

to be worn while rowing. When you come in after rowing you should rest and be careful to avoid cooling off too quickly.

No one should canoe without first learning how to swim. However, although very unstable in the hands of a beginner, it should be remembered that every canoe is a lifeboat, for when it capsizes it will float and keep its crew above water.

The muscles which are exercised in paddling are influenced to a certain extent by the position of the paddler and by the kind of a paddle used. You may use a double-bladed paddle and get a double-sided motion, or a single bladed paddle and so confine your exertions to one side of the boat. A very valuable part of this exercise when the double-bladed paddle is used is the side movement or twisting of the trunk. This is most beneficial in its results, as it not only exercises various muscles, but also stimulates the internal organs most effectively.

Paddling develops the muscles of the arms, wrists and back, while in certain positions even the legs have a share in the work. You may sit flat in the canoe which makes it quite stable, or you may kneel on one knee or two, or you may even stand. This last attitude is sometimes assumed in racing. Sitting is the most comfortable position, and is the common method when using the double-bladed paddle.

The motion of paddling comes very naturally with little teaching. The muscles of the abdomen are thoroughly exercised, and if the paddling is at all violent they become very lame. Cramp in the wrist may be felt at first, but this will pass off after a few days' practice.

The canoe possesses several advantages over the rowboat. It may be used in the shallowest stream and is most convenient for exploring country where the waters are not deep. An expert can manage it almost noiselessly, so that it is most valuable in hunting. And, lastly, you are always facing the point toward which you are going.

Many girls who spend the summer in Canada have become so expert with the canoe that they can "shoot" the rapids of the St. Lawrence with the greatest ease.

To be an expert with either boat or canoe takes pluck, courage, watchfulness, coolness and endurance. The air above the water is perfectly free from dust, and the farther from the shore you go the purer it is, and this is one of the priceless features of aquatic pastimes.

Tears in Suits or Overcoats

Small tears in woolen suits and overcoats may be darned at home with a hair (if great economy is necessary), but in general the home mender is not competent to handle this class of repairing. A good tailor will put a patch on seat or leg or repair a tear so that the suit looks almost, if not quite, as good as new, and the saving in the end is well worth what it costs. One thing, however, which can be done at home is to protect by braid the lower edge of winter trousers, which would otherwise quickly fray by the constant friction caused by rubbing against the heel of the shoe. Sew a piece of skirt braid—which matches or harmonizes with the material—across the back of the trousers on the inside, placing it so that its lower edge comes just above the edge of the trousers. Overhand it neatly and firmly in place, and be careful that neither the stitches nor the braid show on the right side.

The smallest rips or tears in the pockets of coats or trousers should be caught at once. If the material has become thin it is well to lay on a patch, using a material as nearly like the original as possible. Lay it on flat, baste carefully and then trim about three-eighths of an inch from the basting thread. Turn under the edges and run two rows of stitching, if you can do it by machine; otherwise put in two rows of a fine run and a backstitch. Buttonholes on a fly, when they become the least enlarged, should be worked over neatly.

How to Remove Spots From Clothing

A form of repairing—though not quite under the head of mending—is the removing of spots. Nothing is more objectionable than spots, and it is frequently possible to remove them at home. First

determine what the spot is: whether mud, stain, grease, or a water mark which has collected dirt. The latter may usually be removed with warm water with a little good soap in it and then rubbed dry. A piece of cloth of the same character as the garment should be used for this purpose, as a cotton material will usually shed lint. To prevent making a ring around the spot put blotting paper under the material and rub round and round. To remove a grease spot sprinkle a little French chalk on it, leave for some hours, place blotting-paper, over it and then press with a hot iron. The heat and chalk absorb the grease and the spot appears on the blotting-paper. Then remove the blotting-paper and brush thoroughly with a whiskbroom. For mud spots or ink stains use a teaspoonful of oxalic acid and one of cold or lukewarm water; increase the strength if necessary, but as soon as the spot disappears rinse quickly and thoroughly and rub gently, for the acid tends to rot the material. Be careful of your hands and do not let children touch it. With paint or varnish spots first cover with olive oil or butter, then saturate with chloroform, follow with soapsuds, then rinse and rub dry.

