

YOUNG FOLKS

The Race In The Forest.

"The fastest runner of all the wood folk is Prong Horn," said Willy Wolf, and he looked round in a way that showed he did not believe that anyone would dispute him.

"Oh, no; White Throat is the fastest!" cried Billy Bear at once.

"You are both wrong," said Roy Coon. "Velvet Eyes is the fastest deer in the forest—the fastest on this side of the big mountain."

And so they argued, and their friends joined in the argument. The three deer themselves had little to say, but they held their heads high and each made it plainly understood that he was very proud of his speed, and each in his heart felt sure that he could run faster than any living creature—perhaps even faster than the West Wind itself.

At last Grandpa Fox, the wisest of all the wood folk, spoke up.

"Idle talk! Idle talk!" he cried. "Boasting settles nothing. You must have a race. That is the only way to settle it."

"Good!" cried the others. "A race!"

"The course shall be straight through the forest, from side to side," went on Grandpa Fox. "You, Grandpa Wolf and Grandpa Rabbit, go to the farther side and see that the start is fair. And you, Grandpa Coon and Roundface Owl, stay here with me. We will be the judges at the finish line."

Just then Grandpa Coon reached up and whispered in the ear of Grandpa Fox.

"Oh, yes," said Grandpa Fox, "the deer must have riders in the race! You, Willy Wolf, shall ride on Prong Horn; you, Billy Bear, on White Throat; and you, Roy Coon, on Velvet Eyes. Not get ready!"

All this time Gray Squirrel and Bouncer Rabbit had been whispering together, apart from the others, at the foot of a big pine. Now Gray Squirrel ran up to Grandpa Fox and cried out so that all could hear:

"What is the race for—to see which is the fastest deer, or which creature is fastest of all the wood folk?"

"To find the fastest of all the wood folks," answered Grandpa Fox. "Am I not right?"

"You are right!" cried the others. "Then I want Bouncer Rabbit to be in the race, and I will ride him," said Gray Squirrel bravely. "Bouncer is too modest to speak for himself, but I think he is the fastest of all the wood folk."

How they all laughed! And Bouncer Rabbit crouched close among the roots of the big pine.

"Silence!" cried Grandpa Fox, raising his big cane. "What Gray Squirrel asks is only fair. Bouncer Rabbit may start if he desires to. Are there any others?"

No other came forward, and so the three deer and Bouncer Rabbit went off with their riders to the starting point on the other side of the woods. Bouncer Rabbit looked very small beside the deer; but Gray Squirrel patted him on the back and whispered something that made his eyes brighter than ever, and he no longer minded the jeers of the others.

A moment later they were in line. Then Grandpa Fox barked the word "Go!"

The three deer flew like the wind, and in places where the branches were low the three riders had all they could do to stay in their seats. Bouncer Rabbit was covering the ground in long leaps.

His leaps became longer and faster. Just before the finish line there was a fallen tree that all must leap over. Here the judges waited. On came the racers in a flurry of snow. Over the fallen log they flew, the leaders fairly abreast and Prong Horn behind.

The race was over. Who had won? They all crowded round the judges, clamoring loudly—all except Gray Squirrel and Bouncer Rabbit. They stood apart, and Bouncer panted softly, while Gray Squirrel patted him and said something that made his eyes still brighter.

"I don't know who won," said Grandpa Coon, one of the judges. "I was watching Prong Horn, who was behind the others."

"Neither do I," said Roundface Owl, another judge. "The sun came out and blinded me just as they leaped over the log."

"Well, I know who won," said Grandpa Fox, still waving his big handkerchief. "It was Bouncer Rabbit. I was watching the finish line and the sun did not blind me. Bouncer Rabbit won, and I am glad of it!"

"So are all of us!" cried the others in a chorus, for they suddenly remembered what a fine little fellow Bouncer was—friendly to all and never boasting.

And that is how Bouncer Rabbit, with the help of his good friend, Gray Squirrel, won the great race through the forest that the wood folk talked about all the rest of the winter—YOUTH'S COMPANION.

Learning.
"Is your daughter learning to sing?"
"That isn't what's bothering me. What remains to be seen is whether I can learn to listen to her without starting a family-row."

