

**Internal and External Pains**  
are promptly relieved by  
**DR THOMAS' ECLECTIC OIL**

THAT IT HAS BEEN SOLD FOR NEARLY FIFTY YEARS  
AND IS THE MOST POPULAR REMEDY IN THE WORLD  
BEFORE IS A TESTIMONIAL THAT SPEAKS FOR ITS  
NUMEROUS CURATIVE QUALITIES.

**KRAFT K CHEESE**

*There's only  
One Kraft Cheese*

To be sure you get the genuine  
article, which is always pure, appetizing  
and nourishing, please look for this  
trade mark.

33-25

There is no time like the present to start Christmas Publicity

## Banish the Hand Pump.

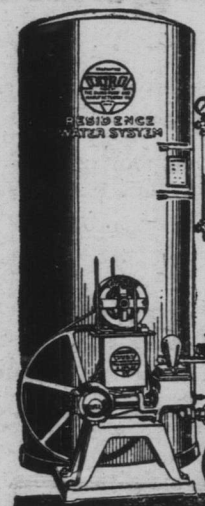


In primitive countries woman is regarded somewhat as a beast of burden. She is subjected to all sorts of drudgery, does practically all the work, and her lot is hard and discouraging. This custom is rightly regarded as inhuman and uncivilized.

Yet thousands of women in this country today are shackled to the old-fashioned hand pump. In many cases they carry the water considerable distances after pumping it. The amount of time and energy lost is incalculable.

## Empire Duro Water Systems

have liberated thousands of women, and men, from the grinding toil of pumping and carrying water. They have brought comfort, cleanliness and health where drudgery, dirt and disease prevailed before.



Duro systems give you all the conveniences of city water service. Running water under pressure in kitchen, bathroom, toilet, garden and barn is at your service.

Compact, powerful, and automatic—Duro system is easily installed in old or new homes and costs less than 1c a day to operate. Driven by either electric motor or gasoline engine.

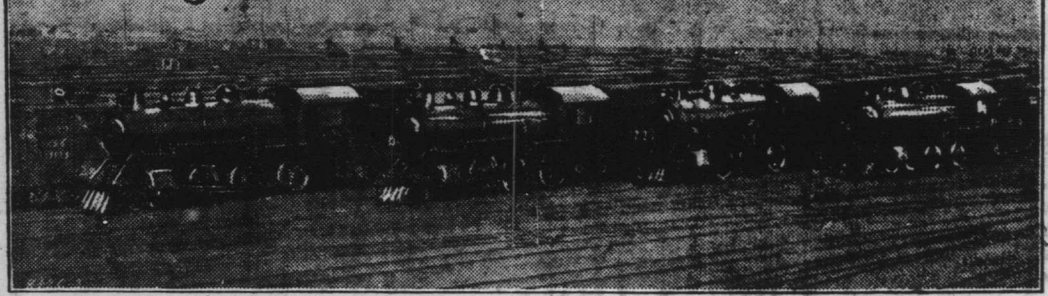
Duro Systems are made in many sizes and styles. Ask us for an estimate of cost.

Distributed by the Empire Brass Manufacturing Company Ltd., London and

**G. W. CROWE**  
MILLETJON NOVA SCOTIA

Be a Home Booster and have your Printing The Outlook way

## Ready to Roll the World's Grain Caravan



To the average person a railroad shop is perhaps the most uninteresting institution one could possibly think of. It suggests to one's mind everything that is cold and inanimate—dry, grimy. Even the fence surrounding these stolid premises looks forbidding, like a prison wall.

But during the great Canadian grain rush from West to East there are few places in the West more interesting than the Weston Shops of the Canadian Pacific Railway, at Winnipeg, where 600 cars a day are snatched in off the main line, repaired and shot out the next day to resume their place in the big rolling movement of the world's grain caravan.

This institution, quietly situated on the western outskirts of Winnipeg, ranks among the big industrial organizations of the West. It employs eighteen hundred men the year round, and has a monthly payroll of \$220,000. Weston Shops, which last year repaired 39,518 cars, 290 coaches and 494 engines—and manufactured a million and a half dollars' worth of material—gives one the impression of being a big self-contained corporation, instead of a minor part of a big railroad system.

