Have You One of THE CROWN

BANK OF CANADA'S POCKET

BANKS?

Don't put it where you can't see it. Put it



was a second of the second of

THE LITTLE EMPTY SOCKS.

The little socks ar empty All these weary, weary years-Oh, how often have I wet them, Wet them with my tears! But Christmas Eve, when late Comes the silence and the gloom, I will hang them o'er the grate In their well remembered room.

They've been dead this many a year, Gone from her who gave them birth; Now the winter cold and sere Flings its snow drifts o'er

earth When glad Christmas sounds his drum In the silence and the gloom, Children, I will surely come To your well remembered room.

I will fill their stockings all With their soldiers made of tin, With their railway train so small, I will crowd their candy in;

I will hide a Teddy bear In the silence and the gloom-Children, I'll be surely there In your well remembered room.

On their empty little bed In the silent corner there I will lay my weary head. And my heart will say in prayer, That when Christmas day shall come, Gone the darkness and the gloom, I may hear the horn and drum In your well remembered room.

RECIPES.

Spiced Rhubarb .- Peel and cut the rhubarb into inch pieces, then weigh. For five pounds add one pint of vinetablespoonfuls each of whole cloves and broken stick cinnamon loosely tied ble energy. in a piece of thin muslin; if preferred ground spices may be used, but they will darken the marmalade. Cook steadily in a granite kettle for about added if liked.

Little Cocoanut Puddings .- Beat of a cupful of milk, two tablespoon- will help all to do this. fuls of sugar, one-quarter of a teaspoonful of salt, one cupful of grated cocoanut and one pint of flour with sufficient milk, if the first quantity is not enough, to make a drop batter. Flavor with one scant teaspoonful of vanilla and fill buttered custard cups two-thirds full of the mixture. Steam one-half of an hour and serve with a fruit sauce.

Soup with Parmesan Paste.-Any clear soup can be used for this, two quarts being sufficient. For the paste, take a small cup of grated Parmesan cheese, one of flour, a saltspoonful of salt and a pinch of caya rather thin better. Have the soup

boil ten minutes. Veal Chops a la Princesse .- Mince ity very fine one small onion, one tableslowly for ten minutes, being careful citizenship in their community? not to allow the butter to color. 'irim six chops, cutting the bone rather short. Lay them in the sauceveal or any white stock, cover closely der. On the center of a hot platter arrange a mold of mashed potatoes; round this stand the chops and set the dish in the warming oven while preparing the sauce. To the stock in the saucepan add one level tablespoonful of flour blended with a little misery. cold water, one tablespoonful of lemtaste. Boil two minutes, take from beaten yolks of two eggs. Strain and pour round the chops.

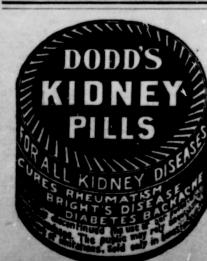
to their heart's content if they have his profession.' on hand a bottle of Dr. J. D. Kellogg's Dysentery Cordial, a medicine yes; but they do not Happiness, or hat will give immediate relief, and better still, joy, is the result only of known him to come out of a cistern is a sure cure for all summer com- well-doing. It never comes from to speak to me, dressed in overalls plaints.

SHOW YOURSELF A MAN.

to that iron string." I know people who have been hunting for months for instant than a brilliant-minded "grafta situation; but they go into an office er," or c with a confession of weakness in their lifetime. very manner; they show their lack of brains to know, is the secret that is self-confidence. Their prophecy of within the reach of all. ing. They surrender before the battle They are living witnesses

position, and he reads this language delicious flavor. in your face and manner. "Please me a position; do not kick me out; fate is against me; I am unlucky dog; I am disheartened; I have lost confidence in myself," he will only have contempt for you; he will say to himself that you are not man to start with, and he will get rid of you as soon as he can.

