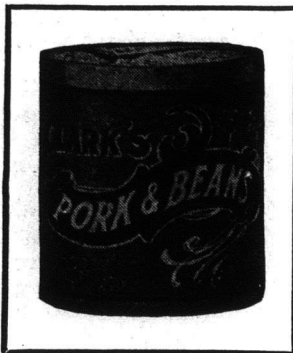


## The three words that tell the whole story of a perfect cup of coffee, from plantation to breakfast table— "SEAL BRAND" COFFEE.

In  $\frac{1}{2}$ , 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 187

CHASE & SANBORN, MONTREAL.

## Clark's Pork and Beans



The value of **BEANS** as a strength producing food needs no demonstration. Their preparation in appetizing form is, however, a matter entailing considerable labor in the ordinary kitchen.

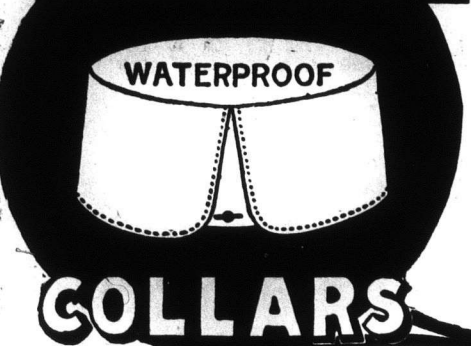
**CLARK'S PORK AND BEANS** save you the time and the trouble. They are prepared only from the finest beans combined with delicate sauces, made from the purest ingredients, in a factory equipped with the most modern appliances.

*They are cooked ready—simply warm up the can before opening*

W. CLARK

MONTREAL

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Stop all laundry troubles. "Challenge" Collars can be cleaned with a rub from a wet cloth—smart and dressy always. The correct dull finish and texture of the best linen.

If your dealer hasn't "Challenge" Brand write us enclosing money—25c for collars, 50c per pair for cuffs. We will supply you. Send for new style book. Made in Canada.

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## FENNINGS'

For children cutting their teeth, prevent convulsions, are Cooling and Soothing

CONTAIN NOTHING INJURIOUS TO A TENDER BABE

Safe  
Teething

## CHILDREN'S

Easy  
Teething

Sold in stamped boxes at 50c. per package, with full directions, by the National Drug and Chemical Co. of Canada, Montreal. (Branches in all parts.)  
(Alone have the trade mark, "A Baby in a Cradle.")

Read "Fennings' Every Mother's Book." It contains valuable hints on Feeding, Teething, Weaning, etc. A Free Copy will be sent Post Free on application to Alfred Fennings, Cowes, Isle of Wight, Eng.

## POWDERS



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TORONTO  
A CANADIAN SCHOOL FOR BOYS  
UPPER AND LOWER SCHOOLS  
Careful Oversight Thorough Instruction  
Large Playing Fields Excellent Situation

REV. D. BRUCE MACDONALD, M.A., LL.D., HEADMASTER  
Calendar sent on application

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give yourself up, and you had to spend the night on the prairie. Go quickly, or the children will see you. Besides, I must make myself tidy before school-time."

"Oh, Joan, Joan, to think of you running such risks," he stammered. "Surely you must care a little—"

"There is no time to talk. Straight south across the prairie for the first two miles, then west. Please send somebody for the camera before dark. I should not like to stay alone to-night, so, as it is Friday, I shall go across to my friends at the Grekova Mission. Good bye, and good luck."

"Goodbye, Joan. I'll be back to thank you properly as soon as I am cleared."

Just as Joan was dismissing school that day a mounted trooper rode up.

"I understand that Mr. Forbes left a parcel with you, Miss," he said.

"Here it is," Joan answered. "Be careful, will you not? Mr. Forbes said it was valuable."

"No fear about that," was the answer.

When Joan returned from her visit to the mission, on Sunday afternoon, she found Alan Forbes sitting on her doorstep.

"Free so soon?" she exclaimed.

