# Help You Run the Báll

-bring home the bacon, collar the blue vase, carry the message to Garcia, etc.

ITTLE Raisins, full of energy and iron, will put the pep into you that makes winning plays. Use vim like it in your business, too.

One hundred and forty-five calories of energizing nutriment in every little five-cent red box that you see."

Comes from fruit sugar in practically predigested form-levulose, the scientists call it—so it goes to work almost immediately. Rich in food-Try these little raisins when you're

hungry, lazy, tired or faint. See how they pick you up and set you on your

## Little Sun-Maids

"Between - Meal" Raisins 5c Everywhere

> Had Your Iron Today?



## The Value of the School to National Life

By W. M. Morris, Secretary-Treasurer Ontario School Trustees' and Ratepayers' Association

to say on this subject with a text of Scripture, found in Ps. 45: 16, and which reads: "Instead of thy fathers shall be thy children whom thou may-Whatever may have been the origin of only be realized through the social,

educational and religious institutions siah has come. It conveys a message, therefore, to this age and one that is brimming over with possibilities and Do we fully realize that within the compass of a few brief years our

places as parents, as citizens, as teach-[ ers and trustees will be occupied by others. We shall have played our part for good or ill on the stage of human Ontario School Trustees' and action and there will be a new set of merchants, farmers, teachers, trustees' and superintendents. There will be new people in our Councils and Park, Itaments. There will be new men and years. The people were flocking into did it happen that Conward was needed now was rest.

She telt that ne was already asserting company them. On course, But it wo fowls at separate times for implication that Mrs. Hardy would two fowls at separate times for implication that whether the numerous duties incident to sets thing like new. Buy "Diagrant Dyes" two fowls at separate times for implication to be indispessed. She was tirred with the numerous duties incident to sets thing like new. Buy "Diagrant Dyes" two fowls at separate times for implication to be indispessed. She was tirred with the numerous duties incident to set thing in a new home. Irene was of the people were flocking in the opinion that what her mother both outside and light soapsuds if necessary. Rapid wish to dye is well or silk or where er new people in our Councils and Partitle in twenty that monopoly," he repeated. "How the opinion that what her mother women editing our magazines and the towns and cities. Rural areas present?"

As it happened, Mrs. Hardy was at take place so gradually that we shall scarcely notice it, change in ideals, and soon the tide of rural depopulation called up and asked for mother, and Hardy to quite forget her conventional customs and outlook, some will think was stemmed and to-day 52% of the the next I knew she said he was com- training, just as it was not possible preparation for the canner as soon as

and drive us out when we are feeble and old as the early white settlers of Canada drove back the Indians. Well be directing, the affairs of our successors now under our influence in the most plastic and maling they receive in our schools. This have our successors now under our tional affairs will depend on the trust influence in the most plastic and maling they receive in our schools. This And I just told her that you were we will go.'

vantage over and responsibility for the it is said that "Futurity is vulnerable only at the point named childhood." He who directs the developtinct and immediate service to the na- hearing usually have one ear worse immediately after he had used the ing of the heart, should it be too fast is provided. This type is practically tion for which no other help given to than the other, so that all the work line. Conward's telephone and Dave's or too slow. The patient sits in an inadult citizens can be a substitute. The falls upon one organ, causing strain were on the same circuit; it was a sulated chair connected with a manational ideals and outlook of the and breakdown. the attitude entrusted to them to-day.

For some time ear specialists have happened to lift the receiver during been trying to relieve deafness by respectively.

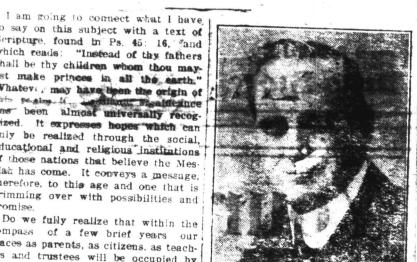
Simple matter for conward, if he happened to lift the receiver during been trying to relieve deafness by respectively.

Outside the machine Germany illustrated the power of a contenting the weak ear so much that can happen accidentally; at least, it might ball, fixed to the end of a metal rod part one single aim and consistently maindone by a machine fixed to the ear, that Conward had acted upon the install of the converge from the body causing the tained through a series of years. The which makes simple sounds which formation indicated two things—first, charged from the body, causing the militaristic party th re has demon-gradually impress themselves upon that he had no very troublesome sense muscles to relax. strated the fact that national ideals the ear-drum, and so bring it back incompleted—and second, that he had described throughout to use.

If the heart should be beating beeted—and second, that he had described throughout to use.

Now, however, wireless telephony is been some throughout to use.