If you expect to get a position, you must go into an office with the air of a conqueror; you must fling out confidence from yourself before you can convince an employer that you are the



show by your very presence that you are a man of force, a man who can do things; with vigor, cheerfulness and enthusiasm

A man does not want to hire a weakling or a dyspeptic, bilious, longfaced person, who has no faith in him-He wants force, efficiency, cheerfulness, self-confidence. He does not want to hire depression, discouragement; he probably has more than enough of these in his employ already. He wants energy, life, animal spirits; people who are bubbling over with enthusiasm, who can enter his service with a zest that foresha-

dows victory. Your very manner and bearing must carry the evidence of power and abil-You must impress your prospective employer with your fitness |-and peculiar ability to perform the work you apply for. He does not want to take on a man who is full of doubts. who hesitates, vacillates, your hair in the latest fashion? apologizes, and sneaks. He wants a pression of a weakling, a nobody, you dinner? yourself a man. Stand erect and tition? show that you have a backbone as That the oftener we make a deterserve in you, grit and stamina equal easier does the task become? to any emergency.

If you carry with you evidence of your power, the badge of superiority, talk boastfully? then you will not wander the streets gar, four pounds of sugar and two men who can do things, who can con- ir isposition? quer by inherent force and indomita-

is not true of all men. The well, sound of lung, clear of eye, elert and and wound the feelings past cure? forty minutes or until reduced to a buoyant with health, are not mider-Put in small glasses. able, whatever may be their social A little grated lemon peel may be condition. To be well is to be happy, and we can all be well by setting and keeping our bodies in a healthwell together two eggs, add one-half ful state. Dr. Thomas' Eclectric Oil

SOCIAL POWER OF WOMEN.

I wonder whether women are making the most of social opportunities. The elevating of social life is one of to serve them in humble service in that little corner of the great world into which her lot has been cast.

Could women not do something in the time that they now take for re. Beat four eggs and add the whist-playing, which with many woflour, etc., slowly, with half a cup men has become a debauch, crowding It should be out all noble inspirations and belittling life, usurping public spirit and polling, and let this batter run civic duty. Might we not more wisethrough a very coarse sieve into it. ly spend that time in providing en-It will make long strings, which must tertainment for the people of moderate means who live in your commun-

Could they not arrange to get the spoonful of parsley, two ounces of people together in some unused church lean ham and twelve fresh mush- or perhaps in their own parlors and rooms. Put in a saucepan with two by friendly intercourse, led on by tablespoonfuls of butter and cook some invited speaker, develop a better

Social life is in the hards of women and the higher the social position and the larger the wealth the pan, add one and a quarter cupfuls of greater the need that something should be done to broaden culture and and simmer until the chops are ten- bring sunshine to the lives of those who have so little to amuse them .-

HAPPINESS.

happiness. It is often a source of People usually miss this dynes and other injurious agencies. point in attempting to estimate the on juice and salt and white pepper to life of a man. A very discerning and revealing newspaper sketch of a young the fire and ada gradually the well- man who is just now in the public eye as having apparently accomplish- thought and quick sympathy, which ed a more daring and unprincipled Cucumbers and melons are "for-bidden fruit" to many persons so con-bidden fruit" to many persons so constituted that the least indulgence is yet -- 's brains, if he had known or avoid displeasing them-are all followed by attacks of cholera, dy- how to balance his intense ambition, taught us by our own hearts. Good sentery, griping, etc. These persons were really such as ought to have are not aware that they can indulge made him one of the happiest men in ization. And everybody can have

in the line of duty. A half-witted address would have done credit to any "Trust thyself; every heart vibrates child of God sharing a cup of cool wa- gentleman in the world.—Susan Colter knows more real happiness in that lidge. er," or cynic, or atheist, knows in a The will to de, not the

> It is the tea grown on the hillsides of the world-famous Nuwara Eliya district in Ceylon, used in "Salada" Tea that gives it that rich, uniform,

FUDGE.

