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— when you roam
— for vocation
or vacation —
night-time or
day-time, work-
time or play-
time—

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want it, the way
you want it.

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or cold as a gla-
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as it came from the oven, as
nippy as it came from the ice-
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either, as good as they came
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young men and women are greatly in demand. There is a prize for every ambitious girl. There is little competition at the top. The crowd is at the bottom. They are too lazy or too emotionally crazy to see above the first rung of the ladder.

If we look up and fight every enemy that would sap our ambition for usefulness and make a stepping stone of every difficulty, and climb, we shall find, when we are about half-way up, these enemies to success gradually disappear, making it possible for us to go on with great hope. Then when we are near the top shall we be able to dictate our own terms—for the reward of honest, skilful, earnest, productive work shall create respect for our judgment.

One of the most lamentable sights in the world is a young, healthy girl complaining because she has no chance to make good. I have a friend who was once the child of a poor washer-woman. She wanted an education, and determined to earn it. Everyone she knew discouraged her. She went to a town thirty miles from home and worked hard for her board while attending school. On her eighteenth birthday the little children in the neighborhood of her new home bought a gold ring for her with their pennies. She graduated at the head of her class, and to-day is a leading teacher. Again with Mrs. Browning we see the woman of honest, patriotic influence:

"She never found fault with you, never implied
Your wrong by her right; and yet men
at her side
Grew nobler, girls purer, as through the
whole town
The children were gladder that pulled at
her gown."

WOMEN WHO HAVE SAID "I CAN"

Girls who say "I can't" are lacking in practical application. Edna Ferber, a successful magazine story writer, says: "The entire outfit of my job depends upon me. All the wheels, belts, wires, bolts, fires, tools — the whole manufacturing scheme of things — has got to be contained in the space between my chin and my topmost hairpins." Sometimes we see girls on whose forehead we might read this mental sign: "For rent, fine, large, empty head." The girl who gets ahead is the girl who exercises her will and trains herself to do hard, unpleasant things. When I was a child this riddle was popular at school: "Why is a girl like a bottle of poor ink? Because she needs a good shaking sometimes before she will do good work." Any of us can say: "I would like to be a capable teacher or stenographer, or the head of a business." But sometimes nothing but a good shaking will make it possible for us to carry out our wish. We turn almost invariably to the easy thing. We talk about easy hours and a three months' business training. One time I went to my teacher with that martyr-like feeling and said: "I have the problem. I spent four hours on it." "You must be very stupid," he replied. "If you had concentrated your mind clearly you should have solved the problem in half an hour." It is not the time we spend that counts, but what we accomplish in that time. Success and achievement do not lie at the end of easy roads. In fighting our way up we have to "stack our arguments and personality, mentality and power over others."

Almost anyone can cultivate a good memory if she really tries. Self-consciousness blocks good memory. A crisis comes sometimes in every girl's life and it requires constant constructive training in character building to handle successfully that crisis when it comes. Mary Roberts Rinchart says in her creed that love and work is the foundation of every normal life. Someone says: "Success is feeling we are doing a work worth while and our work is recognized." Mrs. Clara Pressler, of Cincinnati, Ohio, faced the world a few years ago with three small children to support. Her cloud appeared to have no silver lining. She had been left not only penniless, but with debts on a cafeteria that amounted to fifteen hundred dollars. Her creditors had confidence in her ability and integrity, and to-day she has her debts paid and her restaurants serve three thousand persons daily.

Arunda Byrd, of Colorado, was an office girl. She filed a claim for one hundred and sixty acres in Colorado, had a little shack built, which she called "Hard Tack," and moved in. She did her own farm work and lived alone for fourteen months. As a result of her experience she was engaged as a lecturer on gardening and earns a large salary.

Some years ago Mrs. E. S. Wilson was propped up in a Detroit hospital. She was worried because her physician said she would be deformed for life. She would be able to do no active work. She was then past forty. After her physician left she began to wonder how she would make a living. A robin flew to the limb of a tree near her window. She watched it. Then the thought flashed: "I can study birds." After two years of study she became such an authority on birds that she was employed by the Indiana Department of Agriculture. She is now one of the national lecturers of the National Association of Audubon Societies. She is also a field worker for the Department of Agriculture and has travelled all over the continent. Nearly every week she receives letters from college professors seeking information. This woman when past middle life took up a new line of work and has gained the recognition of a nation's executives as well as of the professors of colleges. And her deformity has gone. Her faith in herself and her interest in her work have overcome it.

Katherine Stinson, the queen of the aeroplane, emphasizes in her training the courage of confidence. She says it is so simple to say: "Well, if other people have done this I don't see why I can't. I think I should feel like saying that about anything I wanted very much to do."

Miss June Rand is only twenty-two, and is president of a factory that uses twenty power machines and employs 100 persons. Two years ago she determined to show her rich relatives that she could earn her own living. She applied first to clerk, then as a ranch cook, but was refused. Having made some unusually pretty gingham dresses and housecaps to wear on the ranch, she sold some, and she then put on one set, went to the principal dry-goods' store in the town, and went home with orders for six dozen sets. She had a hard time to borrow fifty dollars for the gingham. At first she began her factory work in a tiny room with two old sewing machines. People liked her dresses and the demand increased. To-day her family treat her with respect, banks compete for her account, and men want to marry her. She was quick and alert in making capital of an opportunity. No mentally lazy girl ever really has a good idea. Energy and imagination are important factors in a girl's life.

