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By special arrangement with the manufacturers, we are now able to furnish perforated patterns to our subscribers at extremely low prices. The perforations are not like the transfer patterns that are being sold, and which will give but one impression of the design. The perforated patterns may be used repeatedly. When ordering address Pattern Department, Advertiser, London, Ont., and inclose the following coupon:

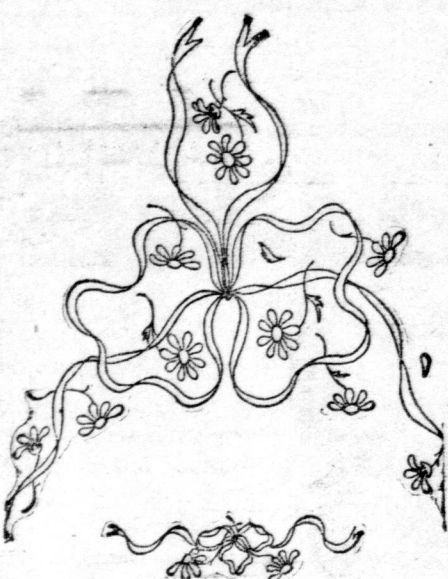
TO THE HOME NEEDLEWORK PATTERN DEPARTMENT, ADVERTISER, LONDON, ONT.

Gentlemen,—Please send me Home Needlework Pattern No. as above. Inclosed you will find

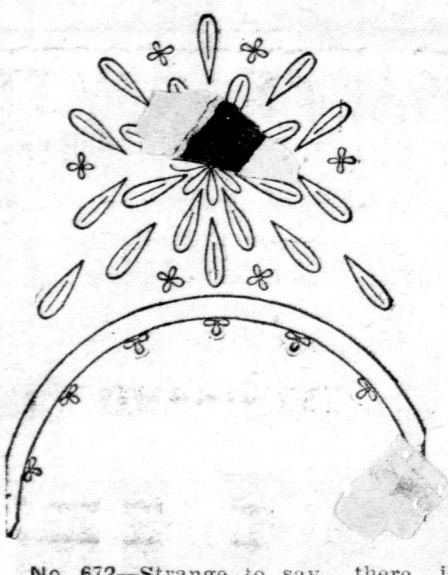
Name

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State below exactly what you want—whether the perforation alone, or stamped, or the material, or all combined.



No. 675—Can a more graceful and still simple design be conceived than the one here shown? The combination of daisies and bow-knots is a most appropriate one, and a most unusually handsome effect is obtained by working the petals of the daisies as eyelets and the balance solid. This pretty design may be had perforated, stamped and with or without materials at the same prices: perforation, complete, 25c; stamped on 2½ yards of fine sheer lawn, 75c; one heavy white linen, \$1.85; materials to work, 25c.



No. 672—Strange to say, there is seldom a piece of embroidery seen that is composed of two styles of needlework. And less seldom are the lace insertion and new, but well-known, Valenciennes work, combined. The shirtwaist here shown was designed wide at the top, so that it could be tucked in the yoke, which gives it a very dainty and pretty effect. The prices are: Perforated pattern, complete, 25c; stamped on 2½ yards sheer lawn, 75c; on heavy white linen, \$1.85; materials to work, 25c.

Brain Worker Must Exercise Office Life Destroys Tissue

BY THOMAS GREEN.

If you are a brain worker you must exercise systematically. Three hours of hard brain work destroys more tissue than does a day of manual labor. Manual labor, particularly such as is performed in the open air, makes new tissue, while brain work breaks it down without any accompanying construction.

Long hours, close confinement, inspiration of impure air, and lack of physical exercise produce physical and mental derangement. If you lead a sedentary life you must get out into the open air. If you are an employer and want your office force to do good work, give them time to get their minds of their business worries and their bodies into condition to support the mental effort put forth in your interest during working hours.

He who conserves his energies in youth reaches his prime in the forties. He who works his brain to the limit in the twenties and thirties, is an old man ready for ossification at 40. The absence of judicious physical exercise encourages dangerous tendencies of voluntary functions, making their elimination of waste matter sluggish. Most brain workers increase the unavoidable evils of their work by eating improper food and by taking meals at the wrong hours.

Brain workers and all who lead sedentary lives, or those who work entirely indoors require concentrated and easily-digested foods. They should eat less meat and starch and sugar than those engaged in manual labor, or those who spend a good deal of time out of doors. Frequent headaches, stupor, drowsiness are indications of sluggish blood and stomach disorders.

