

—especially if it be unto the higher things of the spirit; but dollar wheat is not the sole obsession of the West. Mental development is asserted; the academy is fair and gracious; the whole university attests the progress and spiritual in life.

Real Satisfaction in Gift Making

Mrs. J. W. Wheeler

It is quite possible to plan and prepare one's Christmas gifts and at the same time find purest enjoyment, and along with the "good time" to reduce the annual expenditure not a little.

To illustrate: Do you love flowers? Then why not carry out your Christmas work along this line? Is it not more satisfactory than to wear one's nerves to tatters shopping in crowded stores, especially when one must stretch the dollar to do the work of five? Is it not better than putting one's eyes out over many kinds of needlework? Why not resolve never again to discount your strength over a diversity of work when a quarter of the time and a similar economy of expense would bring greater happiness to the friend and to yourself?—for everybody loves flowers.

Mail your order early to any reliable seedsmen for the bulbs you desire and you may be surprised to find how far a dollar will go; then study your catalog for information regarding the culture. The majority of flowering bulbs may be forced for Christmas blooming, or restrained, as the case may be. Use good earth for planting, and plant single bulbs for the friends whom you wish to merely remember, and half-dozen of a kind in larger pots for those for whom you desire a more elaborate gift. The larger pots are handsome enough for the place of honor upon the dining table or in the parlor window.

Have the cards and holiday wrappings in readiness, and when the gift time arrives you will find it a most satisfactory change from the old order of things. You will feel quite Santa-like as you drop in on this friend and that, but if this is not desirable there is always the small messenger who is glad to earn an extra penny at this season. The pleasure of satisfying one's beauty hunger during the weeks of bulb culture is grand compensation for the instalments of work needed.

"But," the objector opines, "I cannot get my wares to out-of-town friends, they would be sure to freeze or get broken in transit."

The express companies have particular and very satisfactory methods of handling business of this sort, but if one is still

fearful, it is a very simple matter to order from a florist in the town where the distant friend resides; and right here it is well to remember the old saying, "first come, first served," prevails at this season.

If art is your first love, put yourself in the atmosphere of art, selecting pictures for the 1913 gift making. Everybody has room for another little picture selected with taste and consideration of the "four walls" of the friend you have in mind. There never was a time when a very little money could go so far in this direction. The leading dealers in America make a specialty of faithful reproductions of famous pictures, both old and new, as well as pictures of the world's beauty spots, and either for a mere pittance. Some of the picture postals are gems of art. One marvels that they can be manufactured for the popular price, "two for five!" They are a valuable asset in Christmas work.

One girl delighted her friends last year by the gift of exquisite little mountain views, places she had seen the summer before, matted and framed at an astonishingly low figure. Her work assumed such proportions that she was able to get a special figure from the picture man. The moldings were cut and fastened at the corners, and the glasses cut to fit. The rest of the work she did in her room. Narrow brown frames were selected for the one-toned pictures, and still narrower ones for the colored postals that called for a gold frame. A few she merely finished with passepartout binding. She enjoyed the work greatly and became almost professional in execution, and what was of equal importance, she had her gifts finished long before the holiday rush, properly done up and in the hands of a trusted messenger for delivery, while she was enjoying snowshoeing with another weary teacher with whom she had fled into the heart of Maine for her mid-winter vacation. Was she not a wise young woman?

The fact that she had bought her postals across the sea is not as important as would at first seem, for the same cards may be purchased of the large dealers, who import them at only a small advance on the price. The many equally beautiful views of our own land make just as satisfactory little pictures.

Another line that may be exploited with equal satisfaction is that of fine cookery, preserving, confectioning, etc. The only disadvantage in this work is that it cannot be done ahead of time, but by arranging the boxes, ribbons and wrappings in advance the task need not result in too great a confusion. Very pretty baskets and boxes are now sold for gifts of this sort.

Hints for Christmas Gifts

M. M.

Our city cousins have a present-day fad for wearing necklaces of rose hips, reviving an old-time schoolgirl custom. Rose hips, or seed pods as we call them, when carefully strung make very pretty ornaments, and when fully dried, by their shriveled appearance greatly resemble the expensive hand-carved wooden beads. For a Christmas gift to city friends nothing would please them more. They are simplicity itself to make and cost only a little time, strings of two yards long being the right length. Gather a quantity and clip the stem and blossom end free from anything adhering when pulling them from the parent stem. String from both ends, using a red druggist's cord, place a large hip in the centre, and graduate them so the smallest cone at the opposite end. When completed hang the chain in a sunny kitchen window where the sun and heat will dry it.

Bald holly berries make very dainty chains. When gathered before frost and allowed to partly dry on the branch, then strung, when fully dry they are hardly distinguishable from real beads. Necklaces of these come from California, made with every other one a gold bead, and are unique and expensive. A country girl might make a neat little sum by offering chains of these berries, without the gold beads, at stores where Christmas novelties are kept. Care must be taken to use only the large, uniform sized berries, and when pushing them along on the string not to bruise or crush them, as they will be discolored when dried if this care is not taken.

FAMILY OF FIVE

All Indulged Freely from Infancy.