Elizabeth Rachell Wylie teaches other women to understand business. She has discovered the hidden secrets of many women and by her training has made them happy and efficient. She says her largest reward is when some woman says that her whole life has been broadened and changed by the lifting of the veil of mystery that often surrounds the simplest of business problems.

Gay Zenola MacLaren makes her living by giving performances of whole

plays. She repeats all the lines and imitates all the actors. She knows twenty plays. Each season she adds two or three Broadway successes. She attends a play five or six times, then she has it learned. Someone asked her how she remembers so well. She replied: "I make pictures in my mind—all the time. Most people have poor memories because they don't use their eyes at the same time they use their ears. If you observe carelessly, both words and actions will fade quickly from memory." Miss MacLaren imitates over two hundred characters. She has acted before audiences all over the continent. These are only a few of many, many girls and women who have said: "I can."

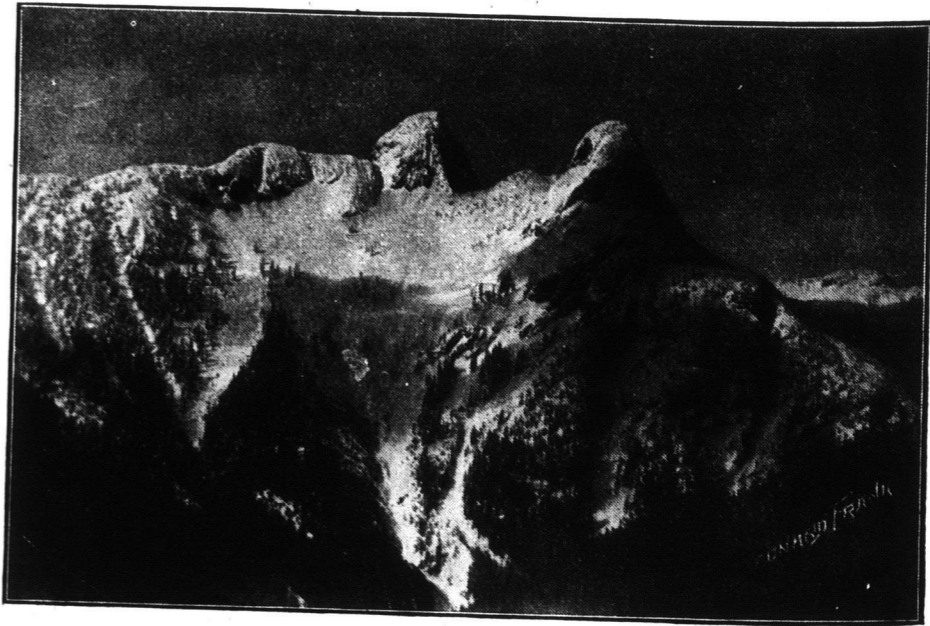
Fifteen Years For a Picture

Written for The Western Home Monthly
By Francis J. Dickie.

"Lion's Couchant," the twin peaks, marvellously by Nature alone carved, which rival the work of Landseer, whose lions guard Trafalgar Square. These twin peaks in the form of sleeping lions are one of the famed wonders of the Pacific coast, and are known to almost every mariner in the world by reason of their position overlooking the harbor of Vancouver, Canada. Thousands of photos have been made of the "lions," but owing to hostile atmospheric conditions and cloud and light effects which hindered, no photograph, until one shown here, has ever been procured which adequately brought out the true scenic grandeur of these peaks. For fifteen years Leonard Frank, a Canadian artist, has been attempting to overcome the handicap of Nature, for only on very rare occasions were the atmospheric, light and weather conditions and the cloud effect all right at exactly the same time to make possible a picture which would truly reproduce the benign grandeur and magnificent austerity of these peaks. Recently the artist, Leonard Frank, of Vancouver, succeeded in getting the accompanying photograph which has been the subject of much artistic discussion since its taking recently. It speaks for itself whether or not the artist has been rewarded for his many attempts, spread over so long a period of time.

Among the Indians these peaks are known as the Twin Sisters. They are, according to Indian legend, the twin daughters of a great Indian chief. Through their diplomacy at the time of the feast given in their honor at attaining to womanhood, they caused peace to be brought about between many warring tribes, and by the Indian god, Sagalie Tyee, were made immortal as a reward. The twin peaks are Peace and Brotherhood, according to the Indians.

The Famous Orange Lily Home Treatment for women, advertised on page 31 by Mrs. Lydia W. Ladd, Windsor, Ont., is also procurable from the local Agent, Mrs. Main, 631 Notre Dame Ave., or at Graydon's Drug Store, Edmonton, or Woodward's Dept. Stores, Vancouver. To introduce the treatment to new friends a trial box is sent free to any lady who may write for it.



"Lion's Couchant." Famed Natural Wonders of the Pacific Coast