An hour should elapse after a meal before work is resumed. In the rush of today this seems impracticable; but until the business heads of the world realize the economic necessity of such rest and re-

creation to those working for them, as well as for themselves, the physical and mental perfection of the race will be delayed. The maximum labor possible should be performed by every human being, and no human being can do this if his brain and body are improperly nourished. Every human being should study means to enable him to perform the maximum amount of work with a minimum expenditure of life's forces.

Exercise is the only specific for overcoming the dangerous stagnation which the brain worker's inactivity produces; yet most persons complain that they have no time for it. It does not take as much time, however, as is usually by most workers in idle talk and countless avoidable interruptions. Sufficient exercise to raise the average of health appreciably and save many a hopeless breakdown can be taken in from three to five minutes, devoted to different movements, either hourly or from four to half a dozen times during the day, according to convenience.

In this way from twenty minutes to a half hour's exercise could be taken without missing the time, and soon, if the practice be regular, the physical health would be so marked that the work accomplished would be increased instead of lessened. The brain is no less stimulated and freshened than the body by the impetus thus given to the healthful functions of all organs, and responds cheerfully to all demands when the body is in a condition to give it support.

There are some valuable exercises that can be taken when sitting still without further interruption to work than the mental direction required for the movement. These are muscular contractions and expansions of the abdomen and chest, by which the whole alimentary canal and

adjacent regions are stimulated. Until you put your mind on it and try to feel these muscles, you have no idea how many there are or what control you can gain over them, making them exercise beneficent pressure upon torpid organs. In this way the muscles up and down the sides, around the back, over the shoulder blades and across the chest can be roused to healthful activity.

Too being pressure upon the stomach and liver, contract the abdomen forcibly, throw the diaphragm up as in expelling the breath, and, holding this position, contract and expand the muscles running around the body.

Deep breathing should accompany all

exercises. Try exercising for fifteen minutes in a cool room with an open window, not standing in a draft, every morning before dressing and every night before retiring. Stand with arms at side, breathe deeply and slowly, rising on your toes and lifting the arms extended to above the head as you draw in the breath, and then expel the breath through the nose sharply, dropping the arms at the same time. Supplement these simple exercises with long walks, breathing deeply through the nose and swinging the arms as you walk. Never stay indoors when you can get out, and you will find your brain clearer and body more comfortable.

A Chat With Sir Francis Wingate

THE SIRDAR OF THE EGYPTIAN ARMY AND GOVERNOR-GENERAL OF THE SUDAN INTERVIEWED BY FRANK CARPENTER—GREAT WORK FOR THE DEVELOPMENT OF THE LAND OF FUZZY-WUZZY.

Frank G. Carpenter writes from Khartum:

I am just back from the palace, where I have had a long talk with Sir Francis Reginald Wingate, the sirdar of the Egyptian army and the governor-general of the Sudan. The sirdar is the ruler of the Sudan, a country one-fourth as large as all Europe, and four times the size of any principally in it excepting Russia. He has more power than the Czar, and he can do almost anything as to his country and people. One of the chief officers in the wars with the mahdi and the khediva, he won decoration after decoration for his bravery and military services, and was in command of the operations which resulted in the death of the khediva in 1899. It was in that year that he took possession of this country as sirdar and governor-general, and since then he has been bringing order out of the chaos of this part of Africa. He has pacified the warring tribes, has turned their lances and guns into plowshares and shepherd's crooks, and is now creating civilized conditions where have always been barbarism, injustice, slavery and war. An explorer of note before he became governor-general, he has now his prospectors traveling through every part of this vast region, and is laying out and starting the railroad, canal, irrigation and other movements which will open it up and make it one of the live parts of the world.

THE SIRDAR IN 1907.

The sirdar is now in his prime. He has seen perhaps 50 years of hard-working life, but he does not look over 45, and wears a hair and mustache and is mixed with silver, one would think him much younger. His face is free from wrinkles and his complexion rosy; his eyes are full of light and his whole appearance indicates health and strength. A great part of his career has been spent in the saddle. He has not only traveled over the most of Egypt and the Sudan, but has gone on diplomatic missions to Abyssinia, and now holds close personal relations with King Menelik and his leading officials. The sirdar spends a part of every year traveling by boat or on camels through the several of his far-away provinces, and he has just recently returned from a long trip in Kordofan. He talks freely about his country and he knows it so well, that what he says is interesting.

AN UNDEVELOPED EMPIRE.

During my conversation with his excellency I asked him something as to the possibilities of the Sudan, saying that most people looked upon it as nothing else than a vast desert. He replied:

"That idea comes largely from the bleak and barren sands through which the railroad takes travelers on their way to Khartum. They have also read of the immense swamps of the upper Nile, and, putting the two together, they look upon the country as only swamp and desert. The truth is, the Sudan is an undeveloped empire as to its material resources. It is a land of many climates and of all sorts of soils. The desert stops not far from Khartum, and that is a region where the rainfall is sufficient to grow regular crops. Still further south the rainfall has more rain than is needed; and in the west are great areas fitted for stock rearing."