"Yes, thank Heaven. The film developed well. It showed Tonasco behind the girl, the gun in his hands. Even if the photo had been a failure, his behavior was enough to convict him. On my way to Ferndale I was overtaken by the two policemen who were here. I gave myself up, and told my story as we went along. One of them at once went over to arrest Tonasco, on suspicion, but neither he nor his brothers were to be found. They must have run away as soon as they realized what the loss of the camera meant."

"You will not go back to Sheremeta?"

"No. Some time ago I applied for a vacancy in the normal school, in Regina, and yesterday I got a telegram saying I had been appointed. The salary is twelve hundred—not a great income, but—Joan, will you share it with me?"

"Don't, Alan," she cried, as the young man seized her in his arms. "What will Dmitri Boiejuk think?"

"Confound Dmitri Boiejuk and all his race," said Alan, as he kissed her.

### Christmas Eve on Broadway

It is Christmas Eve on Broadway—how delightful, Just to mingle with the crowds that gaily throng, On the pavements and to note the smiling faces, Of the shoppers as they swiftly pass along. On every side the cafes gleam and sparkle, The sound of Christmas greetings fill the air, And every where you turn is mirth and gladness, For its Christmas Eve on Broadway—everywhere.

It is Christmas Eve on Broadway—how inviting, Every window that you meet with holly dressed, And the sights within the shops the eyes delighting, Till you long to push and jostle with the rest, It is true some pass whose hearts have long grown weary, And to whom life seems at best an empty game, But the crowds that line the sidewalks are as cheery, And it's Christmas Eve on Broadway—just the same.

It is Christmas Eve on Broadway—but a yearning, Tugs my heartstrings and all pleasures lose their zest, For where'er I go, my thoughts are always turning, To the loved ones who are waiting 'way out West, So I hasten to my room to write a letter, As the lights commence to flash from buildings tall, For the little home that beckons in the distance, Beats a Christmas Eve on Broadway after all. Clare MacDermott.

Said a cheerful old bear in the Zoo;  
"I never have time to feel blue.  
If it bores me, you know  
To walk to and fro.  
I reverse it and walk fro and to."

### Preparing for Christmas

By Zitella Cocke

There's a secret in the air,  
Something brewing, so much doing.  
Though the light it will not dare,  
You can feel it everywhere;  
See its shadow here and there,  
Hear it tripping o'er the stair;  
Always shying, sometimes flying,  
And we boys watch day and night,  
Hoping still to get a sight.

There are mysteries about.  
Oh, what hiding and confiding,  
As the girls run in and out,  
For they know, we have no doubt;  
But poor boys they scorn and flout.  
If we ask a word, they shout,  
"Stop your prying and your crying,  
Naughty boys, to tease us so!  
Do you think we'll let you know?"

But we learn a thing or two  
When they're sitting at their knitting,  
Whispering what they mean to do;  
Which is best for little Sue,  
White or red or pink or blue;  
And we often get a clue  
While they're showing fancy sewing.  
We are studying our books  
With the soberest of looks!

And we find things every day  
In queer places—pretty laces,  
Boxes, pictures, ribbons gay,  
And the stuff girls call crochet,  
Tools for work and games for play.  
We search well and nothing say.  
Christmas folly makes all jolly,  
And amid our Christmas fun  
We will tell them what we've done.

### A Choice

If you must sit and sigh,  
And have the blues,  
Why don't you try  
To realise  
That there are sighs and sighs,  
And blues and blues,  
From which to choose?  
There's Heavenly blues, and blues of  
tranquil seas,  
Both pleasant—if you have them, pray  
have these;  
And when you sigh, be like the turtle-  
dove,  
Who knows not grief, and merely sighs  
for love.

## "Tea and Coffee Interfere with Digestion"—

says a well known authority.

Many who use tea or coffee, not knowing that it aggravates stomach troubles, could still enjoy a delicious hot table beverage and escape harmful effects by a change to the wholesome, pure cereal drink—

## POSTUM

"There's a Reason"

