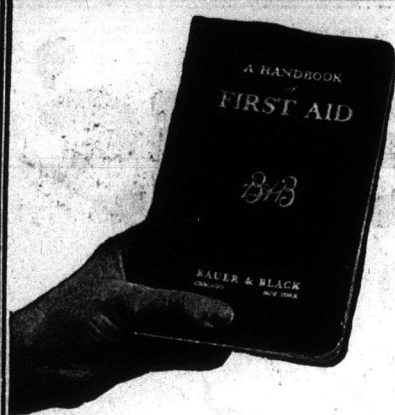




B&B Double-Sure Products

Sold by All Druggists
Absorbent Cotton
Bandages and Gauze
Adhesive Plaster
Fumigators, etc.
USE THEM FOR SAFETY'S SAKE

First Aid Book—10c What to Do in Any Emergency

We issue this book for half what it costs us to foster efficient first aid. It was written by a famous surgeon, now a Major in charge of U. S. Army Field Hospital. It tells what to do in any form of accident or emergency.

In shocks and sickness—
In burns and bruises—
In wounds and sprains—
Hemorrhage or fainting—
Drowning or electric shock—
Any sort of poisoning.

The book contains 128 pages and over 100 illustrations. It is a complete and authentic reprint of our book that sells for 50 cents. Every home at some time has urgent need for it, when a life may be at stake. We ask 10 cents merely as evidence of serious intent. The book costs us much more.

Be Double-Sure

This is part of our effort to prevent careless wound-dressing. And to help you fight germ infections. Another part is to make dressings that are sterile and enable you to keep them sterile. We are at war with half-way measures. We urge you to be double-sure.

What You Need

What you need in the house—all

the time—is B&B Absorbent Cotton, B&B Bandages and Gauze, B&B Adhesive Plaster.

You need the B&B brand for the following reasons:

B&B Cotton goes through 22 processes. Our Cotton and Gauze are twice sterilized, once after being sealed.

B&B Arro Brand Cotton and Handy-Fold Gauze are both put up in germ-proof envelopes—enough for one use in each. They keep their sterility for years.

Both are also put up in handy packages. No need to remove the roll. Cut off what you need and leave the rest untouched.

B&B Adhesive

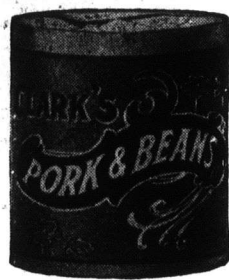
B&B Adhesive plaster is rubber coated. It is prepared especially for surgeon's use. But it sticks to anything without heating or wetting. And it stays stuck. Every home has a hundred uses for mending rubber, glass and wood.

Our First Aid Book tells how these things are used. Also hundreds of other things—knowledge you should keep on file. We will mail it for ten cents. Address First Aid Dept. 18.

Always call the Doctor Remember First Aid is only first aid

BAUER & BLACK, Chicago and New York
Makers of Surgical Dressings

Clark's Pork and Beans



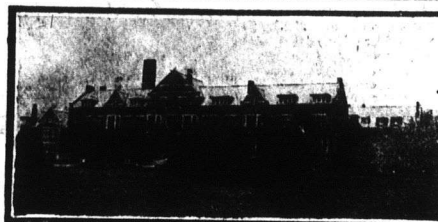
The value of BEANS as a strength producing food needs no demonstration. Their preparation in appetizing form is, however, a matter entailing considerable labor in the ordinary kitchen.

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



St. Andrew's College

FOR BOYS
Toronto UPPER AND LOWER SCHOOLS Canada
Careful Oversight. Thorough Instruction.
Large Playing Fields. Excellent Situation.
REV. D. BRUCE MACDONALD, M.A., LL.D.
Calendar sent on application. Headmaster

usually walked all the way, allowing the oxen to carry the burdens. It took four days each way at best, and the nights were all spent in the open. If the thermometer dropped far below zero, or a downpour of rain prevailed during the whole journey, they scarcely seemed to notice such conditions, but plodded on with an air of stolid determination. By night they built their bonfire near the trail, and lay down to sleep close beside it. They carried provisions to last the whole journey. This usually consisted of a coarse, close-grained rye-bread. If the temperature happened to drop much below freezing it was, of necessity, hard frozen. In such condition it might allay hunger, but it could do little towards combatting the cold.