Under Works Manager H. B. Bowen, there are 815 men working

here who have held their jobs for more than ten years, and there are another 100 men who have been in the service for twenty years and over.

Weston Shops cover 23 acres of land, fenced in and guarded at each entrance by an attendant. Inside the fence is a separate railroad yard containing 40 miles of trackage. One thousand cars are being shifted about continuously by three shift engines. Every day in the week from 400 to 500 cars are repaired and shunted out of its gates into the regular yards.

These shops use up \$300,000 worth of material annually and they burn 120 tons of coal each day, all Western Canadian coal.

One of the most interesting parts of this institution is an apprentice school, where 140 boys attend school in the company's time, receiving regular wages. They are learning the technical side of railroading. They study arithmetic, geometrical and mechanical drawing and enter regularly into the practical side of shop life.

A unique part of the shops is a section where all the scrap iron and metal wasteage from Fort William to Calgary is gathered and shipped in to be re-made into iron castings. The company saves \$35,000 a year from this reclaimed metal. From these castings wastage the shops manufacture

### HONEY AND ITS USES

Centuries before anyone ever had thought of sugar as we know it, honey was the universal sweetener, and while its use for sugary purposes has decreased with the advent of the more plentiful granulated sugars, it is still highly prized and largely used; and justly so. For honey is the one concentrated sugar that can be eaten in its natural form, just as it comes to us. It needs no refining or processing of any sort, and like ripe, fresh fruits, communicates its food value to the system in exactly the way Nature intends it shall be received.

Pure honey is in a class all its own. It is one of the few foods that cannot be successfully imitated because in passing through the body of the bee it acquires special protein and animal elements that man cannot duplicate. It is one of the few forms of sugar that can be directly assimilated in the body, consisting of nearly equal parts of grape sugar and fruit sugar which require no digestion.

Its slight content of formic acid tends to prevent fermentation, which renders it less irritating to the digestive tract than cane sugar. Furthermore, unlike other sugars—will the exception of fruit sugars—it contains certain minerals—namely lime and iron—which are absolutely necessary to the proper sustenance of the body.

In addition to its proper food value it is known to exert a slightly laxative influence. There can be no doubt of the wisdom of using it generously in the feeding of the children, and its flavor is so delightful that it is a specially valuable place in cookery and on the table—cakes, puddings, sweets and preserves are all excellent when made with honey.

In a recent nutritional experiment it was found that bread spread with honey was digested and left the stomach as quickly as bread alone which proves conclusively that the use of honey with bread in the diet of children is preferable to the eating of candies. Honey not only serves to make the bread more palatable, but leads to a greater consumption of body-building foods instead of depressing the appetite, which is likely to be the case with candies which are eaten between meals. To introduce honey freely into the diet of children serve it with rice and breakfast foods. Honey and cream make an ideal combination. Fruits, both raw and cooked can be sweetened with it, and for ice creams, gelatins, custards and other creams it is a most pleasing flavoring. Honey candy will please the little folks, and are wholesome. Cakes made with honey are delicious, and have a surprising way of remaining fresh and mellow for long periods of time, which is, of course, satisfactory to the thrifty housewife.—Bank of Commerce Farm News Letter.



When you send us a job you can rest assured that it will be executed by printers, not a collection of various other tradesmen who are just learning the fine art of printing. Our staff are all old at the game and therefore can do the work of printers. Think this over before you place orders in shops where they are only printers by "name" and not by "experience."

### McDONALD SCHOOL REPORT

Grades VII and VIII  
Miss W. Braine, Teacher

JOY COX 88.1  
Constance Greenough 87.3  
Vye McPherson 81  
Kathleen Dauphinee 78.5  
Margaret Vye 78.4  
Caroline Roop 76.4  
Dan McKenzie 74.1  
Lloyd Caldwell 69.6  
Ilga Armour 66.9  
George Vye 64.2  
Joseph Hoffman 63.8  
Fred Whitman 63.2  
Gordon Marshall 62.6  
George North 62.  
Doris Hart 59.5  
Marj Graham 53.5  
Guy Johnson 53.4  
Elizabeth Saunders 53.3  
Arthur Chipman 46.5  
Muriel Morrison 38

Grades V and VI  
Mrs. Poole, Teacher

Grades IV and V  
Miss Brown, Teacher

Grades I and II  
Mrs. Halsey, Teacher

Grades VII and VIII  
Miss W. Braine, Teacher

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### Lights Out

A man was motoring by night through a town in the Midlands which was in darkness owing to a breakdown at the generating station. Somewhat to his dismay, his car lights, too, failed suddenly owing to his batteries having gone wrong. Soon he found himself held up by a policeman, who pointed out that he had no lights and demanded his name and address. The motorist did a little quick thinking; then he smiled.

