

My Dear Boys and Girls:

Merry Christmas, every one of you. I hope you had just the merriest, hap-piest, jolliest Christmas time that had ever been yet. That's the way Christmas should come to every true Values. Helper. In on

Helper In one of the Christmas books I used to love years and years ago, and still love, a book written for boys and girls, there was a quotation written by a man who loved children. His name was Charles Kingsley. Have you beard about him? I hope if you have that you have read the book he wrote called "Water Bables." It is a very pretty story. Among the things that Charles Kingsley wrote was these four little lines:

"Do the thing that's nearest, Though it's dull at whiles, Helping when you meet them, Lame dogs over stiles."

The same little book had in it some other lines of kindness. Now kind-ness and helpfulness go hand in hand. To be a really true Helper one musi-have the spirit of kindness in one's heart. This is Christmas time and you know what a wonderful spirit Christmas brugs with it. Every-one seems so huck kinder and more thoughtful at this season of the year. The spirit of kindness is everywhere, but what a pity it is if we do not keep the same Christmas spirit all through the year.

the same Christmas spire and the year. Why don't we do this? We can. The best way be can do it is to all be Helpers of one another. I am sure you would like to feel that you could always make every one you love just as happy and day in the year as they are at Christmas time, and this you

are at Christmas time, and this you can do. Read what the little book said about kindness:

KINDNESS.

KINDRNESS. "Would you like to be able to truth-fully say: I have done three hundred-and sixty-five kind actions and said three hundred and sixty-five kind words.' If yon would try every day 'to do just one kind action for some-body and to speak just one kind word to someone. One every day will amount to three hundred and sixty-five at the end of the year." The and of the year comes soon af-

The end of the year comes soon af-ter Christmae, doesn't it, and that is the time we start counting up the things we have done and making new resolves. I am going to give you a resolves. I am going to give you a poem about it next week, but this week there must be a poem for the tiny ones. It is called:

DOLLY AND I.

Some people think 1 am ionely, That perfinance I more and sigh, But indeed we are quite, quite happy, Together my Dolly and I.

Of course we are always busy, There are Gothes to wash and dry, For we both like to look neat and tidy, So there's work for Dolly and L.

We are learning to do some cooking, And I once made father a pie. But he thought we had better eat it, So we finished it, Dolly and I.

But we mean to learn about farming, So we visit the pig in her sty,

And watch them doing the milking For we love new milk, Dolly and I. When our work is done, we are

DEDICATED

TO EVERY

CIEL IN

merry, And to dance together we try, But we find it not very easy, To be graceful, Dolly and I.

But we're always busy and happy, Ard we haven't the time to cry, Perhaps that is why we are happy, So three cheers for Dolly and I.

A GAME TO PLAY.

You had some games in your letter last week, but perhaps you would like to have one more. It is an old one and may be well-known by some of you.

and may be well-known by some of you. This is a game to be played with paper and pencil. Each played must have a pencil and a slip of paper. Get a friend to place on a tray ten or tweive small articles. For example: an egg cup, a thimble, a spoon, a ball of wool, a clothes peg, a penholder, etc. The tray is then to be covered over with a plece of cloth and all play-ers sit round with the tray in the cen-tre of the table. When all are seated, ha friend must lift up the cloth from the tray, and everyone is given about some minute or a minute and a half in which to look at the things on the tray. The tray is then covered over again and the players are given five minutes in which to write down a list of all the articles they can remem-ber the most wins the game.

Note-Aunt June's new address is Box 516, Station F., Toronto, Ont.

OUR LETTER BOX.

I am delignted to see so many let-ters coming in from boys and girls. Every week our membership lists grow larger. This week we have to welcome the following new members:

Edna, Walton, Ontario. Marjorie Farrell, Missoula, Mon-

tana Margaret Mitchell. Jennie MacNeill.

Walton, Ont.

Walton, Ont. Dear Aunt June: I have been wanting to join yoar club for some time so I am now taking the pleasure and time to write you with my big kitten on my lap. He is black and white and we shall make ed Barney. He is very faithful and does his work well. I have a dog call-ed Barney. He is very faithful and does his work well. I have a dog call-bit for a year but I have not seem him for a leng time. I am thirteen years old and I am trying my eatrance this year. I take music lessons and I am gong to try an exam this winter. I do as much as I can to help my mother. Well I guess I will close and hope to receive a badge at once. I intend to write more letters to our corner and read the ones which are written by other boys and girls. BDNA. Dear Aunt June:

EDNA. How lovely it must be to have so many pets, Edna. I would like to see Barney and the cat. Letters about pots always interest mo very much. I am sure you must have a busy time and wish you success with the exams. Of course you should have a badge.

