

of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

**A Smart Dress for the Growing Girl.**—2415—Gingham is lovely for this model, also the new voiles, crepe and batistes. The design is good for linen, silk, gabardine, serge and satin or suitable combinations of these materials. The waist closes at the left side, under the front of the collar. The sleeve may be in wrist or elbow length. This pattern is cut in three sizes: 12, 14 and 16 years. Size 14 requires 4½ yards of 44-inch material. A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

**A Smart Style Good for Many Occasions.**—2093—Figured foulard was used for this model with Georgette crepe for trimming. One could make this model up in printed voile, challie, embroidered batiste, shantung, linen or tub silk. The pattern is cut in six sizes: 34, 36, 38,

40, 42 and 44 inches bust measure. It requires 5½ yards of 44-inch material for a 36-inch size. Skirt measures 3 yards at its lower edge. A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

**A Good Outing Dress.**—Blouse, 2405, skirt 2410—Here is a style that is admirable for sports or outdoor wear. It will develop nicely in sport materials, shantung, gingham, pique, linen, voile, corduroy or repp. The blouse slips over the head. The skirt is cut on prevailing straight lines; the plaits adding width without detracting from the narrow effect. It is a comfortable model and very stylish. The blouse pattern, 2405, is cut in seven sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. The skirt in seven sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. It will require 6¾ yards of 44-inch material for the entire dress. The skirt measures about

2¾ yards at the foot, with plaits drawn out. This illustration calls for two separate patterns which will be mailed to any address on receipt of 15 cents for each pattern in silver or stamps.

#### The Growing Boy and Girl

Is there not oftentimes a grave danger of father and mother forgetting the rights of the growing boy and girl in the home? Some boys and girls seem to grow so quickly that it takes a great deal of their energy and ambition just to grow. There are always so many little tasks around the farm which Jack or Mary seem to be cut out for, that unless we are careful our boy or girl is apt to be overworked, which will be a detriment to their health and may also cause them to become dissatisfied with farm work. A writer in "The Nebraska Farmer" has the following to say on this subject:

"The tasks required of them should not be too heavy or too long, for both body and mind tires easier than usual, even though the young folks seem to be in the best of health. They should have all the sleep they seem to require to give nature plenty of time to build strongly and well the changing cells of body and mind. What if they do sleep too late in the morning when there is work to do? The work can wait a little and some of it had better be left undone than to have the exhausted body cells only partly builded up.

"We require enough of our school boys and girls mentally to take practically all their surplus energy, so it is no wonder that they do not feel like working much. I do not mean to say that no other work should be required of them, but that it should not be too laborious or too long continued, or work in which they cannot be induced to take an interest. They need to be kept busy a good share of the time, but it should be in a way that does not draw too heavily on their muscular or nervous strength. This is not just a war-time problem, but an every-year problem, and one that will bear more thoughtful consideration than it gets, for on the way the boy is guided through the years of adolescence depends to a great extent his health, his character and his success in after life."

#### The Hard Way

Some years ago the newspapers of a Vermont city reported the death of a Mr. Bailey, one of the best-known and most respected citizens in the town. He had not achieved eminence, but he was a lawyer widely known for his honesty and ability, had held the office of state railway commissioner for three years, and was president of one of the local banks at the time of his death. The notable thing about his career was that he had reached an honorable position in life in the face of difficulties that most men would have thought insurmountable.

Wayne Bailey was the son of a poor Vermont farmer. In his youth he met with a terrible accident that caused the loss of both hands and an eye. Many of the neighbors predicted that he would become a "town charge," but they did not take into account the young man's pluck and determination. He learned to write by attaching a pen to a rubber band at his wrist, studied law, and was admitted to the bar when he was thirty-four. That he rose steadily in public esteem, won the confidence of his clients, and accumulated a competence for himself we have already said.

No doubt Wayne Bailey often felt the serious handicap of his crippled condition, but the chances are that without it he never would have risen into public notice at all. Difficulties in a life are a good deal like obstructions in the bed of a flowing stream. If the stream is slender and feeble, the flow may be stopped altogether, leaving the channel below bare and stony; but if the current is strong it overflows the obstruction, and gains force by being lifted to a higher level. Obstructions and difficulties count for less than the current pressure or character pressure behind them.

The young man who talks deprecatingly of his unfavorable circumstances is preparing his hearers for the report of his failure, and the report is pretty sure to follow. A timid spirit trembles, even in bullet-proof armor, while the brave heart wins battles with the stones that others stumble over.

"After I wash my face I always look in the mirror to see if it's clean," confided little Doris. "Don't you?" "Don't have to. I look at the towel," rejoined Willie.

#### Formula for Happiness

Figure up how much money you have made in the last two years more than you made in the two years preceding the war. You can come pretty close to it. Then set aside at least ten per cent of it for the Red Cross or other war donations, and thank your lucky stars your liberty and everything else dear to you, including your wife and children, have not been torn from you and destroyed by a ruthless enemy. There is no joking about this. It is the only formula for happiness under present conditions.



## Back Ache!

**N**ATURE gives warning of approaching disaster, and backache tells you that the kidneys are deranged.

As soon as the kidneys fail poisons are left in the blood, which cause aches and pains, rheumatism and lumbago.

The digestive system is interfered with, and there is gradual loss of flesh and harshness and dryness of the skin. There is often headache and dropsical swelling of the limbs.

The most effective treatment is that which awakens the action of the liver and bowels, as well as the kidneys, for these organs work to-

gether in removing the poisonous impurities from the system.

This is the reason why Dr. Chase's Kidney-Liver Pills are so successful in the treatment of diseases of the kidneys. This is why they frequently cure when ordinary kidney medicines fail.

Just put this medicine to the test when you have backache, headache and other indications that these filtering and eliminating organs are sluggish in action, and see how quickly they will respond.

Prevention is always the wiser course. For this reason it is well to keep Dr. Chase's Kidney-Liver Pills at hand, and by regulating these organs forestall serious disease.

## Dr. Chase's Kidney-Liver Pills

One pill a dose, 25 cents a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. Do not be talked into accepting a substitute. Imitations only disappoint. 7