To make a delicious white fudge back. boil two cupfuls of granulated sugar needs nerve, grit and stamina it is which is as inevitable as the flow of with one of milk until the syrup when tempted to turn back, when the water over Niaga: a Falls. The trade forms a soft ball when dropped in coward voice within says: "Don't you current may be diverted by foolish cold water. Then add a teaspoonful see how foolish it is for you to try legislation, but its flow northward of butter and a cupful of mixed nut- to do this thing? You have not the and southward is as natural as the megs, figs and raisin's which have means nor the strength. How foolish flow of a river. been run through the grinder. Take to sacrifice years of comfort and plea- should and in all probability will exmark off in squares.

one of milk, two squares of chocolate, so much." Whatever you do or how of the English speaking race. buttered tins and mark off in squares. taking any decided step. What is known as double fudge is made by using the receipe for choco-

brown sugar and a cupful of milk. sion are sure to intervene. When it will make a soft ball by drop come from stomachic troubled. of butter, a teaspoonful of vanilla and er fudge and mark deeply in squares.

of sugar, a cupful of molasses, a heap- reviving the flagging energies.

where it will remind you of your Bank Account. Interest paid on Savings Deposits 4 times a year.

quarter of a pound of chocolate. Boil until the syrup is brittle, when droppcd in cold water. Turn into a shallow pan and when nearly cool, mark into squares.

DID IT OCCUR TO YOU?

That your husband will admire your prowess in making a good cake as much as your definess in dressing

That eight out of ten men are un real man, a man who will hold up his critical as to the cut of their wife's head and move firmly and swiftly to- new frock, but are extremely critical ward his goal. If you make the im- as to the composition of the soup at

may either wander until doomsday | That anecdotes of the children's without a job, or if you do get one sayings and doings may possibly pall you will not be able to hold it. Show on your visitors with frequent repe-

well as a wishbone; that there is re- mined effort to control temper, the That to talk deprecatingly of oneself is sometimes just as foolish as to

That ill humor, especially in chillooking for a situation very long. Ev- dren and delicate people, is often erywhere employers are looking for merely an indication of fatigue or of

That over-fatigue is a frequent cause of the naughtiness of children? That candor, though an excellent "Man is Filled With Misery."-This virtue, can sometimes, if used without tact, cause a great deal of pain,

RULES FOR A LONG LIFE.

The main points to be observed by those desirous of a long life are as follows: First, moderation in eating, drinking and physical indulgence;

An Appreciation

New York's great daily, the New York Sun, which is a model of the London Times, devotes the following HOLMAN, DRAYTON & MONAHAN editorial consideration to the Canadian West, in a recent issue:

In an attractive pamphlet which it has recently issued the Toronto Globe asks this question: "Do the American business men comprehend the possible development of Canada and the consequent growth of Yankee trading opportunities?" To this we reply that we have reason to believe that outside of a comparatively small group of American business men there is as yet only a limited conception of the possibilities of the Canadian market. That some of our people are turning their attention in that direction is shown by the establishment of American owned enterprises across the border and by the large increase in trade between the two countries.

Canada's population is now about ,500,000. It includes several nun-6,500,000. dred thousand who are or who have been American citizens or who have been for a longer or shorter time resident in the United States. even probable that at least 10 of Canada's total population would be included in the group. It is probable that there are a quarter of a million American citizens in the Dominion, people who have crossed the border to make homes in a new land of opportunity. Statistics show that since the opening of the century more than 300,000 people have gone

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in constant working order; fourth, re- proportions. Many of these people gular exercise every day in all wea- are and will continue to be, by habit supported in many cases by though not by employment, advertisthe greatest problems in our land to- breathing movements and by walking ing agents for American goods. day and this ennobling work is pre- and climbing tours; fifth, going to the Globe's pamphlet expresses emincally that of the average woman bed early and rising early and re- "Americans are located in every cenin every community who loves her stricting the hours of sleep to seven tre of Canada. This means that in fellow men and women enough to try or eight hours; sixth, regular work every section of the Dominion there

second, pure air out of the house and from this country to Canada. within; third, the keeping of every movement this year has begun earlier organ of the body, so far as possible, than usual and has assumed unusual

This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O Box 2554, Montreal, entitles the sender to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black Mixed or Green Tea (To MRS.

and mental occupation; seventh, culti- is a practical man who will speak vation of placidity, cheerfulness and about the excellence of American agrihopefulness of mind; eighth, employ- cultural machinery and the needed arment of the great power of the mind ticles of the household." It means in controlling passions and nervous the extension of the American market fear: ninth, strengthening the will in and increased sale of American goods Knowledge is never the secret of carrying out whatever is useful and in Canada.

