

improvement of the children and the church for the betterment of their elders are conspicuous wherever there is settlement. In the three Prairie Provinces there are 5,000 schools with 160,000 pupils. —Hon. Frank Oliver.

#### THE READY BOY

There is always a place for the boy who is ready to do the thing that is needed. Some boys are very particular to do only what they like to do, and some look on certain kinds of work as very much beneath them, and sometimes they wait a long time before finding a chance that just suits them. But the boy who sees a need and goes to work to fill it is very likely to be busy and very sure to be popular.



7214. Double Breasted Semi-Fitting Coat, 34 to 44 bust.

Perforated for Finger and Wrist Lengths. Such a coat as this one is eminently comfortable and satisfactory for cold weather wear. It is equally well adapted to the suit and to the general wrap. It can be made in three lengths, but this one is smart and means genuine satisfaction. The collar and revers can be made just as illustrated, or both can be of contrasting material, or both of the material of the coat, but a touch of velvet is always handsome and fashionable. The coat is made with fronts, side-fronts, back, and side-backs. The sleeves are in coat style made in two pieces each and without fullness at the shoulders. The cuffs finish their lower edges. Pockets are inserted in the side-fronts and finished with deep laps.

For the medium size will be required 5 3/4 yards of material 27, 2 1/2 yards 44, 2 1/2 yards 52 inches with 1/4 yard of velvet for the collar.

The pattern, No. 7214, is cut in sizes for a 34, 36, 38, 40, 42 and 44 inch bust, and will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

#### SEAL THE LIP OF CRITICISM

This fits the case so completely that we send it along on its journey of helpfulness. It is from the Sunday School Times: "About once in a thousand cases a word of personal criticism may properly be spoken by one human being to another. The remaining times, the criticism will probably do more harm than good. But there is one rule against criticism which we may safely set down as final and without an exception even once in a thousand times. 'Don't criticise what love does,' is the rule as Mr. S. D. Gordon gives it. When we know that any action has been prompted by love, then, it matters not how mistaken or wrong we may think the action, let us seal our lips against a syllable in criticism of the person whose love has been expressed."

It is the unkind word that is responsible for a large share of the friction and heartache. Such a word never did any good; but from it has gone an ever-widening circle of evil, sorrow, trouble and

unhappiness. Unkindness is so unnecessary and gentleness of speech is so helpful and healing that it seems strange that the latter should not become epidemic.

But it does not; no, not even among Christians. It is a grace that needs to be cultivated by all who seek to follow the teachings of the gentle Jesus, and especially the young.

#### FOLLOWING IN FATHER'S FOOTSTEPS

Many years ago in a London theatre, Miss Vesta Tilley sang a song with the above title, and looking over the hundreds of faces of men and women I wondered if any one in that great throng realized the truth of the statement contained in that comic song. The boys here and everywhere are all looking up to and admiring their fathers as best and greatest men, and each boy determines to be just like father, and to do exactly as father does. The chorus of the song was as follows:

"I am following in father's footsteps,  
I am following the dear old dad,  
I don't know where he is going,  
But when he gets there I'll be glad."  
Where are the fathers' footsteps leading their boys? To what resorts do your footsteps take you? Would you like to hear the oft repeated statement—Well! Father does it, or father goes there? Men of to-day, pause and think are your actions just what you would like your boys to copy. Would you like to meet your boys in some of the places you frequent? Do you demand that your boys do as you say, and expect that they will not do as you do?

#### THE ART OF KEEPING YOUNG

Do not blame industrial concerns for refusing to hire "old men"; blame yourself for permitting yourself to be "old" and "worn out" at sixty, when you ought to be young, vigorous, and virile at eighty. If your body is dried up, your strength gone, and your brain ossified, you are not of much use anywhere, and it would be bad business for any concern to place you on its pay roll.

But why are you in that condition? The majority of the leading men in the world to-day are past sixty; many of them are past seventy, and there are not a few that are past eighty. This, in spite of the fact that they have, with but few exceptions, lived most strenuous lives, working themselves up from the bottom, and encountering almost every possible obstacle at every step of the way.

What is their secret? They are living for something. They take a vital interest in the progress of the world. The Saturday pay envelope is not their only goal in view. They are living and working for advancement, growth, progress, attainment, achievement. They have no time to think of age. They are too much alive with the power that does things; and so long as they live in the spirit of that power their youth and virility remain.—Christian D. Larson.

"We live in our belief in the power of life—whether the belief is conscious or unconscious—and we die by the belief in the power of death. The entire situation is purely mental. Let the race believe more strongly in the power of life than in the power of death, and death will be banished from the world. A little reason will show that there is no power in death—that death is simply the absence of life, as darkness is the absence of light. Let light into the darkest room, and what becomes of the darkness? Let a knowledge of the ubiquity of life into the human mind, and where is death? Like darkness, it simply ceases to be."

"This is also true of disease, every form of which is based upon ignorance of the fact that only life is an ever-present existent force, while every form of sickness results from a non-understanding of this fact. Therefore, as I said, disease and even death are produced by certain mental conditions; and to change these conditions we must change the mind of the patient. In this lies the force of the argument that places mental healing at the head of all methods of healing."—Exchange.

#### WHAT WE NEED

Prevention of blindness.  
Immediate registration of birth of child.  
Nothing can be done for babies with infected eyes who are not registered until they are more than three days old.

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## What do you get?

You have often gone into a store to purchase a few apples, but the apples the merchant wrapped up did not look like the big red apples you used to know back east, did they?

When you told the merchant this he most likely said: "Well, I guess they must ship the big red apples to the old country, as we never see them."—The merchant was right.

A big percentage of Canada's products go abroad, while we at home get the discard.

When you buy Gold Drop Flour though, the case is quite the reverse. We buy all sorts of wheat, but keep only the best to use in making Gold Drop, the rest is passed along to the other fellow.

Gold Drop is the very best Flour we make and we sell it right out here in the west.

We make two other lower grades which sell largely in Europe, and the lowest of these two grades sells at exactly the same price in London, England, as the best known and most widely advertised American flour.

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