In these early days the usual habitation of the Russian was the dugout, or a very small hut, built of spruce logs, and roofed with sods. In the first days there was no straw to be got with which to thatch a roof. Often the dugout stood alone for a couple of years. During this time it served as a shelter for the mother and children while the father sought some work in the city, or on the grade. For most of these people, when they arrived in the land, were pitifully poor. If they possessed enough money to buy a few garden tools, and some seeds, and flour enough to last the year, they thought themselves fortunate. The mother, with the aid of the children, cultivated a garden. If good fortune followed the man he earned enough in the first year or two to buy a yoke of

The floors of these houses are of clay, in some cases straw-strewn. The walls are smoothly plastered with clay, and limewashed to a dazzling whiteness. In some cases the room has been ceiled, and in that event the ceiling is white-washed. Often the poles and straw of the thatching is left uncovered. This in time gets browned with smoke, and presents a rather unique appearance.

The time-worn expression, "furniture is conspicuous by its absence," is literally true in this case. Somewhere in the room are some bare wooden bunks. The blankets in which the inmates wrap themselves at night are folded by day, and placed on the shelf near the ceiling. A stationary bench runs the whole length of one side of the room. A small cupboard on the wall contains the meagre supply of dishes, and a small table, or a packing-box to serve the purpose, completes the furnishings of the room.

In the matter of decorations the chief feature is a row of brilliant colored "ikons," or sacred pictures, placed near the ceiling on the east wall. Clustered around them there is sure to be some tissue paper flowers in equally gaudy colors. In some few homes a number of pillows in graduated sizes are piled one on top of another on one of the bunks, and reach nearly to the ceiling. The pillows are covered with a coarse, open, white material, and embroidered with heavy black and red cotton. This is the utmost word in decorations.

As you will readily surmise, the life lived within the four walls of this one



Dugout in which Russians lived in early days

oxen, and a few agricultural implements, and then he began farming on a very small scale, still spending considerable of his time on the grade, and depending on the wife and children to weed and harvest the crops.

Under such conditions it took some years before this isolated community took on any great semblance of Russia, but when the men had earned a few dollars, and had sufficient time to perform the tasks, the heavily-thatched houses, built always facing the south, began to spring up beside the trails, surrounded by their groups of thatched out-buildings. About the same time churches and chapels were built, and this added the finishing touch to the already foreign setting of these strangely garbed people.

The homes built by these people have but two rooms. Only one of the two has an outside door, and it is quite usual for this room to have only one small window, or sometimes none at all. The room serves only as a kind of entrance hall. There is no provision made for heating it, therefore for many months in the year it serves no purpose as a living-room. The inner-room usually has from three to four windows. These are small, and stationary, and invariably guiltless of either blind or curtain. However, it is quite usual to find them filled with some hardy specimens of house plants.

In the corner of the inner room is built the mud stove, with a huge mud chimney leading to the peak of the roof. This stove occupies considerable space in the room, indeed is so large that the whole family will sleep on top of it in cold weather.

room is exceedingly primitive. The chief articles of diet are rye-bread, a stew made of garlic and meat, sauerkraut, and boiled vegetables. In many cases the whole family partakes from one large bowl, set in the centre of the table. Since there are no chairs they must perforce stand while eating. The necessities of life may be present in this home, but there is an utter lack of anything in the line of comforts, entertainments, or amusements. It serves as a shelter from the inclemencies of the weather, a place in which to eat and sleep, but since its appointments are so exceedingly simple the routine of the housework occupies little of the housewife's time. That does not mean she is idle. Her time is occupied in farmyard and field.

The Russian home offers little in the line of either necessities or comforts for the sick. Isolation of the sick one is, of course, impossible. No matter what the malady all inroads of fresh air are cut off, and fuel is heaped on the fire. It is more probable that this is thought of as a means to making the patient comfortable than as a cure-all for disease, for in the case of sickness the Russian is a fatalist. He believes that all suffering was sent for the purification of the soul, and the ultimate good of man, therefore he is little apt to try to alleviate his sufferings. Rather he will endure them stolidly.

In no place will you see the Russian in all his picturesqueness to a better advantage than by attending divine service in some of the churches in the Albertan colony. Long before the hour of service heavy wagons, drawn by horses, or oxen, begin to make their ap-