"Of course my lights are out! Haven't they failed all over the town?"

"Beg pardon, sir, I forgot," stammered the policeman. "Carry on."

Some are born great, some achieve greatness, and some have greatness thrust upon them.—Shakespeare

One of the cleverest things the election has produced is the Vancouver Province's remark that "instead of being on the horns of a dilemma, the political situation is now on the prongs of a fork."

Teacher—Name for me one property of water?  
Pupil—Yes. It turns black when I wash myself in it.

Alleen Payne 73.8  
Sammie Johnson 73  
Jennie Wiggle 52  
Harold Jacques 50  
Hazel Shaffer 50  
Victor Fowler 50  
James Baker 50  
Edna Power 50  
Audrey Jefferson 50  
Ellen Haley 50  
Frances Haley 50  
Harry Strum 50  
Pearle Clements 50  
Ida North 50  
Mildred North 70  
James MacDonald 78  
Margaret Morrison 60

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### ARE YOU SUPERSTITIOUS?

They say that every one has one pet superstition, even when denying that very fact. How often have you heard women say:

"Well, I'm not a bit superstitious, but I must admit that when I speak of any good luck of mine, I like to touch wood!"

Another who hasn't a bit of superstition in her nature confesses, to a dislike of sitting down at the table with thirteen; still another will not wear an opal for love or money, and as for the unsuperstitious folk who don't mind anything but breaking a mirror or walking under a ladder, their name is legion.

Now superstition is nothing in the world but fear, and fear is admission of weakness. Not only that, but it brings on an unhealthy state of mind that is apt to result in some sort of disturbance, even if the one feared does not come about. Home women especially with their sense of responsibility about their families, and their comparatively outlook, are apt to lay far too great stress on these meaningless happenings, and let "premonitions" take possession of them. I know a little woman who broke a looking-glass while house-cleaning last fall, and just as she turned in dismay she saw her creeping baby reaching under the step-ladder for his ball. She went into hysterics an old bed for the rest of the day.

Oh, don't let's be so foolish, women dear. If you could only talk with enough sensible persons, thousands would tell you of broken mirrors and tables of thirteen games, and a hundred other superstitions invited, when nothing whatever happened as a result. Clear your mind of the dread,

the ignorance, the silly faith in such things. Think of the sad events that have occurred in your own circle that were not heralded by a bird flying past the window and not connected with number "thirteen" of the failure to "touch wood."

A wholesome, sunny faith in good luck, good happenings, good fortune, and good health, is a million times more potent to bring results than a foolish belief in some unimportant and accidental happening. Cut out these "pet" superstitions which you are coddling and be free.

—O.O.S.

The rector of a country parish bought a new flag for the church tower.

As it fluttered gaily it was eyed with marked approval by his parishioners. All were delighted save one, an old naval signaller, a new-comer to the village.

"Don't you like our new flag, Jack?" asked the rector.

"No, sir, I don't," replied the old signaller. "Nor would you, parson, if you knew the meaning of it."

"Indeed! And what does it mean?" "It means 'In distress; want a pilot!'"

High Blood Pressure is Prevented when Liver and Kidneys are Regulated with

**Dr. Chases**  
Kidney Liver & L. Pills

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## A YOUNG CATALOGUE

Introducing Some of the Money Savers at  
**THE OUTLOOK, MIDDLETON**

**VENUS PENCILS**  
The Famous Venus Indelible Pencil, hard each..... **15c**  
2 for..... **25c**  
One dozen..... **\$1.20**

**LEAD PENCILS**  
Black lead, medium, soft and hard, glass or rubber tips, sold singly each..... **5c**  
6 for..... **25c**

