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Novel Christmas Salad Bowl. By the time that the salad course arrives at the Christmas dinner all artives at the Christmas dinner all that surround the festive board are apt to be warm. It will be refreshing to see the salad come to the table in a block of ice. Smooth the ice square with a hot flat iron and make a cavity in the center with the same utensil, Border with crisp lettuce and sprigs of holly and fill with salad. Place the block on several thicknesses of cloth or a deep platter and put around it a wreath of holly.

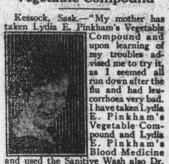


DO IT EARLY Bug - Doing your Christmas shopping now? Why It's a long Mrs. Snall - 1 know, but the block away.

An Easy Gift. Small boy, running up and displaying slate :- "Just look, uncle, what I've done with my example! Got a whole mas present "- Fliegende Blatter

# SHE TOOK HER **MOTHER'S ADVICE**

Now is in the Best of Health because she took Lydia E. Pinkham's Vegetable Compound



Blood Medicine and used the Sanitive Wash also Dr. Brown's Capsules and Prescription and am much better in every way. I am willing for you to use my letter as a testimonial as I recommend your medicines."—Mrs. IRENE NELSON, Kessock, Sask. Kessock, Sask.

It is not always in business that a woman is forced to give up her work on account of ill health. It is quite as often the woman who does her own work at home. When backaches and headaches drive out all ambition, when that bearing-down sensation attacks that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Com-

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London, Ont.—"I have taken Dr. Pierce's Favorite Prescription and it has proved a beneficial tonic.



beneficial tonic.
After having typhoid fever I was in a very weakened condition, could not regain my strength, so I decided to take the 'Prescription' and by the time I had taken one

bottle I was com-pletely restored to health and strength. Dr. Pierce's Favorite Prescription can be relied upon as a builder and strengthening tonic."-Mrs. John Shuler, 225 Clarence St.

IF YOU'RE A YOUNG WOMAN OR EVEN IN MIDDLE LIFE Here is Some Good Advice for You

From a Prominent Woman London, Ont .- "When I reached London, Ont.—"When I reached middle age I was in very poor health, was rundown, nervous, would have fainting spells and heat flashes, I was a physical wreck. I tried many different medicines but the only medicine that gave me any relief was Dr. Pierce's Favorite Prescription. Before I had taken a half bottle I was feeling like a different person—the more I took the stronger I got. What Favorite Prescription' did for me I am sure it will do for other women at this critical period of life if they will give it a fair trial."—

other women at this critical period of life if they will give it a fair trial."—Mrs. M. M. Taylor, 569 Hill St.

Better go now to your neighborhood drug store and obtain Dr. Pierce's Favorite Prescription in tablets or liquid. Write Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for free medical advice, or send 10c for trial pkg. of tablets to Dr. Pierce's Laboratory in Bridgeburg, Ont.

It has Many Qualities.—The man who possesses a bottle of Dr Thomas' Eclectric Oil is armed against many ills. It will relieve a cough, break a cold, prevent sore throat; it will reduce the swelling from a sprain, relieve the most persistent sores and will speedly heal cuts and contusions. It is a medicine chest in itself, and can be got for a quarter of a dollar.

Christmas Journey A True Story for Grown-Ups

HE had no children. At Christmas time she especially seemed to the need of the as the see a daughter or a son or a small chubby child of her own—one of those she stepped outside of her dreams.

Mary

Graham

Yes! She. Gertrude Harding, was a born mother" to whom no children had been born. But this year she had forgotten something most important to be done. And it was only several days before

Christmas.
She went down town, made her purchase after quite a delay and left the

Outside were three small children their faces close against the window pane, their eyes gleaming, their small ill-clad bodies tense and quivering with emotion.

"Aw, gee, look at it stop at the sta-tions! There, she's off the track now! No, she ain't. She's back on again." The second child was reading a sign.

"They says that in this here shop that it's the land where the dreams of children come true. D'ye suppose they's kiddin'?" The third child, a little girl, who

was clutching what once had been a doll was looking at one in the shop's "If I could jes' touch her hair," she

"Would you like to go inside the shop?" Gertrude Harding asked the They looked at her abruptly. "D'ya

And through the shop, straight to the children's department she took

It was a revelation to her to realize the joy that was derived by these children from the intimate contact with toys they knew they could never

They had gone inside one of the big shops and had been treated as well as anybody; they had not been afraid. They had looked to their heart's con-

children agreed afterward, "in there it is the land all right, where children's dreams come true." For the reality of Fairyland had been expressed by the marvelous and magical toys and games and gay decorations of the Christmas

If, Gertrude Harding told herself afterward, these children had so loved a trip into the gayety of a children's shop, were there not others who would like to journey forth into the world of

toys, too?
She thought it over. And did not stop there. She rang up a certain number and asked for the matron.

"You're the matron of the Children's hospital, aren't you? Well, I won-dered if any of your children would care to go with me tomorrow and take a trip through the children's toy shops?

