

The Celebrated  
English Cocoa.

# EPPS'S

An admirable food, with all its natural qualities intact. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

# COCOA

The Most Nutritious  
and Economical.

## THERE IS AN ORGAN Made in London

THAT has attained a prominent place as leader.

THAT gives the best satisfaction.

THAT is chastely artistic in design. THAT is simplicity itself in construction.

THAT, in fact, combines all the essentials of a high-grade organ.

THAT organ is

THE  
**Sherlock-Manning.**

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ORGAN CO.,  
LONDON, CANADA.

## A Young Man's Face



or his sister's either, should be just as free of pimples, blotches and blackheads as his arms, chest or back. If it isn't what it should be, he can get it so by using our reliable home treatment.

### Acne and Pimple Cure.

A dollar pot lasts a month, and will convince any young man or woman of its worth. Don't go about with a blotched face, but get our cure. Fourteen years' experience. Oldest established skin specialists in Canada. **Superfluous Hair**, moles, etc., eradicated forever by our method of electrolysis. Satisfaction guaranteed. Send stamp for book let F.

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Mention this paper when you write, addressing:  
D. McLACHLAN & CO.,  
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Ont.

him the breath of life. He may disobey his Master or even deny Him, but give Him up altogether?—No! Love is not so easy to kill. To whom else can we go? He only has the words of eternal life. Love is immortal, and can soon build up a new body of proof to walk in, if the old one is destroyed, as the soul builds itself a body to live in. Even if no proof could be found it could live on without a body, if need be—as St. Thomas still loved his Lord though faith and hope were crushed.

"Love is a great thing,  
A blessing very good,  
The only thing that makes all burdens light,  
Bearing evenly what is uneven,  
Carrying a weight, not feeling it,  
Turning all bitterness to a sweet savour.  
The noble love of Jesus drives men on to do great deeds,  
And always rouses them to long for what is better."

HOPE.



### Winter Exercise.

Dear Chatterers,—Haven't we had a beautiful fall? Such abundance of sunshine, and so few of those "melancholy days, the saddest of the year," of which Bryant sings—just ideal weather for long walks. Yet so few people have the walking habit well developed, and I believe country people are poorer walkers than those in the city. In the early days, for the majority of the people who settled in Canada, walking was compulsory, but increased prosperity has brought the ever-ready horse and buggy, or cutter, and we've forgotten how to walk. Surely this is one of the disadvantages of prosperity, for there is nothing so good for a person as a brisk walk; it is better than any doctor's tonic, and is a sure cure for the blues. "I like a walk in nice weather when the sidewalk is clean," draws some lazy soul when you urge her to come out for a run. But what difference need the weather make? Equipped with a short, warm skirt, waterproof footwear, jacket not too heavy, and a cap or small hat held in place by a veil, the pedestrian finds a windy day a real delight, and experiences not a bit of discomfort in paddling round in the rain taking a complexion treatment. And, anyway, the weather is never half so bad in reality as it looks from the window of a cosy room with a bright fire and the newest book.

I know a group of girls who have developed the walking habit this fall. They are all girls whose work keeps them shut into offices or stores from eight to six for six days in the week. But, regularly on Sunday afternoons after dinner—church clothes exchanged for walking skirts and heavy boots—the brigade go off for a tramp of five, six or seven miles, not always on cement walks, but away outside the city limits, choosing a new direction each time, and coming home fresh and rosy, feeling alive all over, and with such a tremendous appetite for supper that the raising of their board bills is being considered. How heavy-eyed and mopey the people look who have slept or read all afternoon and have not got a breath of fresh air!

But many of those who have walked and enjoyed it during the autumn will stop now on account of the cold. How foolish!—for this is just the time of year when you get little or no fresh air unless you do go outside for it. In the summer doors and windows stand open day and night, and you could hardly breathe impure air if you wanted to; but when the cold weather comes on, double windows and storm-doors successfully keep out the supply of frosty oxygen. Sometimes, of course, the snow is very deep and the roads unbroken, then snowshoes are the one desirable possession (that is a hint for Santa Claus). Walking for miles in the frosty air, over fences, across fields, skirting a

piece of standing timber to keep out of the wind, climbing up to the top of a hill for an outlook on the great white world all round, then down to the valley and home again with a new lease of life. Do you know Arthur Weir's Canadian Snowshoe Song?