It is a common thing in this country to see whole families growing up with nervous systems weakened by tea and coffee drinking.

That is because many parents do not realize that tea and coffee contain a drug—caffeine—which causes the trouble. (The same drug is found in tea.)

"There are five children in my family," writes a Western mother, "all of whom drank coffee from infancy up to two years ago."

"My husband and I had heart trouble and were advised to quit coffee. We did so and began to use Postum. We now are doing without medicine and are entirely relieved of heart trouble."

(Caffeine causes heart trouble when continually used as in coffee drinking.)

"Our eleven-year-old boy had a weak digestion from birth, and yet always craved and was given coffee. When we changed to Postum he liked it and we gave him all he wanted. He has been restored to health by Postum and still likes it."

Name given by Canadian Postum Co., Windsor, Ont. Write for the little book, "The Road to Wellville."

Postum comes in two forms: Regular Postum—must be boiled. Instant Postum is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds. "There's a reason" for Postum.



SYMINGTON'S SOUPS

Eleven Delicious Flavours
—Try them!

In Symington's Soups the true flavours of the various fresh vegetables are perfectly preserved, and all the Soups are in the highest possible degree wholesome, economical, and nourishing. A packet makes a quart, and there is nothing to do but to pour the contents into water, stir, boil, and serve. Splendid for a camping meal.

Mulligatawny, Green Pea, Lentil, Pea, Celery, Onion, Ox Tail, Scotch Broth, Tomato, White Vegetable, Mock Turtle.

Canadian Agents: SCOTT BATHGATE & CO.,
149 Notre Dame St., Winnipeg



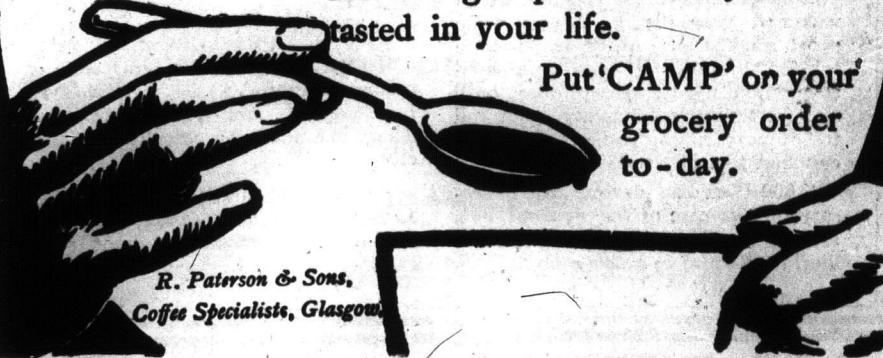
W. SYMINGTON & CO., LTD., BOWDEN STEAM MILLS, MARKET HARBOUR, ENGLAND.

How to prepare

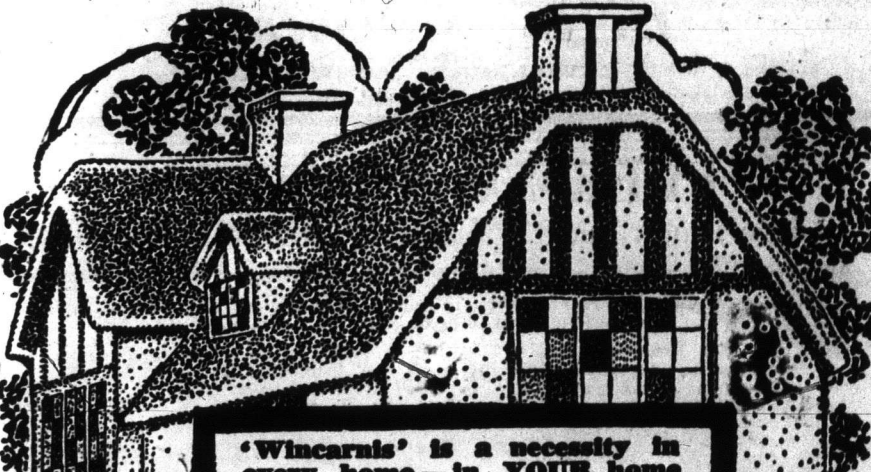
'CAMP' COFFEE

A teaspoonful of 'CAMP,' sugar, milk, boiling water—that's all! Result—the most fragrant, delicious, refreshing cup of coffee you ever tasted in your life.

Put 'CAMP' on your grocery order to-day.



R. Paterson & Sons,
Coffee Specialists, Glasgow



'Wincarnis' is a necessity in every home—in YOUR home particularly. Because—

In the course of a year innumerable instances occur in which a wineglassful of 'Wincarnis' will prove invaluable. For example: You return exhausted after a day's outing—'Wincarnis' will immediately revive you. You suffer from 'nerves' through household worries—

WINGARNIS

will soothe your nerves. You can't sleep—'Wincarnis' will give you a sweetly-refreshing night's rest. You feel weak and listless—'Wincarnis' will invigorate and strengthen you. You suffer from brain-fag—'Wincarnis' will stimulate your brain. And in cases of sudden fainting fits, accidents, heart troubles, etc., 'Wincarnis' will prove a prompt and reliable restorative. Will you buy just one bottle?

