain Nelson Banister of Oak Lake is known from one end of Manitoba to the other—in fact, throughout Western Canada. Naturally, the letter of such a prominent citizen and officer is bound to carry convincing weight with all thinking people.

W. OAK LAKE, MAN., June 15th, 1909.

"Fully appreciating the great benefits that I have derived from using your wonderful remedy, I feel it is my duty to write you a little history of my case and ask you to publish it, for the good of some others that may be today suffering from the complaint that I am happy to say, "Fruit-a-tives" completely cured me of.

About two years ago, while in Camp at Brandon with "A" Squadron, 12th Manitoba Dragoons, I was stricken with Sciatica and Neuralgia of the muscles of the heart. I was so bad that I had to be carried to the train and sent home, and after being again carried from the train to my bed on arrival at Oak Lake, I was forced to stay there six weeks. Doctoring and nursing in time enabled me to get on my feet, but I could do no work, and was almost as helpless as when confined to bed. A sample of "Fruit-a-tives" came to our house about that time and I tried them. Believe me—the from the first dose I experienced great relief and continued taking them until I was as well and strong as ever. The satisfactory change and restoration to health, I attribute wholly to "Fruit-a-tives", and I never miss a chance to recommend them to my friends and neighbors.

Previous to taking "Fruit-a-tives", my heart was examined by doctors and found to be so weak that it was considered unsafe for me to take chloroform, or any anesthetic, but since taking "Fruit-a-tives", the heart has become so strong that I was able to have a minor operation on one of my hands and took chloroform without any ill effects. Today the whole family uses "Fruit-a-tives", we purchase them from Mr. Graham, our local druggist, keep them in the house all the time, and just simply could not get along without them. They are the best medicine in the world."

NELSON BANISTER, (Capt. "A" Squadron, 12th Manitoba Dragoons.)

Truly, the days of the miracle have not passed away. When these small fruit tablets can do what physicians, with all their skill, cannot do, it does seem almost miraculous. Yet nothing is more logical and scientific than the medicinal action of "Fruit-a-tives".

Sciatica, Rheumatism and Neuralgia in any form are caused by poisoned blood. It is the duty of the Bowels, Kidneys and Skin to rid the system of waste matter, or urea. If any of these organs are weak, the waste matter stays in the system and is converted into uric acid.

It is uric acid which poisons the blood and inflames the delicate nerves, membranes and muscles, causing

what is known as Rheumatism, Sciatica or Neuralgia.

"Fruit-a-tives" promptly cures these troubles because "Fruit-a-tives" cures the Bowels, Kidneys and Skin. "Fruit-a-tives" makes these three great eliminating organs well and strong. And when the waste of the body is regularly disposed of, there can be no excess of uric acid.

"Fruit-a-tives", as Captain Banister says, "is the best medicine in the world." It is made of fruit juices and valuable nerve and heart tonics, and is pleasant to take.

50c a box—6 for \$2.50, or trial box, 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

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Smelts and Eels a specialty.

STAR FLOUR

FOR BREAD AND PASTRY

DONT MERELY READ THIS BUY A BARRE STAR FLOUR AND SEE

Notes on Bread Making REQUISITES

First—The best flour, fresh sweet yeast, pure water, or milk scalded, clean salt, sweet butter or lard, if any shortening is used, and a good oven.

Second—Milk should not be used in any kind of bread without being scalded or brought to boiling point before using.

Third—A cook who knows how to use these things or one willing to learn and constant practice with the needed skill, strength and patience.

The Goldie Milling Co, Ltd, Ayr, Ont.

Getting The Most Out Of Meat

Meat, either cooked or uncooked, in order to be of use in the economy of the human system, needs to be broken up. Tender meat falls apart readily when it comes in contact with the teeth and thus is easily acted upon by the digestive fluids.

Use a Shirreff Meat Cutter and be convinced.

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Dyspepsia, indigestion or stomach gases vanish when Sterling Bitters is used. It gives a good appetite, induces sleep, builds up weak nerves and makes you increase your weight rapidly. Nothing like it for a general body builder. Try it for a full medicine.

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Anyone wishing to invest in a watch, clock, or any article of jewelry or silverware should see our clock.

Reliable goods at lowest prices.

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All correspondence promptly answered. Stencils sent on application.

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Wholesale Commission Dealers in and Shippers of all kinds of Fresh Fish Lobsters, Salmon, &c.

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