"Take, for instance, the country along the Abyssinian border and that which lies between the White and Blue Niles. Those regions have been built up in the same manner as Egypt, and they contain all the rich fertilizing materials which have made the lower Nile valley one of the granaries of the world. The only difference is that the Egyptian soil, by the cultivation and watering of thousands of years, has been leached of its best fertilizing elements; while the soil of the Gezireh, as the region I have referred to is called, has hardly been touched. Indeed, the plain between the White and Blue Niles is so rich that, if water is put upon it, it will produce four or five crops every year, and that for many years in succession. We have millions of acres of such soil; and they only await the hand of man to bring them into the world's markets as live commercial factors."

"What kind of crops can be raised in that country, your excellency?" I asked.

"Almost anything that is now produced in Egypt," was the reply. "The Gezireh is already growing a great deal of durra, a millet, whose seed forms the chief food of the natives. It produces an excellent hard wheat and also maize. As it is now, that plain is the chief granary of this part of the world. It raises so much that, when the season is good, the crops are more than the people consume, and at such times the grain is stored away in great pits. I have seen durra pits 40 feet deep and about 50 feet in diameter. They are to be found about almost every village, and at ordinary times, are kept full of grain for fear of a famine. While the mahdi reigned his soldiers robbed the durra pits, and the result was that whole communities were wiped out by starvation."

NEW RAILROADS AND IRRIGATION.

"But if the bad years eat up the good ones, where is the Sudan to get its grain for export?" I asked. "That will come by irrigation and better transportation. As it is now the people rely upon the rainfall, which

is not sure. In the future that country can be irrigated by the two Niles, and that without diminishing the supply of water required for Egypt. Then the land will have water all the year round. Improved methods of cultivation will enormously increase the crops. At present, the native merely walks over the ground after a rain and sows it up with a stick, while his wife or child comes behind dropping the seeds and covering them with their feet. After planting nothing is done until two months later, when the crop is ready for reaping.

"As to transportation, everything is

Advertiser Patterns

DESIGNED BY MARTHA DEAN.



A HOUSE DRESS IN JAPANESE STYLE—6046.

The fad for everything Oriental has manifested itself in some very attractive house gowns, in which the Japanese or Chinese model is closely followed. The gown sketched is extremely graceful, and will be especially becoming to a tall, willowy figure. It consists of a waist and an attached 7-gored skirt, the conspicuous feature of the waist portion being the shoulder-piece and kimono sleeve cut in one. If the kimono sleeve is not liked, however, a bishop sleeve—which is given with the pattern—may be substituted. The gown is quite elaborate enough for afternoon or evening wear at home, many such gowns being now worn by smart hostesses in informal "At Homes." Japanese crepe, silk, challis voile or cashmere are appropriate materials, bands of silk or embroidery being suggested for finishing the edges. For the medium size 9 3-8 yards of 36-inch goods will be required. 6046—Six sizes, 32 to 42 inches, bust measure.

The price of this pattern is 10c.

PATTERN DEPARTMENT OF THE ADVERTISER.

Please send the above-mentioned pattern, as per directions given below, to

Name

Street Address

Town

Province

Measurement: Bust

Waist

Age (if child's or misses' pattern)

CAUTION: Be careful to inclose above illustration and send size of pattern wanted. When the pattern is sent measure you need only mark 22, 24 or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure, representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

