

"A Sound Mind in a Healthy Body"

The regular use of
"BOVRIL"

ensures both. It keeps the body fit and the mind responsive to the demands of active life.



The Modern Fruit Jar

Gently press down the cap of a Schram Automatic Fruit Jar and your preserving is done. The Jar is perfectly sealed and the fruit will remain in good condition until it is needed.

Slip a case knife under the rim of the cap, draw around and the jar is opened. Nothing could be simpler, nothing could work more perfectly.

The Schram Jars cost no more than the old style screw top jars and cause no troubles. No rubbers to buy.
8,200,000 sold in 1907 and not a complaint.
Extra caps complete, 20c. a dozen. At all dealers.

SCHRAM AUTOMATIC SEALER CO.
Of Canada, Limited - Waterloo, Ont.



The Hamilton Steel and Iron Company

LIMITED

PIG IRON

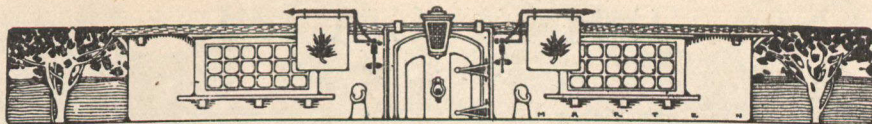
Foundry, Basic, Malleable.

FORGINGS

of Every Description.

High Grade Bar Iron.
Open Hearth Bar Steel.

HAMILTON - ONTARIO



AT THE SIGN OF THE MAPLE

WHEN NOVELISTS DISAGREE.

IT is rather singular that through all the suffragette excitement, the novel, *The Premier and the Painter*, written by Mr. Israel Zangwill some years ago, has not come into renewed prominence. Mr. Zangwill, who could not write a dull book even if he tried, made woman suffrage the great political issue in the story of the Premier and his curious double.

At present, Mrs. Humphry Ward and Mr. Zangwill are engaged in a brisk discussion regarding the dreary subject of feminine votes, Mrs. Ward strongly opposing the "enfranchisement" of the sisterhood. Mr. Zangwill finds that the reason for Mrs. Ward's attitude is that as a novelist she has discovered and analysed the weakness of her sex, and he replies that as a male novelist he has learned the "boundless vanity, selfishness and hysterical emotionalism of men." The Jewish novelist therefore concludes that his sex is utterly unfitted to be entrusted with power. A Boston editor remarks:

"A question is raised here which readers of novels may answer for themselves. Do male writers idealise women, and do women fictionists idealise men? Did not Thackeray expound the vanity of woman as well as worship his saints in muslin? And did not George Eliot make *Maggie Tulliver* more of a hero than *Tom*?"

Like all other questions involving masculine and feminine foibles, this is likely to remain unanswered until the last man and woman linger to write *finis* in the world's diary. The woman's hero is in danger of being a cad like *Rochester* or an impossible scoundrel such as *Augusta Evans Wilson* of tender memory delighted to portray. And the man's heroine is all too likely to dwindle into a consumptive young person, with lovely manners and an infinite supply of white muslin gowns. It is carrying the suffrage debate to the limit to suggest that the warring novelists should decide.

* * *

THE GIFT OF HAPPINESS.

THREE Wise Women sat on a verandah overlooking a northern lake and discoursed of Happiness with a capital H.

"I've just been reading about it," said the youngest, picking up a September magazine. "There's a pretended palmist in the story and this is what she says:

"Oh, what an opportunity my scorned profession gives me for knowing the human heart. This woman who comes to me cries: 'If I had only married I should have known the joy of companionship, of motherhood and children growing up around me.' And this one wails: 'I have made a mistake. If I had not married and been condemned to a hum-drum life, what a noise I might have made in the world, with my gifts and my beauty.' There is only one good, you know, the good we haven't got. They want a life of romance, of charm, and they never seem to think it must be within them—that life is only a reflection of one's self. Oh, life, life! There has never been a moment that, good or bad, I have not loved it! It is a plant-life, a beautiful plant; and most people are in haste to cull its loveliest blossoms and strip it bare of leaves in the effort to get all it can give, and finally, they even drag

up the roots to see if they cannot extract something more."

"I think that's true enough," remarked the eldest of the Wise Women: "if one could only realise that happiness is an internal affair! We women spend so much time in worrying over trifles and trying to keep up appearances. The happiest woman I ever knew had only two gowns a year and wore the same bonnet for five years."

"Happiness is a gift," declared the second Wise Woman. "There are some people whom all the trouble in the world cannot depress. My friend, Harriet Morgan, is like that. Her mother and her mother came to live with them just a year after she was married to Jack Morgan. The old ladies quarrelled furiously every day and I told Harriet that I could not see how she endured it. But she simply smiled in the calmest way and said that it gave the dear old things something to do and, otherwise, they might have moped."

"Like the man who said, when his feet were cut off, that they were always cold, anyway," said the youngest. "I believe *Mark Tapley* was the finest sort of hero. Was there ever a woman to match him?"

"Loads of them," was the duet from the others.

CANADIENNE.

JOHN O'DREAMS.

BY THEODOSIA GARRISON.

What a world that was you planned us—

Made of Summer and the sea,
Where the very wind that fanned us
Drifted down from Arcady.
There where never Fate might sunder
Rose your castle's shining beams.
Are you there to-day, I wonder,
John o'Dreams?

That was but a trick Life played you
When this planet knew your birth,
When she trapped your soul and made you

One of us on dreary earth.
Since for you what fancies crossed it,
Lures of alien stars and streams;
Have you found the path or lost it,
John o'Dreams?

Just a little day in May-time
Once I took the road with you;
Just a boy and girl in play-time
With a vision to pursue.
I but glimpsed the glow around it
Ere I turned, and yet it seems
Sometimes that you surely found it,
John o'Dreams.

—Life.

The New Map of Canada

ON the outside back cover of this issue will be found the new map of Canada, showing the new provincial boundaries and the new areas. Those interested in comparing the size of the provinces will see in both figure and picture how the comparison stands. It will be noted that Manitoba, the postage stamp province, is now four times as large as the three Maritime Provinces together. It is also slightly larger than either Saskatchewan or Alberta, but smaller than British Columbia.



WE CURE PIMPLY FACES

Young men and women who have used our home treatment for Pimples, Blackheads, Blotches, etc., are entirely satisfied with the results. We get usually chronic cases and surprise them and their friends at the rapid manner they yield to treatment. Come in and consult us. No expense. Booklet "R" on request.

Superfluous Hair

Moles, etc., eradicated forever by our antiseptic method of electrolysis. Satisfaction assured. All foot troubles treated.

Hiscott Dermatological Institute
61 College Street, TORONTO. Estab. 1892

Nulife



Nulife gives to man, woman and child that perfect form demanded by health and fashion. Strengthens the muscles of the back and will positively straighten round shoulders instantly. For man, woman, or child—and gives same benefits to all. Write for free illustrated booklet. If you will send your height, weight and chest

measurement (not bust) and state whether male or female, with \$3.00, we will send Nulife prepaid.

Fully guaranteed.

The Draper Company

26 King St., AYLMER, Ont.



ONTARIO, MANITOBA and NORTHWEST BRANCH

ALFRED WRIGHT, Manager - TORONTO

The CANADIAN OFFICE & SCHOOL FURNITURE CO. PRESTON, ONT.

Manufacturers of High Grade Bank & Office Fixtures, School, Library & Commercial Furniture, Opera & Assembly Chairs, Interior Hardwood Finish Generally.