Beware of people whose politeness is excessive.

Don't say "Breakfast Food,"—say "Shredded Wheat"—for while you no doubt mean Shredded Wheat, you may get one of those mushy porridges that are a poor substitute for the crisp, delicious shreds of baked whole wheat—that supply all the nutriment for a half day's work. Two Biscuits with milk or cream make a nourishing meal at a cost of a few cents.

of colors and shapes that no one can possibly have any difficulty in selecting those that will harmonize with her costumes. Of black velvet with a band of Paisley placed at the bottom or in the center, are some very attractive round bags finished with long tassels. Others show Chinese embroideries in gold and colors. The bead embroidered bags of silk and velvet are still popular. Silver mesh bags are also worn.

These patterns may be obtained from your local McCall dealer or from the McCall Company, 70 Bond Street, Toronto, Ontario, Dept. "W."

THE ROYAL NAVAL COLLEGE.

England's Most Beautiful Specimen of Classical Architecture.

The Royal Naval College, to which Sir Henry Jackson has been appointed Admiral President, occupies what has been described as the finest specimen of classical architecture in England. It was built from plans by Wren as a memorial to Queen Mary, the wife of William III. The work was begun by public subscription, to which the bearded monarch contributed (or, rather, promised) \$10,000; but all kinds of devices, including lotteries, had to be resorted to before it was finished. First opened as an asylum for disabled seamen in 1705, the hospital was more than a century and a half the home of over 2,000 Greenwich pensioners. They and their quaint uniforms disappeared from the scene in 1870, and three years later, when the necessary alterations had been made, the college was opened. The Act of 1869, by which it was established, provided that in case of war the building should be at all times available for its original purpose.

Many of the windows of the best shops are now displaying the real Japanese and Chinese garments with their rich silks and gorgeous colorings. Most of us, however, are content to admire these beautiful costume in the windows. No one has yet appeared in Toronto arrayed in the true costume.

NERVOUS DISORDERS

Are Promptly Cured by the Use of Dr. Williams' Pink Pills.

If your hand trembles or is unsteady, it is a sure and early sign that your nervous system is at fault. The trouble if not taken in time will develop slowly to a worse stage, and there is no person more to be pitied than one suffering from nervous trouble. You feel unaccountably weak after exertion, lose flesh, turn against food, and suffer palpitations and indigestion after eating. Sometimes sharp pains shoot down your spine and legs, and often neuralgia robs you of your sleep at night. These are some of the troubles that indicate the presence of nervous disorders. If they are neglected they result in a complete nervous collapse, sometimes in paralysis. Dr. Williams' Pink Pills have won a great reputation in curing all forms of nervous diseases. The nervous system depends entirely upon the blood supply for nourishment. Dr. Williams' Pink Pills actually increase the supply of rich, red blood; feed, strengthen and tone the nerves, enabling them to perform their functions and dispel all signs of a breakdown.

Mrs. B. Wainwright, Beaver Bank, N.S., says: "I was sick, run down, and awfully nervous. The slightest noise would startle and annoy me. I suffered pains around the heart and every particle of color left my face and hands. I always felt tired, and slept poorly at night. I was so poorly that my friends thought I would not recover. I tried many medicines but they did not help me. Then I read of Dr. Williams' Pink Pills and decided to drop all other medicine and try them. It was fortunate I did for in the course of a few weeks I found them helping me. I continued taking the pills for some weeks longer and they completely cured me. I earnestly advise every weak woman and girl to give Dr. Williams' Pink Pills a fair trial, and I am sure they will not be disappointed."

You can get these pills through any medicine dealer or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

READY-MADE THOUGHTS.

Tendency to Extinguish Originality and Independence.

The world—men, women and children—turns, at least in this country, more and more to ready-made clothes. Of course, as the number of those who demand such things becomes larger, the supply becomes better. Production on such an immense scale insures something that will fit any need. There is a great saving of time, of strength, of physical and mental effort. Repeated sessions with a tailor or a dressmaker are wearisome to hurried nerves and muscles; but to walk into a shop and walk out again freshly, if not quite perfectly, arrayed, gives you a joyous sense of the triumph of spirit over matter. Then, too, the democratic instinct is, not to accentuate differences, but to remove them. To dress and to live very much as others do is easier and kinder.