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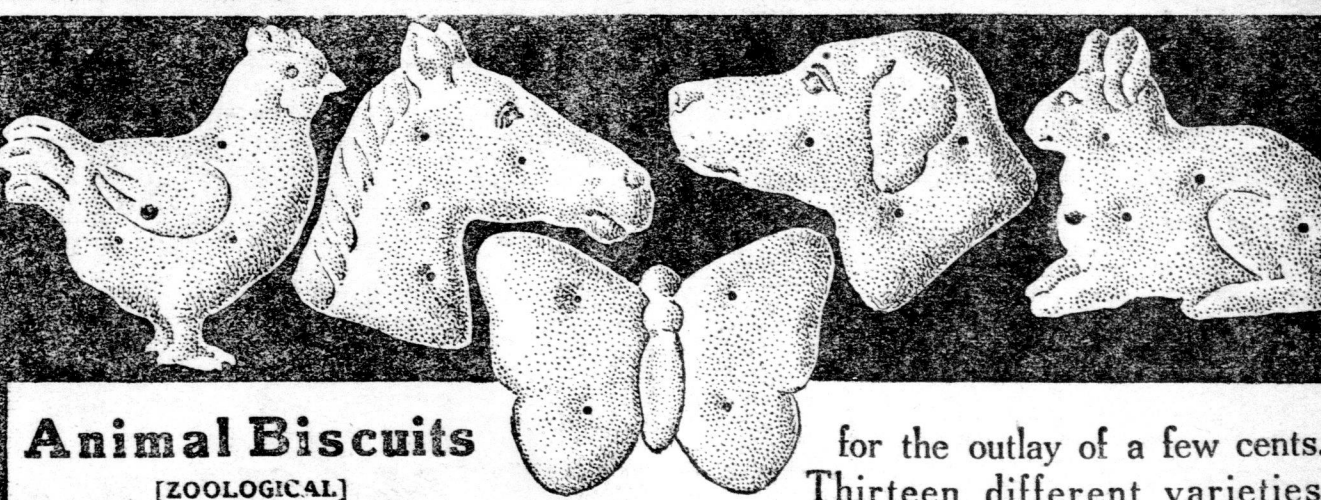
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Don't Forget the TIME ----Now!

Don't Forget the PRICE---Reasonable!

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Animal Biscuits

[ZOOLOGICAL]

The "little tots" will amuse themselves by the hour with a few handfuls of Perrin's Animal Biscuits. A regular zoo—and a natural history education—

for the outlay of a few cents. Thirteen different varieties. About 155 biscuits to the pound. Order from your grocer to-day.

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"Just a little better than the rest."

brought to the river on donkeys or camels, which eat their heads off on the way, and it has to come down the Nile on boats at high freight. We hope soon to build a railroad into the Gezireh, which will give it an outlet to the Red Sea; and there will be other roads branching off from that, furnishing transportation facilities for the whole country.

"But is the region between the White and Blue Niles the only country you have where grain can be raised?"

"By no means. We can raise grain in nearly every province. There are grain areas in the south and in the west. The Bahr el Ghazal, an immense country on the northern edge of the Congo watershed, will raise grain, and there are many regions along the rivers in the north which will produce enormous crops when the water is put upon them."

"How about cotton?"

"I see no reason why the Sudan should not eventually be one of the chief cotton countries of the globe. We are experimenting with it in all the provinces and are meeting with great success. The land between the White and Blue Niles might be made one great cotton plantation, and the quality of the crop would be excellent. As it is now we are raising excellent cotton on the Red Sea near Suakin. There are about 30,000 acres planted there, and the crop is a profitable one. Plantations are being set out by foreigners near Khartum and the cotton raised is fully equal to the best Egyptian. One of our own countrymen, Mr. Leigh Hunt, is experimenting on a large scale with different kinds of American cotton, a little north of here, near the mouth of the Atbara River. He says that the Sea Island cotton will grow there, and that he has no doubt of the future of that region as a cotton producer. Indeed, I see no reason why cotton should not be largely raised in all our southern provinces."

"But how about your labor, your excellency; have you the workmen necessary to cultivate such crops?" "That is a problem which only the future can solve," replied the governor-general of the Sudan. "We have

all kinds of natives here, and that in all the different stages of savagery and semi-civilization. There are hundreds of tribes whose people can be taught to work and others the members of which will need many years before they can be made into such farmers as we have in Egypt and India. We have some who will work only long enough to get food and supplies for their immediate needs and who, when a little ahead, will spend their time in dancing and drinking the native beer until they become poor again. We have also a large admixture of Arabs and other races which are of a far higher character, and of these we expect much."

"Would it be impossible to import labor for the Sudan?" I asked.

"No, I think not. We may in time import some outside labor, although it is probable that the Africans will always do most of the work. We could use East Indians. They live in about the same latitude and their climate is somewhat similar. Besides they are not averse to going away from home to work."

"Can Caucasians live here?" "Not as day laborers to work out of doors summer and winter. They might act as overseers and in positions where they will not have to endure the heat of the sun. There are some places where they seem to thrive. Here in Khartum we have had many Italians at work, and they do not seem to be any the worse for it. The Italians serve as mechanics. The chief labor will probably always be furnished by the Africans."

TOO TEDIOUS.

It was easy to tell he was a farmer's boy and that he felt out of his element in the watchmaker's shop.

"I want you," he explained haltingly, "to send a man to my father's place about five miles out, to mend a watch."

"Want me to send five miles to mend a watch?" said the startled tradesman. "Can't the watch be sent here?"

"Well, no," said the youth, "it can't very well. You see, father 'ave been took bad, and he's takin' his medicine by it."