Manitou, Man Dear Aunt June: I have read the letters of the beys' and girls' for some time and I thought I would like to write to your page. I am enclosing a three-cent stamp and wish to get a badge. I go to sobe a every day and I am in grade seven. I live on a farm five miles from Manitou. Well I will be a faithful member of your club if you will send me a badge. At night when I come home from school I have to watch my little brother and sister, wash the dishes and do several other things. This is all for this time, wishing your club every success. I am twelve years old. MARGARET O. MITCHELL, You have started you; faithful help-Dear Aunt June:

I am very glad to welcome you and shall look for more letters.

MARGARET O. MITCHELL, You have started you? faithful help-ing well, Margaret, in helping mother so much. I am delighted to hear from you. I have been in Manitoba, but do not know the district in which you live. Perhaps you will write again some day and tel 1 me about your farm and what kind of animals you have. I hope you will have a happy holiday.

Missoula, Montana. Dear Aunt June:

Dear Aunt June: I am a girl 12 years old. I live in the United States but my papa and mamma used to live in Canada. I went on a visit to Canada this sum-mer wfh my graudpa and grandma. I like Canada very much. I have read some of the letters in the paper and I the them very much. We get the Pontiac paper so I read some of the letters. I would like to hear from you as soon as possible. Do I have to send anything to you before I join the club. Good-bye for now. MARJORIE FARRELL.

MARJORIE FARRELL. P. S.-Please excuse mistakes as I am just learning to write on dady's

P. S. —Please excuse mistakes as I am just learning to write on dady's typewriter. Your letter, Marjoria, was very well done for a little girl who is just learning to use a typewriter. I am girld you like Camede. I am sure our other readers will think it very exciting to see a letter from someone in Montana. Yes, you do have to do one thing before yon can really join our dub. This I hope you will do and then I shall be able to send you a badge. This is a rule of the club. Write me a letter fteling me all about the deads of service that you do every day. Tell me what you do to help other people. You see this is a Helpers' League of Service and all members are pledged as you will see by our little Pledge Form on this page, to do their best for everyone. Please write again soon. I am delighted to hear from you and send you best wishes.

Okotoks, Alta.

Dear Aunt June: I have been reading the boys' and girls' corner and thought I would like to join the Helpers' League of Ser-vice. I go to school every day, and help some of the children and do many other things. I am trying to get some more boys and girls to join it, but they are waiting to see me with my badge and I am sure I will get it. I am a girl guide and have ai-ready pledged myself to my country. Yours truly, JENNIE MACNEILL. The splendid service done by our

JENNIE MACNEILL. The splendid service done by our Girl Guides is so well known Jennie that it is quite rufficient for me to see that you are a member of this or-ganization to know that you have won a budge of the Helpers' League of Service- I am glad you will try to get new members for eur League and would like to have a Guide letter one 'day telling about your afarticular troop and what work you are doing. Perhaps you would like to send in some regular news to our corner once a month. If you will do this I think it will interest many other girls to yours lovingly.

Yours lovingly, AUNT JUNE.

THE CANADIAN CHIROPRAC-TIC COLLEGE.

TIC COLLEGE. Formerly of Hamilton, has now tak-en up their quarters at 757 Dover-court Rd., Toronto. Thousands of citizens are filled with enthusiasm over the wonderful results accom-plished by some of their junior stu-dents on patients suffering from all diseases and afflictions. Students are enrolling every day to become Specialists of Chiropractic realising the superiority of Chiropractic com-pared with the other healing arts. 2

Minard's Liniment For Diphtheria.

NO WASTED TEARS FOR HIM.

Mother-Poor boy, how did you hurt your finger so? Little Son-With a hammer. Mother-When? Little Son-A good while ago.



LADIES WANTED TO BO FLAIN OR ' light sewing at home, whole or "pare time; good pay; work seat any tis-tance; charges paid. Send stamp for particulars. National Mfg. Co., Montreal.

HELP WANTED-MALE

\$8 TO \$12 PER DAY

Auto Tractor Mechanics, Vulcan-izing. \$8 to \$12 per day. Men wanted to fill present demand for automobile mechanics, driving, trac-tor operation, tire vulcanizing, oxy-acetylene welding, storage battery electrical work. Practical training. Only a few weeks required. Day and night classes. Write free catalogne. Big wages. Steady employment. Hemphill's Auto and Gas Tractor Schools, 163 King Sfreet West, Toronto.

MISCELLANEOUS

HENS WANTED ALIVE, 23 CENTS a pound, 5 pounds each or over. I pay express. Albert Lewis, 666 Dundas West, Toronto P1.

PUPPIES FOR SALE-HOW ABOUT a nice registered Airedale pup for that boy of yours for Christmas. I have some rare good cnes for sale coming three manihs old, brod from the best imported stock procurable. --F. J. Blake, Almonte, Ont. 53.

BE A REGISTERED NURSE-THE Cooper Hospital of Canden, NJ, of-fers a three (3) years' twining (Theoretical and Braetical) to young women who wish to enter the nursing profession. A first source admits young women to one of the many positions demanding the train-ed nurse of to-day. For farther par-ticulars write: The Superinten-dant of Nurses, Cooper Hospital, Campden, N. J.