THE INSTINCT OF GOODNESS. The instinct of self-control, of gentleness, of consideration and forego to make up what we call good manners are the fine flowers of civilthem. I always say that one of the If brains ever brought happiness, best bred men of my acquaintance is what we get or from what we have, and a flannel shirt; and his bow and but from what we give out and do his manner and the politeness of his

PERSEVERE.

infinitely happier. simply because in a moment of weaking two cupfuls of granulated sugar, mistake than to go on and sacrifice thousands of settlers, most of them

The Flagging Energies Revived. -The ple of both countries. ping it in water, add a tablespoonful want of exercise brings on nervous irregularities, and the stomach ceases susceptible of better expression.

in checking the stimulants, ano- Canada needs people and has room for millions of them. They are com-

ing to her in large numbers. With for Catalogue, one-fourteenth of our population she is getting one-quarter of our number of immigrants. In Western Canada alone there are five million acres under cultivation and a hundred and seventy-five million acres waiting for the plough and reaper. Thirty-five years ago Winnipeg was a "military To-day it has 100,000 inhabitants. West of it there is a thousand mile strip of fine wheat land. Twenty years ago that vast expanse was prairie with here and there a settlement. To-day it is dotted with theiving villages and towns and ambitious young cities. The growth of eastern Canada has been less phenomenal, but it has been striking. Canada is at our very door and she is now importing about \$350,000,000 worth of merchandise a year, an in-crease of about 200 per cent. in ten

Some indication of American attention to Canada's commercial needs I have often heard people in mature appears in the fact that our exports life say, "If I had only kept on as I at \$72,000,000 and in 1907 at nearly began, if I had only persisted in to the Dominion in 1897 were valued carrying out my ambition, I might \$187.000,000. Our sales to Canada have amounted to something and been last year exceeded our sales to the whole of Asia and Oceania by \$43,-Multitudes of people have led mis- 000,000. There is no reason to doubt erable lives of regret, with thwarted the increase of our sales as the years ambitions constantly torturing them, go by, but it behooves us as an enterprising people to put ourselves in ness and discouragement they turned line to secure the greatest possible If there is any time a person benefits from a Canadian development Canada's commerce the fire and beat until nearly sure at home among the people who ceed \$1,000,000,000 by the year 1915. turn into buttered tins and love you for the sake of doing what The country is being girdironed with you have undertaken! It is better railroads, and business for the lines Marshmallow fudge is made by boil- to turn back and acknowledge your is made by the arrival of hundreds of

grated, a teaspoonful of butter. Drop heavy the burden, do not lay it down Wisdom calls to American business one by one into the boiling syrup at such a time. No matter how men to learn as much as possible one-half pound of marshmallows and dark the way or how heavy the heart, about thir rapidly developing neighbeat smooth with a spoon. A little wait until the "blue" depression or bor and to demand from their legisvanilla flavor may be added. Cool in the discouragement has passed before lators every possible facility for the extension of trade, import as well as export. We have much to gain by a huge reduction in or even the total late fudge. Pour it into a pan to Constant application to business is a removal of our present tariff barcool and over it pour another fudge tax upon the energies, and if there be riers. The closer the trade relations made as follows: Boil two cupfuls of not relaxation, lassitude and depres- between the United States and Can-These ada the better will it be for the peo-

The question asked by the Globe a cupful of nutmeats. Beat until it to assimilate food properly. In this should read thus: Do American busins creamy, then turn it over the oth-condition Parmelee's Vegetable Pills ness men realize the certainty of the will be found a recuperative of rare large immediate and enormous ulti-To make chocolate carame's, boil power, restoring the organs to health-half a cupful of milk, half a cupful ful action, dispelling depression, and opportunities that are opened to them by that development?