

BEWARE OF CONSTIPATION

It is one of the most common sources of disease, because it fills your blood with impurities and poisons every organ of your body. Its effects are seen and felt in dull eyes, offensive breath, skin rashes, headache. Take Mother Seigel's Syrup; it strengthens the bowels, and makes constipation impossible.

WHICH POISONS YOUR WHOLE SYSTEM

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Fix That Stomach!

Don't let it go any longer. Get a package of Vitae-Ore on trial and test it for any Stomach Trouble at the risk of the Theo. Noel Company, of Toronto. Read their liberal trial offer on page 19.

Christmas moon riding high above him, and the Christmas stars twinkling a myriad host above the snow-covered mountain ranges. The Christmas spirit was in his heart, and suddenly he puckered his lips and began to whistle the air of a long-forgotten Christmas song:

"While shepherds kept their watch by night,

All seated on the ground,
The angel of the Lord came down,
And shone with glory round."

Then Old Dad went on his way in silence, thinking again the "long thoughts" of those who hark far back in memory to the days of their childhood, when life was full of hopes and of harmonies and the untried future promised so fair.

Winnipeg Business College Writing Contest.

The Winnipeg Business College is offering prizes and scholarships to the public schools of the Province of Manitoba, on conditions and regulations as follows:

(1)—One cup is offered for advancement in penmanship, to be competed for by class work by any city or graded school or collegiate institute in the Province.

(2)—One cup is offered for advancement in penmanship, to be competed for by grades five, six, seven and eight in the ungraded schools of the Province.

(3)—Three scholarships of six, three and two months' tuition in any department of the Winnipeg Business College are offered to the students of Winnipeg, Brandon and Portage la Prairie schools, to be competed for by individual work.

(4)—Three scholarships of six, three and two months' tuition in any department of the Winnipeg Business College are offered to students of any schools of the Province, excepting Winnipeg, Brandon and Portage la Prairie, to be competed for by individual work.

(5)—Muscular movement necessary. Contestants to hand in a specimen of work every month, specimen to consist of same wording each month. Cup to be held for one year.

(6)—Scholarships transferable, but writing is compulsory to the student who enters on a scholarship, no matter what subjects he may desire to take up.

(7)—Good deportment and discipline must be maintained by the holder of a scholarship during his or her attendance at College, otherwise it will be rescinded.

(8)—A specimen is to be written for the months of January, February, March, April, May and June. Each specimen written is to be handed to the teacher upon completion of same. When the June specimens have been written and handed in, the teacher will forward all specimens written to "Writing Contest," c/o A. F. Macdonald, 222 Portage Avenue, Winnipeg, Man.

(9)—The specimens must be written on paper, size 7 1/2 x 8 1/2 inches, arranged as follows: Name of School. Date. This is a specimen of my best rapid business writing at this time:—

The quick brown fox jumps over the lazy dog. 1 2 3 4 5 6 7 8 9 0.
A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z.

(10)—Where a student wishes to enter the contest for a scholarship, he will hand in a specimen for that competition as well as a specimen for class work competition. The teacher in forwarding specimens will make a distinction between the work of the class and that of the individual students who compete for the scholarships. Each student's work must be kept separate and fastened together at the corner with a pin or fastener.

This matter has been taken over by the Winnipeg Industrial Exhibition, and has been heartily endorsed by the Department of Education.

One examiner is to be appointed by the Department of Education, one by the Winnipeg Industrial Exhibition, and one by the Winnipeg Business College.

N. B.—It would be advisable for competing schools to write, stating their intention to enter the contest, addressing all correspondence, "Writing Contest," c/o A. F. Macdonald, 222 Portage Avenue, Winnipeg, Man. Please put this up in a conspicuous place in the classroom.

When writing mention this magazine.

Write for Catalogue.

The Steele Briggs Co. Winnipeg, will mail a copy of their new big illustrated seed catalogue free to any reader of this magazine making a request for same. The Steele Briggs Co. have been before the public for many years and like old wine, their reputation improves with age. They now do a very large business in Western Canada, which they intend to extend very considerably this season. This firm has the reputation of probity and integrity in all their business dealings, and after all, this counts for a great deal in the business world and never fails to ensure success.

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