

Side Talks by Ruth Cameron

CHRISTMAS SPIRIT.

Children love Christmas because it is a time of joys and candy and turkey and amnesty of offences and unwonted companionship on the part of grown-ups. Young people love Christmas because they love all festive days as a heightened part of their love of life itself. Older people love Christmas if they are children because they enjoy seeing them happy. Some people who do not fall into any of these categories do not love Christmas at all. Without doubt that is true. Equally without doubt it is true. They may perhaps be indignant to it, or they may even dread it as a hurting reminder of days when they did love Christmas—"for the crown of sorrows is remembered happier days."

Find a New Christmas.

There is no salvation in an orgy of gift exchanging for these people have thus lost the spirit of Christmas. The only salvation for them is to find a new Christmas, the Christmas of self-forgetfulness, the Christmas of gracious customs and beautiful ceremonies. They do not need to tell anyone how to make Christmas a happy day by self-forgetfulness. We all know a thousand ways. The money gift, to some philanthropy that will mean that have saved a life as your Christmas gift to the giver of all. The Christmas letter, the call on some old person, the flowers to the child, full stockings for the children of some family whom charity would never reach, the sending of a very something to a young girl who is the burden of a family on her slender shoulders and has to go with-

Work and Weather.

It has been found that there is a direct relation between one's capacity for work, and the intensity of light in which that work is performed.

When the sun turns northward, for instance, at the close of the year, the final increase of the natural light is to a rise in the average man's working powers. This rise continues throughout the spring, and is arrested only when the summer heat begins to have its effect.

During the hot months the favourable influence of the light is a good counteracted by the enervating temperature; but when, in the late summer and early autumn, the temperature has fallen, the capacity for work again increases.

Then, when the dark days return, the effect is seen in the diminished output of the worker. This apparently is more noticeable if the weather is unusually cold with the darkness. A dark, cold winter, therefore, is more likely to affect one's working capacity adversely than a warm one.

There is an additional advantage in the latter, it seems to the writer, that a dark, warm winter means a lower air pressure than the winter would be cold. The lower air pressure would most likely be good for the health of the manual and brain worker. A warm winter would no doubt be a dark one, as it would mean a coming from a southerly quarter. Such a coming from the warm ocean would be cloud-laden, and the result would be darker days. This would

out the things that make life livable at 20. The life of every individual must show him or her a hundred of these ways to the Christmas of making others happy.

Ways to Make Christmas Bearable and Beautiful.

And I am glad to say that the Christmas of beautiful customs and ceremonies is being observed more widely every year. There is the splendid glittering community Christmas tree and the revival of the fine old custom of singing Christmas carols and waits in the streets. Could there be a heart so tired and old and sad that it would not thrill at the sound of the beautiful old carols ringing out under the stars that looked down on Bethlehem? Then there are many pretty home customs such as the burning of the Yule Log and the reading of Dickens' "Christmas Carol" in the home the night before Christmas.

But I think the custom I love the best of all is the lighting of candles in the windows the night before Christmas. If you have ever seen a city in which this custom is observed you have seen a very beautiful and touching sight.

And May the Old Traditions Come True for You.

Perhaps you may wonder why I say "touching." Because the sight always touches my heart and opens it to let the spirit of Christmas in.

If you have not already planned to join in this custom, it is still not too late. Have, at least, one big candle in one of your front windows. Or if you want to have one at each window, or one for each pane as they do in Boston where the old custom first took new root.

And may the old traditions "that the lighted candle set in the window will guide the Babe of Bethlehem to your home that may bring you happiness and peace" be fulfilled for you to-morrow and all through the coming year.

PNEUMONIA and other Lung Diseases

Claim many victims in Canada and the United States. Minard's Liniment is a great preventative, being one of the oldest remedies used. Minard's Liniment has relieved thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and kindred diseases. It is an enemy to Germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.

Minard's Liniment Co. Ltd., Yorkmouth, N.S.

What a Brute!

"What was his present, dear?" asked a chorus of female voices on Boxing Day. "Was it a pearl brooch or a bracelet, or was it a diamond ring?"

The fair fiancée's eyes, which lately had glittered with glowing anticipation, grew moist.

"It wasn't anything!" she replied.

"Not anything?" cried her friends.

"Oh, the brute! How did it happen?"

"Well, you see," explained the bitterly disappointed one, the tears now bursting through their barriers, "he asked me what I wanted, and I told him I'd love him just as much if he didn't get me anything—and so he didn't!"

Finest English Cheddar Cheese at ELLIS—dec. 24

Makes a Family Supply of Cough Remedy

Health is better than ready-made medicine. Coughs, colds, and sore throats are the most common ailments of the winter season. They are easily prevented and cured by the use of a simple home-made cough syrup. It is easily prepared in a few minutes from any drugstore 2% ounces of pure glycerine, 10-15 drops of the bottle with syrup, using either granulated sugar, syrup, clarified honey, or corn syrup, as desired. The result is 16 ounces of really good cough syrup that you can buy and save easily \$2.00. It is made and never spoils. Pinex and Syrup preparation gets at the cause of a cough and gives immediate relief. It loosens the phlegm, stops the nasty throat tickle, heals the sore, irritated membranes quickly and easily that it is really healthful.