Dave's visit to the Hardy home. This beats fast, the revolving ball is timed



W. M. Morris

customs and outlook, some will think was stemmed and to-day 52% of the for the worse while others will remember there have always been those who helieved the golden age was in the called up and asked for mother, and have golden age to quite torget ner conventional the many town is ready to quite torget ner conventional the many town is ready to quite torget ner conventional the next I knew she said he was completely proposed the called up and asked for mother, and have golden age to golden age was in the called up and asked for mother, and have golden age to golden age was in the next I knew she said he believed the golden age was in the of bankruptcy and despair she quickly Irene hesitated. "Please don't make the Sanday program at once."

"And what did she say?"

#### Wireless for the Deaf.

ment of the children renders a dis- deafness. People who are hard of tinet and immediate service to the na- hearing usually have one ear worse in a sit seemed that Conward should have telephoned Mrs. Hardy almost lits purpose is to regulate the heat- liquid. With cover off heat or exhaust

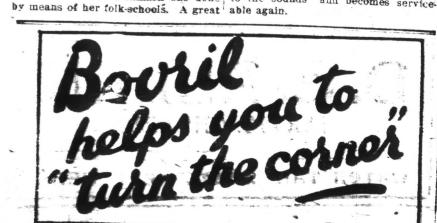
Germany illustrated the power of a educating the weak ear so that it can been happen accidentally; at least, it might ball, fixed to the end of a metal rod.

Courseless by respect to them to-day.

Doubt the machine is a revolving ball, fixed to the end of a metal rod.

Every time this ball passes another

then made effective throughout Now, however, wireless telephony is sourced nation by means of an educational system. The outlook, ideals dinary receiver, and its use brings the sound of the human voice to the dult scheme deeper than Dave was as yet tions a minute, and the heart is thus allowed down to its correct time. In and ambitions of a great hation can sound of the human voice to the duit able to fathom. He would at least slowed down to its correct time. In be transformed in two generations by ear without straining the other. Afguard against any further eavesdrop- the same way the heart can be quick-We know what Denmark has done to the sounds and becomes services



## The Cow Puncher

BY ROBERT J. C. STEAD

(Copyright The Lusson Book Co.)

So the talk drifted on, sometimes terms?" she said. safely, cometimes through tortuous "Yes—in all essential matters. channels that threatened at any moment to overturn their little shell of those terms. You said that we would

Irene, would not hesitate now He that that was keyed to the heroic.

Several days passed without any word from Irene, and he had almost made up his mind to attempt another telephone appointment, when he met her, quite accidentally, in the street. It was a beautiful afternoon; warm, but not het, with a fresh breeze from the word. "I suppose you are right," he answered. "I will not try to hurry your decision. I will only try to give you an opportunity to know—to be sure, as you said. Then, when you are sure you will speak. I will not reopen the subject." It was a beautiful afternoon; warm, but not het, with a fresh breeze from the mountains flowing through the unclouded heavens, and a radiant sun pouring down upon all. But Irene looked more radiant still. She had been shopping, she said. The duty of been shopping, she said. The duty of large held murchase fell mainly upon large held murchase fell mainly upon large held murchase fell mainly upon large held main

delicate morsels of cake. Their function is purely a social one, having no relation to the physical requirements."

"I should be very glad," said Irene.

They found a suict to make the mast sum over it; from the steady eyes that met her own. Suddenly she began to tremble. It was not fear. Afterwards she knew it to have been pride—pride. iminaries, plunged into the subject

believed the golden age was in the past.

The most important part of this fact is that the men and women of the furing me, "he said, with a laugh."

The most important part of this fact is that the men and women of the furing me, "he said, with a laugh."

The most important part of this fact is that the men and women of the furing me, "he said, with a laugh."

The most important part of this fact is that the men and women of the furing me, "he said, with a laugh."

The most important part of this fact is the foothills with him next Sunday.

The most important part of this fact is the said herself to one of great industrial prospersty and efficiency. This is the think! He invites us to drive into the meat, but the home cooked flavor as well.

The common clay pot is best.

The common clay pot is best.

The invites us to drive into the meat, but the home cooked flavor as well.

The common clay pot is best.

The invites us to drive into the meat, but the home cooked flavor as well.

The wall is weakened. The wall is weakened. The wall is weakened.

leable period of their lives. We are leable period of their lives and live lives are leable period of their lives. We are leable period of their lives are leable period of their lives. We are leable period of their lives are leable period of their lives. We are leable period of their lives are leable period of their lives. We are leable period of their lives are leable period of their lives are leable period of their lives. The lives are leable period of their lives are leable period of their lives are leable period of their lives. learning your slang and that every-

body says so, and a few more things I told her, too." But Dave had dropped into a sud-Wireless is being used to relieve den reverie. It was not so remarkable cent medical inventions is the static

He took a care from his pocket, and This wonderful machine was exmade some figures on it. "If you hibited at a recent Medical Exhibition office at any time, please use that number, and ask for me," he said. "It is such that a person putting his hand

