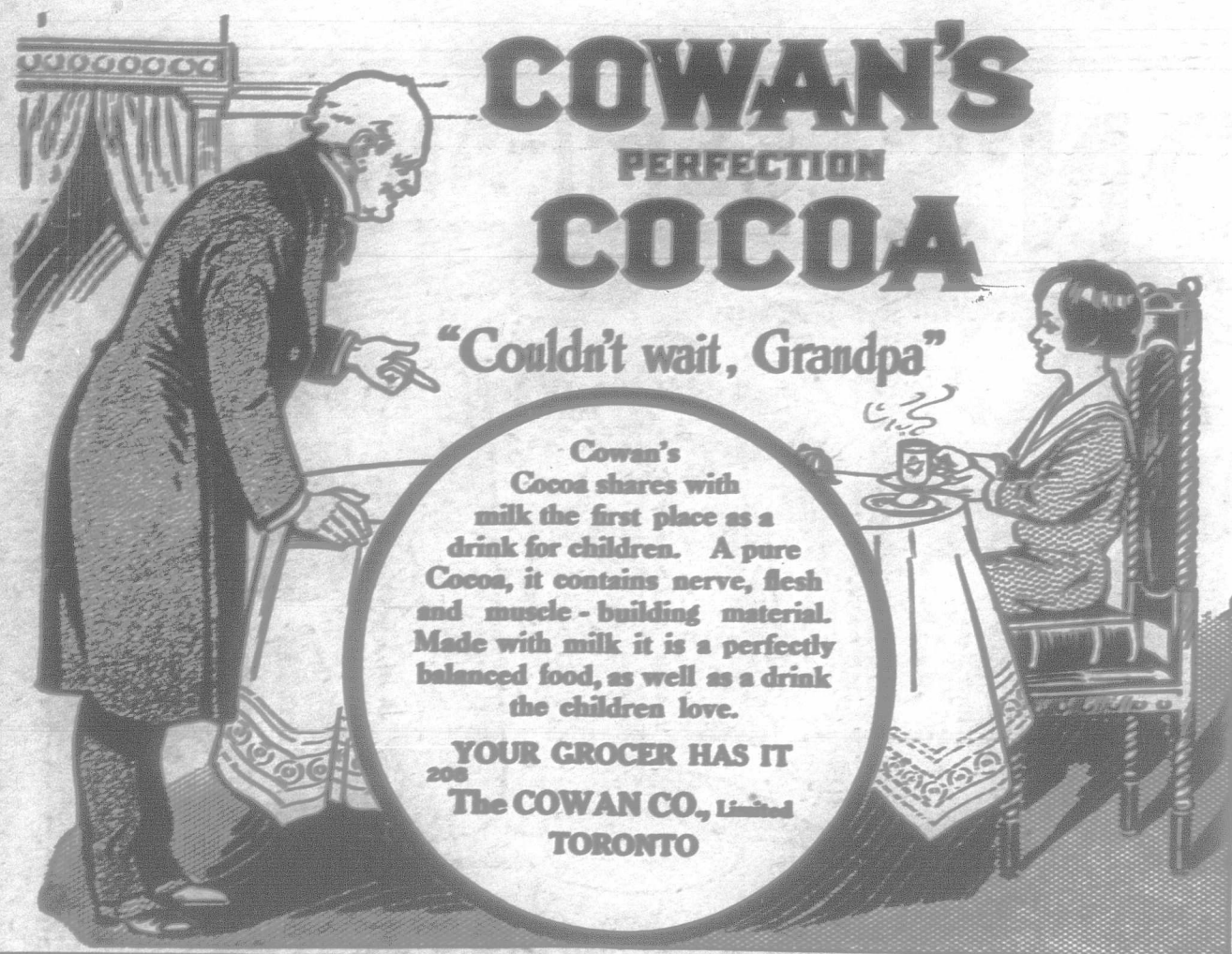




COWAN'S
PERFECTION
COCOA

"Couldn't wait, Grandpa"

Cowan's Cocoa shares with milk the first place as a drink for children. A pure Cocoa, it contains nerve, flesh and muscle-building material. Made with milk it is a perfectly balanced food, as well as a drink the children love.

YOUR GROCER HAS IT
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The COWAN CO., Limited
TORONTO



Your Chief Helper

*A Rumely OilPull Tractor, 15-30 h.p.,
would soon win this title*

One big advantage of a tractor is this—you can work it hard at the right time—24 hours a day, if necessary. The big advantage of an OilPull Tractor is that it can stand this pace without danger of a breakdown. Its value in a rush will pay you for having it. The



Tractor, 15-30 h.p.

is built particularly for small farms. A 160-acre farm can use it with profit and a big farm will find it a mighty handy machine.