The same tendency is manifest in thought. More and more we incline to take our thoughts, and still more the dress of them, from others. Universal common-school education has great advantages; but it has this disadvantage that it tends to diffuse ready-made thinking, to extinguish originality and independence under a vast garment of commonplace. A still more energetic distributor of ready-made thoughts is the newspaper, which from Maine to California dis-

seminates stock words, stock phrases, stock ideas.

Well, we all get most of our thoughts from others. How can we help it? The rush of life leaves us little time to think. And even if it left us much, the most of us are perhaps somewhat inadequately provided with the necessary machinery. But two points at least are worth remembering in this matter: First, let us try to have a thought of our own occasionally, or if that is impossible, to make ready-made thoughts our own by testing them and adapting them and seeing that they are really true for us. Second and far more important, let us realize that our thoughts are ready made, and be humble and quiet with them, and not make the world smile by pompously parading ideas as our own that mankind accepted or rejected ages before we were capable of thinking of anything.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mr. and Mrs. Sawyer, After Years of Suffering, Found the Remedy They Sought in Dodd's Kidney Pills.

Capitol, Ont., Jan. 22nd (Special).—Firm believers in Dodd's Kidney Pills are Mr. and Mrs. Adolphe Sawyer of this place. They have their reasons and are quite willing to make them public.

"I was a complete wreck when I started to take Dodd's Kidney Pills," Mr. Sawyer says. "I had suffered for ten years. I tried five doctors altogether. Some said it was rheumatism. Others called it lumbago, but none could give me any permanent relief. Dodd's Kidney Pills made a new man of me."

"My wife got the same good results from them. She also had been to several doctors. A specialist from Sault Ste. Marie advised her to stay in bed for a month. But she tried Dodd's Kidney Pills instead with splendid results."

"Do you wonder that we both praise Dodd's Kidney Pills? No one can speak too highly of them."

Dodd's Kidney Pills are purely and simply a kidney remedy. If the disease is of the kidneys or from the kidneys they will cure it.

Ruined the Ruin.

An English nobleman was about to set out for India, and, fearing that in his absence vandals might destroy a picturesque ruin on his estate, he said to his steward: "I want you to build a wall here," he drew a tiny farrow with his stick around the ruin—"a stone wall five feet high."

On his return home the nobleman started for the spot. When he reached it he rubbed his eyes in amazement. There was the new stone wall, but he could see nothing towering up inside of it. He turned excitedly to his steward:

"Look here, where's the ruin, man?"

"The ruin, my lord?" replied the steward. "Oh, that old thing! Sure, I used it to build the wall with."

THE NATION'S FUTURE Depends Upon Healthy Babies

Properly reared children grow up to be strong, healthy citizens.

Many diseases to which children are susceptible, first indicate their presence in the bowels. The careful mother should watch her child's bowel movements and use

Mrs. Winslow's Soothing Syrup

It is a corrective for diarrhoea, colic and other ailments to which children are subject especially during the teething period.

It is absolutely non-narcotic and contains neither opium, morphine nor any of their derivatives.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Soothes the fretting child during the trying period of its development and thus gives rest and relief to both child and mother.

Buy a bottle today and keep it handy

Sold by all druggists in Canada and throughout the world

There has been No Increase In the price of Grape-Nuts

Nor Any Decrease In the Size of Package Or Quality Of the Food

Have a Bottle Handy!

Sloan's Liniment is assigned its place among the trusted family remedies in thousands of medicine closets. Confidence in it is based on the uniform effectiveness with which it banishes the pains of rheumatism, neuralgia, gout, lumbago, sore stiff muscles, bruises, sprains and strains. Cleaner and easier to use than musky plasters or ointments. It penetrates and relieves quickly without rubbing. At all druggists, 25c. 50c. and \$1.00.

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KILLS PAIN

What They Did For One Family

Dodd's Kidney Pills Cured Where Doctors Failed.

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