"Hilloo, hilloo, hilloo, hilloo?  
Gather, gather ye men in white;  
The wind blows keenly, the moon is bright,  
The sparkling snow lies firm and white:  
Tie on the shoes, no time to lose,  
We must be over the hill to-night."

"Hilloo, hilloo, hilloo, hilloo!  
Swiftly in single file we go,  
The city is soon left far below:  
Its countless lights like diamonds glow,  
And as we climb we hear the chime  
Of church-bells stealing o'er the snow."

"Hilloo, hilloo, hilloo, hilloo!  
We laugh to scorn the angry blast,  
The mountain top is gained and past,  
Descent begins, 'tis ever fast,—  
A short quick run, and toil is done,  
We reach the welcome inn at last."

"Hilloo, hilloo, hilloo, hilloo!  
The moon is sinking out of sight,  
Across the sky dark clouds take flight,  
And dimly looms the mountain height,  
Tie on the shoes, no time to lose,  
We must be home again to-night."

DAME DURDEN.

### Recipes.

Fruit Crowns.—Sift together 2 cups "Five Roses" flour, with two level teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt. Rub in 2 tablespoons butter and mix with cold milk into a soft dough that can be rolled out. Roll out  $\frac{1}{4}$  inch thick and cut into 4-inch squares. Fold over each corner of the squares to the center, and fill in the little slits with any kind of rich preserve with the juice left out. Quince sliced fine, candied cherries, chopped raisins or mincemeat will prove suitable. Before baking, brush over with the beaten white of an egg. Cook in a quick oven.

Muffins.—One pint of sweet milk with the chill off, 1 heaping tablespoon of butter melted,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  small cup sugar, 2 beaten eggs, 3 cups "Five Roses" flour, 3 level teaspoons baking powder. Mix eggs, butter and sugar; add the milk. Stir in the flour and baking powder and salt which have been sifted together. Have your gem pans hot and well greased. Bake in a quick oven. This quantity will be sufficient for five or six people.

A clergyman in Richmond, Va., tells this story at his own expense: "One Sunday I was accosted by a quaint old woman, housekeeper in the employ of a dear friend of mine. 'I want to tell you, sir,' said the old woman, 'how much I enjoy going to church on the days that you preach.' Expressing my appreciation of the compliment, I said that I was much gratified to hear it, adding that I feared I was not as popular a minister as others in the city, and I finally asked: 'And what particular reason have you for enjoyment when I preach?' 'Oh, sir,' she answered, with appalling candor, 'I get such a good seat then.'"

## Do You Give Christmas Gifts?

OF COURSE YOU DO.

Then what about this? Have you a friend who likes reading?

Will he appreciate something that will help him with his farming?

Will he be glad of weekly entertainment for the cold winter evenings?

Will he appreciate a good thing when he sees it?

Will he be interested in knowing just how the brainiest farmers farm?

Has he a family who share his interests and pleasures?

Then why not send him the Farmer's Advocate for 1906 for a Christmas present? It will be a gift that he and his whole family will be sure to enjoy. Think about this, and send in your friend's name as soon as possible. You will be pleased, as well as your friend, with your choice of a Christmas gift.

## Learn Dressmaking By Mail.

LEARN at home how to cut, fit and put together everything in Dressmaking, from the plainest shirtwaist to the most elaborate dress, without using paper patterns. I will send for trial, free of charge, to any part of Canada, The Elite Tailor System and first lesson showing how to take measure, cut and fit a perfect waist and sleeve for any lady. Course of lessons taught in two weeks, or until you are perfectly satisfied, to be paid, after testing, if satisfied, by cash, \$18.00; instalment plan, \$15.00. This charge includes everything. Gold Medal, St. Louis, 1904. Mrs. Wm. Sanders, Dress-cutting School, Stratford, Ont., Canada.

LADIES Fancy Mercerized Girdle and our catalogue of bargains sent free for 5 two-cent stamps. N. Southcott, Dept. 27, London, Ontario.

Bronied beef Balls.—With a knife, scrape from a piece of raw round steak as much as possible of the soft part of the meat. Dust with a very little salt, and form into balls in the palm of the hand, but applying no more pressure than absolutely necessary. Cook for two minutes on a hot omelet pan, shaking the balls about so they will not stick.