Its use will usually overcome the cough and for bronchitis, croup, whooping cough and bronchial asthma, there is no better.

It is a most valuable concentrated form of genuine Norway pine extract. It has been used for generations to cure severe coughs.

Avoid disappointment. Ask your druggist for "2% ounces of Pinex" with directions, and don't accept any cheap imitations. Guaranteed to give absolute relief or money promptly returned.

The Pinex Co., Toronto.

The Shoe Men PARKER & MONROE, LTD. The Shoe Men

OFFER

Xmas Gift Suggestions!



Good Footwear Make Ideal Christmas Gifts!

Our choice display of Christmas Footwear is now on display and the showing is a selection from the makers of Good Shoes. Run your eye down along this list and note the Practical and Sensible Gifts and our moderate prices.

KOZY SLIPPERS.

in assorted shades of

- Baby Blue at... \$2.00, \$2.25
- Orchid... \$2.25
- Copenhagen Blue... \$3.00
- Pink... \$2.50, \$3.00
- Grey... \$2.50
- Black... \$2.50



SPATS and BOOT TOPS for Ladies.

12 Button Spats at

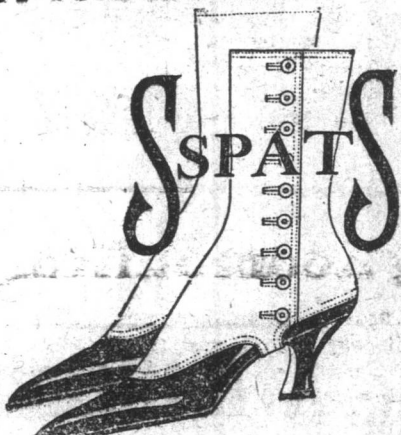
\$2.70.

Shades of Brown, Grey, Fawn, Taupe, Slate, Grey.

Same styles higher cut, \$2.50.

BOOT TOPS with concealed straps, only \$2.00.

In Taupe, Dark and Light Fawn. Black 10 Button Spats... \$1.50



FELT JULIETS.

Fur trim; shades of

- Brown (leather sole) 3.00
- Grey (leather sole)
- Maroon (leather sole)
- Black (leather sole)

LADIES' SKATING BOOTS.

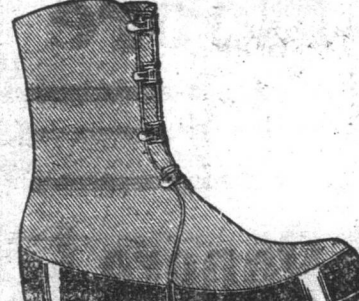
- Brown Hockey Boots... \$9.50
- Brown Skating Boots... \$6.00, \$7.00
- Black Skating Boots... \$5.50, \$6.00
- Brogue Skating Boots... \$6.00, \$7.00
- Boys' Hockey Boots... \$3.85



LONG RUBBERS and GAITERS.

GAITERS FOR MEN.

- 1 Buckle... \$3.10
- 4 Buckle... \$5.50, \$5.85
- 1 Buckle 2-Strap... \$5.50
- Felt Top Rubbers... \$2.75
- Men's Long Rubbers, \$5.50 to \$7.50



Men's Hockey Boots... \$4.50, \$5.50, \$6.50

WOMEN'S LONG RUBBERS, \$3.70.

- Girls' Long Rubbers... \$2.60 to \$3.30
- Boys' Long Rubbers... \$3.15 to \$4.30
- Boys' Hip Rubbers... \$3.90 to \$5.00
- Girls' Hip Rubbers... \$4.20 to \$4.40
- Children's Hip Rubbers, \$3.45 to \$3.75



According to size.

GIRLS' GAITERS in Button and Buckle.

WOMEN'S GAITERS.

- Button, low heel... \$3.30
- Button, med. heel... \$3.55
- 1 Buckle, 2-Strap... \$3.50
- High Cut Button, \$4.80, \$5.80
- Felt Top Rubbers... \$1.80
- Medium heel.



FELT JULIETS

in Black, Brown and Grey,

\$2.00.

Plain trim, leather soles and heels.



GIRLS' HIGH CUT SPATS at \$1.75

Shades of Fawn and Black.

- Children's, same style... \$1.50
- Children's Black Jersey Spats... \$1.30
- Misses' Black Jersey Spats... \$1.50
- Women's Black Jersey Spats... \$1.60
- Men's 6-Button Spats... \$2.00

Any Exchange Made After Christmas.

Parker & Monroe, Limited

The Shoe Men

MITT AND JEFF

YOU GOTTA HAND IT TO JEFF, HE'S A MODEST LITTLE CHAP.

—By Bud Fisher