You can use it profitably 365 days a year. It will build roads, saw, thresh, bale, shred, etc. It has a range of 100 revolutions per minute in pulley speed—fits any machine. It will run any but the largest separators.

It has plenty of power for ordinary work—pulls 4 bottoms in ordinary breaking—4 to 6 in plowing. It will plow and disc 10 to 14 acres a day. Two boys and this tractor will do the work of 4 men and 12 horses all the time—as much more at night with another crew.

The big part about this tractor is that it is easily handled and will go almost anywhere. It is fine for slow, steady work, and is equipped with two geared speeds, for heavy hauling and quick return, harvesting, hill-climbing, etc.

Every 1913 OilPull is self-steering—Dreadnought guide furnished with it. Any kind of farmer can make use of this tractor to advantage. Write for illustrated catalogue.



RUMELY PRODUCTS CO.

(Incorporated)
Power-Farming Machinery
Toronto, Ont.

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Gradually we are coming to a realization of this, and to devise clothes accordingly. Four years ago the hats were poised on the very top of the head, now most of them come well down to the ears. Three years ago, thin white waists ran riot; this winter a white waist is seldom seen except, perhaps, an odd one of material so thick and close that warm underwear may be worn underneath. Two years ago, girls had a fad for wearing lace stockings on into cold weather, and one whom I know boasted that she had actually worn silk ones until Christmas; this year one hears no hint of thin stockings anywhere. Even a year ago we had new dresses made, in November at that, with elbow sleeves; this winter no one even considers such a thing. . . . Verily, may we not hope to arrive even at the automobile hood, with all its comfort, for general wear?

Yes, it has set me philosophizing.—this little fur hat of mine, and I have come to the conclusion that the winter we dread is not a dreadful thing at all, and that the only thing needed to transform it from an unpleasant to a pleasant season, is to prepare for it sensibly. With a snug hat or hood, warm underwear, thick leggings, and a woolen Spencer or sweater inside of one's coat on an extra-cold day, surely one may defy old Boreas' strongest blasts, even enjoy them, especially if one walks. One is tempted, I know, to get into a cozy cutter and hurry to one's destination as quickly as possible in winter-time, but there is nothing like swinging along on foot on a crisp, cold day, to set the oxygen piping to one's lungs, and send the roses to one's cheeks, and the cobwebs flying from one's brain. There is nothing equal to it, for health, for hardiness, and for optimism. And those are the things that are well worth while, are they not?

At the risk of dropping from the sublime to the ridiculous, have you ever tried discarding the bulky, heavy, second petticoat, in favor of long, black over-tights? If not, make a point of doing so at the first opportunity. The over-tights are so much warmer and neater that I am sure you will never, after having once worn them, want to return to double petticoats again.

THE DEADLY "SPARE-ROOM."

Just a last word.—If a visitor comes to your house to stay all night at any time during the winter, do look to that "spare-room." Of course, if there is a furnace in your house and a little current of warm air is going into the guest-room all the time, you will not need to give thought to the matter; but if there is no furnace, do remember that the spare-room must not only be heated especially, but that the whole bed should be pulled apart and aired thoroughly—dried thoroughly—before it can possibly be fit for anyone to sleep in.

In most country-houses the guest-room is a sort of morgue, shut up most of the time, cold, damp, perhaps even dark. The bed becomes damp through and through, and yet, with no more precautions than building a fire in the room below, and trusting to a stove-pipe to do the rest, many a housewife will cheerfully send a guest thither to sleep. No wonder that doctors hate the guest-room! No wonder they have labelled it "the deadly spare-room!"

It is too bad that statistics have not been compiled to show the number of cases of colds, pneumonia, and tuberculosis contracted over a given area during a single winter because of the sufferers having slept in such rooms. The revelation would probably be startling.

Don't run any risks about it. No matter how fine your guest-chamber may be, unless you are perfectly certain that it, and especially the bed, is absolutely dry, do not put anyone to sleep there. Better make any kind of a "shake-down" than that. JUNIA.

Quilt Patterns -- Fruit Pudding.

Dear Junia,—Enclosed you will find the quilt patterns which I said I would send if any of the readers wished for them, and I am sorry I have been so long about it, but they will be in time for the long winter evenings.

I must say I have found some splendid