They're most attractively fixed up this year and some of them have special attractions, a Santa Claus and many other wondrous features!" So Gertrude Harding called for the

children. There were 15 who were able to go and of that 15 the majority

Such an afternoon as Gertrude Harding had. And such an afternoon as the children had.

Those in the shops seemed especially anxious to do what they could for the children who were so obviously from a home or hospital. The mechanical toys even seemed to put more spirit into their performances Gertrude Harding thought.

As they were coming home several little hands found their way into both of Gertrude Harding's hands. One clutched a little finger, another had hold of her thumb; so it went. "Mrs.," one of them ventured, "let's pretend we're all children from a kin-

dergarten and that you're our teacher. Don't let's pretend we're from a hospital, eh?" "Yes, let's pretend that," she answered them. "Or how would it do to pretend that I was your mother and that you were all my children?"

"Would you—honest—would you pretend that?" one asked and the others looked at her eagerly, hoping, hop-

ing, hoping sne would not reluse,
"That would be the best 'pretend'
of alt," she smiled at them.
So they "pretended" and so they
went back very happily from their
Christmas shopping trip.
Once again she took them, on the
day before Christmas. It was hard
getting through the crowds, but it was
worth every effort.

In one of the shops a gayly dressed
clown led the children in a procession. Once in a while he turned and
winked at them as though to say:
"We know what fun all this is,
don't we? We're in the secret of the

don't we? We're in the secret of the fun that children can have at Christtime that the grown-ups know nothing of. They must just let us go along and share our secret together,

And then the clown beat upon his drum and the children all marched stiffly behind.

When a magnificent Santa Claus asked the children to sing with him and the voices of the hospital children sang out with the rest Gertrude Hard-ing felt herself swelling with pride.

Later when Santa Claus perceived that one of the hospital children had

an unusually lovely voice he asked him to sing alone. And there in the shop he sang, sang

with the thrill of happiness that a bird sings with when first he feels the warmth and sweet fragrance of the

He had never been asked to sing be-fore like this—in a big shop where people were and where people listened to him, not because he was being visited in a hospital and must do his part to entertain the visitors, but because somehow or other they liked his voice It rang out true and strong.

shifted the crutch which he had never been without and which he would nev er be without to the end of his days, and then he was asked to sing an en

His face was flushed with the plea ure of doing something which was liked in this big outside world. He looked at Santa Claus and

He had already sung a popular song ing talking machine which someone had given the hospital when it was no longer fit for the home, and now he thought be would sing something betproper, and vaguely perhaps he felt it would show a gratitude for Christmas that went deeper. Dimly he thought

these things, Someone had taught them a hym in the hospital, a hymn which he had always loved. It made one feel better, stronger, happier somehow. It was a very glorious hymn he had always thought. And he sang:

"It came upon the midnight clear,
That glorious sons of old
From angels bending near the earth
To touch their harps of gold;
Peace on the earth, good will to men,
From heaven's all-gracious king;
The world in solemn stillness lay
To hear the angels sing."

Right to the end of the hymn he sang and the people thanked him and Santa Claus told him it had been lovely and gave him a man-like clap on the back.

Gertrude Harding had felt a lump in her throat and had smiled with eyes that were misty.

So the angels did bend near the even in these days—and even over hospitals where crippled and ill children were. It was the humans, not the angels, who forgot and who went through life not thinking!

Back to the hospital she took the children late, late that afternoon. The hospital was in semi-darkness. Chil-



Their Day of Dreamed-of Pleasure.

dren who had been too recently operated upon or who could not leave their beds sat up as best they could world.

Little white-clad figures listened to the glowing accounts brought to them of the great life which went on beyond

the ward. And for every little child who had to stay in the hospital, Gertrude Harding had brought a small present, only trifling one, but a remembrance fr

# "Fruit-a-tives" Cleared

Her Skin POINTE ST. PIERRE, P.Q. suffered for three years with

terrible Eczema. I consulted several doctors and they did not do me any good Then, I used one box of "Sootha Salva"and two boxes of "Fruit-a-tives"

and my hands are now clear. The pain is gone and there has been no return. I think it is marvellous because no other medicine did me any good until I used "Sootha-Salva" and "Fruit-a-tives", the wonderful medicine

made from fruit".

Madam PETER LAMARRE. 50c a box, 6 for \$2.50. trial size, 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Then the hospital rules which had been lifted for a few minutes after the ones who had been out so late had come back, were in order again, and there was silence in the ward, and soon there would come sleep.

When she got home that evening tired but very, very happy, she said to herself:

"There are born mothers, yes! And there are born children, too! Children who need to be loved as much as women who need children to love. And though there is a difference between thuse of one's very own, and those who are not, it seems as though no one who is a "born mother" should go through life, walking blindly by the many motherless children.

"For every childless mother there is a motherless child to whom one can give some of the love and interest and the pride which would otherwise go to

waste." In her sleep she seemed to hear the Christmas carol which the hospital lad had sung and she knew what had been

revealed to her-She had traveled into the land of children at Christmas time and had smiled the smile that can be smiled when one gets a look at the heart of

child ! 160, 1920, Western Newspaper Union.)

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