Night

By Curtis May

When the western light grows dimmer
And the dew falls thin and cool;
When the wan star-specklers shimmer
Faintly in each brook and pool;
Then, through dusk of drooping lashes
Night looks down with calm, dark eye,
And her circled forehead flashes
With the jewels of the sky.

Night whose sable wing is folded;
Night of mingled fire and clod;
Night whose silver horn is molded
For the breathing lips of God;
Peaceful Night, in silence kneeling
On the altar-steps of space,
Incense from thy deep urn stealing
Vague with cloud around thy face;

Night by all thy dreams attended,
With the broad moon on thy breast,
Nurse of griefs when day is ended,
Stoop, and fold us down to rest!
Let thy winds with unseen fingers
Swing the odors from thy urn.
Here where wrathful sorrow lingers,
Here where thoughts unholy burn.

Turn on us eyes pure with praying,
Solemn with what lies afar!
Earth is sad with thy delaying,
Draw us heavenward star by star.
Drop the mantle of thy splendor
Down on dales and drowsy steeps,
Till with heart subdued and tender,
Earth is quieted and sleeps.

Daughters

It is not possible to over-estimate the advantages which would result from men in trades and professions allowing their daughters some participation in the work of their daily lives. What girls want is a larger observation of the world, and a deeper knowledge of human nature. There are few of our merchants, and manufacturers, and professional men who could not largely avail themselves of the services of their educated and competent daughters; and if such services could be rendered generally available, it is not too much to say that a wider and more social life would arise for mankind. Men's occupations would in no sense be prejudiced, whilst women would at once find that outlet for their faculties for which many of them have been so long striving. A certain responsibility would increase their self-reliance. A capacity for earning would remove their sense of dependence; a definite occupation would bring both health and cheerfulness; and the larger experiences of life, force and completeness to their mental character.

Internally and Externally it is Good.—The crowning property of Dr. Thomas' Electric Oil is that it can be used internally for many complaints as well as externally. For sore throat, croup, whooping cough, pains in the chest, colic and many kindred ailments it has curative qualities that are unsurpassed. A bottle of it costs little and there is no loss in always having it at hand.



Why I Lunch On Puffed Wheat

A man on a train, a few weeks ago, told a friend why he lunched on Puffed Wheat. And we think that thousands of men will endorse his view.

He said, "It saves me a dull hour or two. The brain doesn't work well when the stomach is taxed."

"Here is whole-grain food, steam exploded. Every food cell is blasted. I know Prof. Anderson, the man who invented it. And he tells me that no other process makes whole-grain so easy to digest."

"Then it makes a great dish. Note these bubble-like grains, thin and toasted. They taste like puffed nuts. And a dish makes a meal, because they are clear nutrition."

For the same reason—though he did not say it—they make an ideal night dish for a child.

**Puffed
Wheat**

Both 15c.
Except in Far West

**Puffed
Rice**

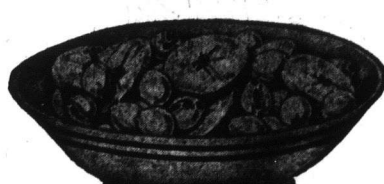
These are the premier breakfast delights—puffed to eight times normal size. Serve with cream and sugar or mixed with fruit.



With cream and sugar or
in bowls of milk

For breakfast or supper, float like bubbles in a bowl of milk. Salt or douse with melted butter for between meal confections. Use like nut meats in candy or on ice cream.

Keep plenty on hand, and both kinds, for there are no other foods like these



Flavorly tidbits to mix
with any fruit



Let hungry children eat
like peanuts

The Quaker Oats Company

Sole Makers

Peterborough, Canada.

(1662)

Saskatoon, Canada