

Be Particular
about the little things you eat.
Impure salt is just as injuri-
ous as impure milk or butter.
There is one salt you can
always depend upon as being
absolutely pure and whole-
some—
**Windsor
SALT**

A Mother's Testimony



About a month ago I received one of your **LITTLE BEAUTY HAMMOCK COTS** and find it perfectly satisfactory in every respect and would not like to part with it, for it is the best thing I ever saw.

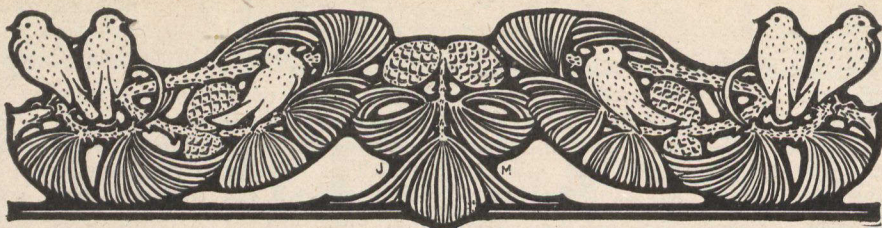
Write for a copy of "BABY'S SLEEP" telling all about it.

**The Geo. B. Meadows, Toronto
Wire, Iron & Brass Works
Company, Limited**
479 Wellington St. W., Toronto, Canada

MAGIC

**BAKING
POWDER**
PURE AND WHOLESOME.
ONE POUND CAN 25c
E.W. GILLETTE COMPANY LIMITED
TORONTO, ONT.

**LONDON GUARANTEE
AND ACCIDENT COMPANY LIMITED**
Guarantee and Fidelity Bonds.
Sickness and Accident Policies.
Phone Main 1642. Confederation Life Building
COR. YONGE and RICHMOND STS.



FOR THE CHILDREN

THE WINTER PICNIC.

WHAT is a 'winter picnic,' Aunt Edith?" asked Laura. "In this book it tells about some children having a winter picnic, but it doesn't tell what they do."

"Well," answered Aunt Edith, "tomorrow is my birthday, and I will celebrate it by taking you and Doris Alden on a winter picnic; then you will know just what it is."

"Goody!" exclaimed Laura. "And may I go and ask Doris now?"

"Why," said Aunt Edith, thoughtfully, "I think an invitation to a birthday party ought to be written, don't you?"

"Perhaps it had," agreed Laura.

"And you can run out to the woodshed and find me a nice smooth piece of birch bark to write it on," said Aunt Edith.

It was not long before Laura was back with the smooth piece of birch bark; and on it Aunt Edith carefully printed, "Miss Doris Alden is invited to a winter picnic at eleven o'clock to-morrow."

"That is lovely!" exclaimed Laura. "But you don't say where?"

"You can tell her that we will call for her," said Aunt Edith.

At exactly eleven the next morning Aunt Edith and Laura found Doris waiting for them at her front door. They were all warmly dressed, for it was a cold day in early December. Aunt Edith was drawing a sled, and on the sled were several packages covered by a large shawl.

They went down the road by the schoolhouse and turned into a wood road which led in among big spruce and fir-trees. The sun flickered down through the branches and made little dancing lights across the snow. The trees kept off the cold wind, and both Doris and Laura said it did not seem a bit like winter.

"This is the very place for a winter picnic," declared Aunt Edith, as they came to a little clearing, where two great ledges rose out of the snow. Aunt Edith took the shawl from the packages on the sled and spread it over a smooth place near a large tree, and then put the sled on the shawl. "That is our dining-room," she explained. "Now you find me some dry twigs and small branches of wood, and I will cook dinner right beside this big rock."

It did not take long to start a fine blaze and put the potatoes to roast, and as soon as they were cooked, they all sat down on the sled with their feet on the warm shawl, and ate the hot potatoes and the little sandwiches which Aunt Edith had brought. Then there were some nice mince turnovers and big red apples.

Aunt Edith put the fire out very carefully, and Doris and Laura fastened an apple to a branch of a tree.

"Some winter-loving bird may be glad to find it," Aunt Edith said.

"Now I know just what a winter picnic is," said Laura, happily, as they trudged toward home.—Youth's Companion.

* * *

THE UNVARNISHED TRUTH.

ONE day an old friend of her folk met a little Scottish girl on her way home from the first school she ever attended. She had been a pupil for several weeks, and the gentleman

thought she would have something interesting to tell him.

"Weel, Jessie," he asked, "an' how d'ye like school?"

Instead of the expressions of delight he had expected, there came the frank answer, "Oh! I'm fair sick o't."—Little Folks.

* * *

THE SILVER MOON.

By JAMES P. WEBBER.

I WONDER how they fix the moon!

I thought in days gone by
That some one took a high chair

And hung it in the sky;

But now that I am wiser,

I know no chair could be

Made high enough to bring one up

Above the cherry-tree.

And once I saw it shining

All in the broad daylight,

As if the moon-man had forgot

It was no longer night.

And then some fleecy cloudlets came,

Like little lambs at play,

And when I looked for it again

The moon had flown away.

* * *



Children of the Zuyder Zee—Metropolitan Magazine

* * *

SHE TOOK PRECAUTIONS.

THE Dutch peasant lives with canals all about him, and reaches his cottages by way of a drawbridge. Perhaps it's in the blood of a Dutch child not to fall into a canal. At all events, the Dutch mother never appears to anticipate such a possibility. One can imagine the average English mother trying to bring up a family in a house surrounded by canals. She never would have a minute's peace until the children were in bed. But then the mere sight of a canal to the English child suggests the delights of a sudden and unexpected bath. An Englishman inquired of a Dutch woman: "Does a Dutch child by any chance ever fall into a canal?" "Yes," she replied; "cases have been known." "Don't you do anything for it?" continued the questioner. "Oh, yes," she answered, "we haul them out again." "But what I mean is," explained the Englishman, "don't you do anything to prevent their falling in, to save them from falling in again?" "Yes," she answered, "we spank them."

It is so easy to
cure Constipation.

Just a glass of



Abbey's Effer- vescent Salt

every morning makes the liver
active — the bowels healthy
and regular—and so easy to
take.

25c. and 60c. a bottle.

At druggists.

153

GAINS OVER 1906

—MADE BY—

The Mutual Life ASSURANCE CO.
OF CANADA.

In Policies in force	-	\$4,179,440
" Assets	-	1,271,255
" Reserve	-	966,221
" Income	-	171,147
" Surplus	-	300,341

The income from interest shows a handsome increase over the previous year, though the same high standard of securities has been maintained. The SAFE investment of money is, and must always be, of infinitely greater importance than the interest return therefrom, and this principle has ever guided the management of this Company in the investment of its funds.

INSURANCE IN FORCE, OVER \$51,000,000

HEAD OFFICE - - - WATERLOO, ONT.

BOVRIL

has grown to be indispensable in the sick room on account of its valuable strength-giving qualities and the renewed vigor it gives to the convalescent.

It is equally valuable in the

KITCHEN

for it not only adds an appetizing flavor to the dishes with which it is used, but it materially increases their nutritive value.

All that is good in **BEEF** is in **BOVRIL**.

The Hamilton Steel and Iron Company Limited

PIG IRON

Foundry, Basic, Malleable.

FORGINGS

of Every Description.

High Grade Bar Iron.

Open Hearth Bar Steel.

HAMILTON - ONTARIO

Write for new Catalogue of the

Central Business College

of Toronto, Canada.

Enter any time. No Vacations.
W. H. SHAW, President.