KNITTING YAPNS LOWELY COL-ors, pure woel, but very moderate prices. Sample stades free. Georgetown Wollen Mills, George-town, Ontario.

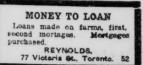
As a result of debility, sickness or improper dict, the bloed eften be-comes weak and umble to free itself of poisess. Morbid, unhealthy matter accum-ulates and breaks out in sores that discharge and will not heal. Washes, salves and eintmente are useless because they have no action on the poisoned bloed. But Dr. Handboe's Pills cleanse and enrich the discussed blood, drive out impurities and fill it with autri-ment and strong building material. Unears, bolls and sores heal up. Likewise all weakness due to im-poverished blood is relieved by these famous pills, and anaemin, erysip-elas and rhoumatism go before it as ohaff before fire. The skin grows smooth, oomplex-tion cleans, health, tiger and strength are evident on all sides. A blood remedy for bleed diseases, the formula of a famous physician-no improvement can be made on Dr. Hamilton's pills. Their use extends to the people of many nations and thousands have proved that they do relieve when all else fails. No matter what your alignent may be, if it has its origin in the blood it is relieved with Dr. Hamilton's Pills. THE SAFE WAY TO SEND MONEY is by Dominion Express Money Order.

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RIDDLES

Robinson's Book of Maders Conundrums. The beat riddle hook in the world. Mose than one thousand up-to-date riddles. Over 50,600 copies soft in Can-ada. Send postpaid for 12 cents in stanga. George J. McLeod, Limited, 266 Kimg St West, Toronte, Ont.



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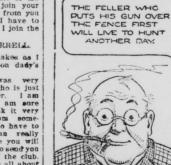
Origin of "Emerald Isle."

Ireland was first termed "the Emer-ald Isle" in a poem called "Erin," by Dr. Drennan, who lived in the latter balf of the eighteenth century.



A Woman Is As Old As She Looks Nowoman wants to look old. Many in their effort to look youthful re-sort to the "beauty doctor." Their mistake is that they visit the wrong de-partment in the down of the top drug store. Beauty depends upon health. Worry, sleepless nights, headaches, pains, disorders and weaknesses of a distinctly feminine character in a short time bring the dull eye, the "crow's feet," the haggard book, drooping choulders, and the faltaring step

Dear Aunt June:



Uncle Johns Josh

Cleanses the Blood,

Builds Up Strength,

Improves Complexion

As a result of debility, eickness or improper diet, the blood eften be-comes weak and umble to free itself

faltering step.

To retain the appearance of youth you must retain health. Instead of lotions, powders and paints, ask your druggist for Dr. Pierce's Favorite Prescription.

This famous medicine strikes at the very root of these enemies of your youthful appearance. It makes you not only look younger but feel younger. It overcomes the weakness and builds you up.

but feel younger. It overcomes the weakness and builds you up. Your druggist can supply you with liquid or tablets; or send ten one-ceptetamps to Dr. Pierce's Invalids' Hetel and Surgical Institute, Builaid, N. Y., and a trial plg. of the tablets will be mailed to you. Dr. Pierce's Feworite Freeserighton has been in use 50 years. This is what one woman says: Burners, Arra.--** an glad so be able to recommend Dr. Pierce's Favorite Freedriction as I certainly think is is a splittid medicine. I have been rin flown and sickly for main't workers. I have Staky figure sub obties * Prescription and sound is a wonderful hete.--Mas. H. Wolstars other.

Mother-I didn't hear you cry. Little Son-I thought you were out.

Minard's Limment For Colds, E'e.

A CLEAN SEND-AWAY

A country farmer lad was writing a letter to a city friend. Having no other envelope than a very dirty one that he had carried in his pocket for quite a while, he used it but an-nexed at the end of his letter: "P. S.—Piesso axouse the enve-lope. It was clean when it left my hands."

Minard's Liniment Per Distemper.

VARIETY, THE SPRCE OF LIFE. In tropical olimates white men-lose their "go," inflatige and effic-iency. Too many of them actually degenerate, morally and physically. The strange thing is that this is not due to the great heat so much as to the unchanging climate, with its utter lack of stimulating atmospheric con-ditions. It is in variable climates like our own that the weild's best own has been done. And by look-ing at a globe you will ase that most of the big contress of human activity lie in the same parallel of latitude. The explanation seems to be that un-changing extreme heat as coid robs both mind and body of hoenness and vitality, whereas frequent changes of temperature supply man with those electric tonics which make for health and efficiency.

VARIETY, THE SPICE OF LIFE.

Don't Submit to Asthma. If you suffer wishout hope of bracking the cheins which biad you do not put off another day the purchase of Dr. J. D. Kellogg's Ramedy. A triad will drive away all doubt as to its officiency. The sure relief that comes whi con-vince you more than anything that can be written. When help is so sure, why suffort This matchless remedy is seld by dealers every-where.

Minard's Limment For Garget in Cow