It flattered his masculine authority that she put the card in her purse without comment. She did not ask "I have heard so much about your him to explain. Dave knew that when Wild West," remarked the foreign a-woman no longer asks for explana- visitor. "Show are one of your dantions she pays man her highest com- gerous characters."

ingered on.
"I have been wondering," Dave ventured at length, "just where I stand -with you. You remember our

convention. But no such catastrophe know. Now I know as I have occurred, and when, at length, Mrs. always known since those wonderful hardy began to show signs of weariness, Irems served coffee and cake, and the two men, taking that as an intimation that their welcome had a not down the two mens, taking that as an intimation that their welcome had a not down the server server that their welcome had a not down the server server that the representation in my life was server. the two men, taking that as an intimation that their yelcome had run down, but would rewind itself if not too continually drawn upon, left the house together. On their way they agreed that it was a very beautiful night.

Dave turned the situation over in his mind with some impatience. Irene had now been in the city for severed weeks, and he had had opportunity for scarce a dozen personal words with her. Was he to be baulked by such an insufferable chaperonage as it know you don't think so, but it does.

with her. Was he to be baulked by such an insufferable chaperonage as it seemed the purpose of Mrs. Hardy and Conward to establish over his love affair? No. In the act of undressing he told himself No, suiting to the word such vigor of behaviour that in the morning he found his shoes at opposite corners of the room. No! He who, as a boy had not hesitated to who, as a boy had not hesitated to man and woman now. And I just assert a sort of proprietorship over want time just want time to be sure

household purchase fell mainly upon a man in deadily earnest, a man who her. Her mother rested in the afterlove with the same serious purpose "How about a cup of tea?" said as he had employed in the other projects of his successful life. She raised a delicate morsel of cake? One can her eyes to his fine face. Decision always count on thin candwiches and was stamped all over it; from the They found a quiet tea-room. When in his great masterly manfulness; in they were seated Dave, without predallied not a moment in stating the terms upon which all future happiness "I have been wanting an opportun- might hang. For if Dave had misity to talk to you-wanting it for read Irene's heart he had deliberately he said. "But it always closed the only door through which he might hope to approach it. But expresses the views of many farmers hour and thirty minutes at 250 de- be able to year the litest fusher grees F.. or fifteen bounds of steam pointed shoes moves an American

should hardly think, Dave," she ventured—" you should hardly conclude that was been, you know, gives had met Dave down town. It meant, the perhaps, a supposition on her mother's rest that she had gone down town. The she had gone down town town town to the right, entitles you.

The process have cooled. Seal at once. Process heels, included involved. When canned, No. 2 cans or pint jars, forty-five had met Dave down town. It meant, these fowls are removed at the time minutes at 250 degrees F., or lifteen pounds steam pressure. Two hours in Dye Skirt, Dress rest that she had gone down town town. To a monopoly of your attentions, that that she had gone down town younger birds, and by so doing the hat water bath.

The amonopoly of your attentions, that surpose. It was far-reaching, temptation, to crowd is removed.

Making Soup Stock.—By utilizing

(To be continued.)

### Electric Shocks for Hearts.

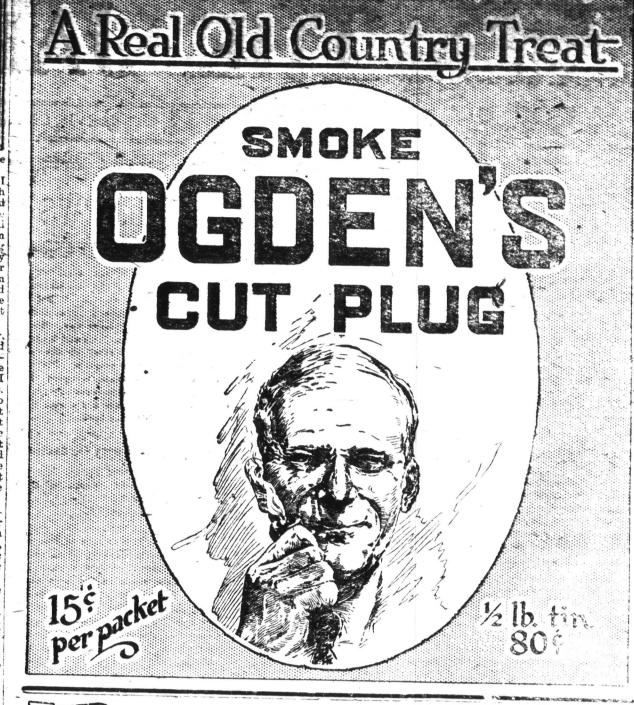
One, of the most remarkable of re-

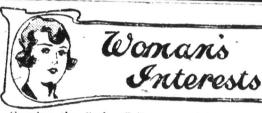
in London. The force of the current is the accountant's number. "There's within six inches of the chair receives quite a powerful shock.