**ERASERS**  
Plain, soap, small size..... **2c**  
Large size..... **5c**  
Typewriter Erasers, each..... **10c**

**CRAYONS**  
No. 8, "Crayola", eight colors, per package..... **10c**

**INK**  
Carter's Fountain Pen, blue-black, per bottle..... **15c**

**PEN NIBS**  
Plain Steele, each..... **1c**  
six for..... **5c**  
Gold, ball point, very popular nibs, each..... **2c**  
3 for..... **5c**

**SCRIBBLERS**  
Plain, ruled, pen or pencil in various designs, each..... **5c**  
6 (your choice) for..... **25c**  
25 (your choice) for..... **\$1.00**

**SCRIBBLERS**  
Club in with your neighbors and buy your scribbles by the dollar's worth. You will save money.

**SCRIBBLERS**  
Large size, pencil scribbles, ruled, plain, each..... **10c**  
6 for..... **50c**

**SCRIBBLERS**  
A few pen scribbles splendid covers, ruled, while they last, each..... **7c**

**SCRIBBLERS**  
Young scribbles, just the real thing for the child that wants to use a pencil. Only a few left, while they last going. **5c**

**SCRIBBLERS**  
Scholar's Note Book, suitable for pen, "Good Luck" brand, selling for each..... **5c**  
6 for..... **25c**

**WRITING TABLETS**  
"Wildwood" Lined, letter, oblong size, each..... **23c**  
Oblong two-thirds, each..... **20c**

**WRITING TABLETS**  
Note Size..... **15c**

**WRITING TABLETS**  
This is a real good tablet at a very reasonable price. Envelopes to match "Wildwood" paper. Finest Flax Fibre. Princess, per package..... **15c**  
2 for..... **25c**

**NOTE PAPER**  
Ellis Cameo Vellum, one of the finest papers made, suit the most particular, per quire..... **30c**  
Envelopes to match, regular cameo, none better, per pkg..... **30c**

**SHELF PAPER**  
White embossed, scalloped edges, spruces up your shelf, per 4 yard length..... **15c**

**BOX STATIONERY**  
"Reel" Lawn Stationery, 24 sheets and 24 envelopes. Each box carries a picture in color of a movie actress, good quality paper. Per box..... **25c**

**FOOLSCAP**  
Regulation size, folded per sheet..... **1c**  
6 for..... **5c**

**COUNTER CHECK BOOKS**  
Blank form, carbonized sheet, per book..... **10c**

**CARON PAPER**  
Good quality, blue, Maple Leaf brand. Size 8 1/2 x 11, per sheet, only..... **5c**

**BUTTER PAPER**  
Pure Belgium Parchment, regular 2 lb size, printed "Choice Dairy Butter." While present stock lasts, per lb..... **50c**

**SCRIBBLING PADS**  
Just the thing for notes, grocery lists, telephone memo, etc. per pad, only..... **3c**  
Get a package—you'll need them. 10 pads in pkg. for..... **30c**

**PEN HOLDERS**  
A few Holder left going at each..... **8c**

**FIRE EXTINGUISHERS**  
Regular "Pyro" good in all seasons, will not freeze. These are a handy thing. Contents will not harm clothes. Not the best extinguisher in the world, but might prevent a large conflagration, and save you hundreds of dollars. Put one in every room. Hang on hook and always ready. Sold regularly at \$1.00 each, but to clear will sell at most amazing figure of each..... **50c**

**THE GITSNIFE**  
You have heard of them before. One of the most useful office and household knives known. Nickel plated. Sharp as a razor. Folds up compactly. Hang on key-ring or nail. Great for ripping seams, cutting anything, sharpening pencils and a hundred uses. You have always wished you had something to do the job correctly. Price prepaid anywhere, only..... **35c**

**BUSINESS ENVELOPES**  
No. 7 or No. 8—regular business, but good for all purposes..... **10c**  
Per Box (20 packages)..... **\$1.80**

**BULK PAPER**  
We always have in stock bond paper, suitable for all kinds correspondence cut to note or letter size, good stock, per lb..... **50c**  
Cheaper grades at correspondingly lower prices.

**CARD BOARD**  
In various colors, weights and sizes, kept on hand and sold at prices according to prevailing market.

**TYPEWRITER RIBBONS**  
We are in close touch with wholesalers that can give quick service. Order your Ribbons from us. Always state make and number of your machine, and color wanted. Some machines handle only single color ribbon, others a two color ribbon. All Ribbons, each..... **\$1.00**