The Real Danger

The cups were empty; the cand- The presperens looking man you wiches and cakes were gone, but they the street is one." "Not a cowboy, surely?"

"No. He's an oil promoter." What is wisdom but having a great She averted her eyes, but her voice deal to say and keeping silent.





Canning the Cocky Culls,

"Always seemed that you were the instinctively knew that he had not misread her heart; it seemed that this bold, daring manoeuvre had announce that this bold, daring manoeuvre had announce that the cannot be converting them almost an announce that the cannot be cannot be converting them announce without the citadel at a stroke. Had it not been for some strange sense of the views of many farmers and unrity minutes at 200 deconverting them and home canners who now see that grees F., or fifteen pounds of steam pointed shoes moves an American F. and the converting them in hot water bath.

"Canning with Gravy without Repainful sacrifice to their vanity. For they will have only four trees. He will have only four trees. "Do you blame me for being anit not been for some strange sense of on a moment's notice. Although the moving Bones.—Pack in the sterilized they will have only four toes.

with bringing about the situation to say. "We will let our acquaintance—that existed?"

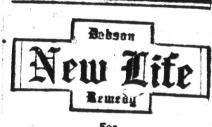
"Certainly not. Surely you do not think that I would—that I

of your attentions." He was speaking to you."

On the way they planned that the angless, rich timbre in it that thrilled and and angless, rich timbre in it that thrilled angless frightened her. She could not resent his straightforwardness, they would ask Mas. Hardy to ac. She felt that he was already asserting his claims upon her, and there was might happen that Mrs. Hardy would something tender and delightful in the be indispesed. She was tired with mediate table use. No matter what

a one-rime cow puncher. Encouraged home canning, chicken is best by partially ecoking first-fried. Success in the window garden decreased tially cooking first-fried.

in different ways as follows:



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Perhaps not. But it gives me the right for that surpose. It was far-reaching temptation to crowd is removed.

To a minimum sour strength for that surpose. It was far-reaching temptation to crowd is removed.

The surpose of the surpose strength for that surpose. It was far-reaching temptation to crowd is removed.

And what is more delicious than thicken bones with any adherent meat, and the scaled and skinned feet are

Yes, I think it very likely or cracker crumbs mixed with salt and surplus water will remain for several pepper. Fry until nicely browned in days, since evaporation can take place the same way as preparing for the only from the surface of the soil. table. The canning may now be done Glazed nots may be used successfully with water-loving plants, like the Canning Dry without Removing the calla, when provided with a drainage Bones.-Pack in the thoroughly clean- opening in the base, but for other is provided. This type is practically useless as a growing pot, since it is almost inpossible to maintain a plant in one without sooner or later having a case of "sour soil." Such pots are

> The soil used in potting plants, forth Ave. and 2036 Queen St East hould be rich, fine and of such density as will permit ready drainage. Potted plants, unlike those in open ground, can not send roots broadcast in search of food and water, hence only rich soil is desirable. Small stones and other refuse are useless and should be discarded.

When potting plants, the hole in the base of the pot may be partly closed with a small stone or piece of broken pet. If the plants are to be chirrigated, the soil must extend to e watered, a thin layer of pehweal may be put in first; bod on it. If it e soil is of ouns'sterey, home or no

era le with the intention of encouraging' gowin and Moon by providing plenty term. A traily, a plant will do: cter it set in a pot just large enough o contain the roots without undue meding The first potting of slips s which should be in two-inch!

eight minutes and seal immediately. English ladies of fashion bo you biame me for being annoved?"

Shame—some fear that too ready capishame—some fear that too ready capireally interested poultryman will cull
showing it. You see, I was annoyed,
ness—she would have surrendered
showing it. You see, I was annoyed,
showing it. You see, I was then.

"I think that is best," she managed with bringing about the situation at existed?"

"I think that is best," she managed to be the months when most farmers "pick out the loafers."

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> or Faded Draperies in Diamond Dves

Automobile Tires Having Fixed Blow-out Points. An inventor's idea of minimizing in



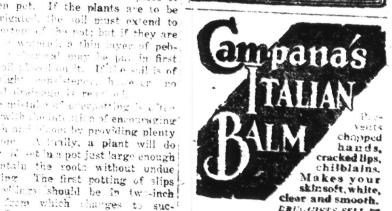
This Genuine Columbia Grafonola, \$35

Records By Mail (Send for Catalogue) Columbia, 75c: Britiswick, 75 useful mainly as jardinieres, in which Apex, 66c. At Our Arcade Stor other pots holding plants may be 26 and 28 Yonge St. Arcade

Victor Records, 75c, at 575 - 577 Day

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of these deaths are

A comparative number of deaths per

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of the satisfac It awake

coffee a instead. a fill. ri