

## Give him BOVRIL

Bovril presents the goodness of beef in a handy, readily-prepared and easily-digested form. It is a wonderfully warming winter beverage. It builds up the weak constitution and strengthens the strong one. It guards against the attacks of colds, chills, and influenza.

Directions on every bottle.

## Parowax

(Pure Refined Paraffine)

Washes clothes cleaner and whiter. Cannot possibly hurt the daintiest fabric.

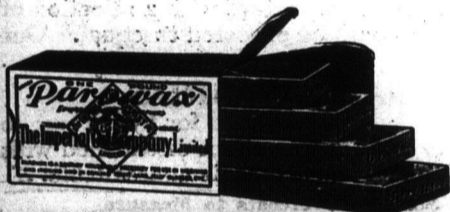
Parowax has the cleansing power of naphtha and benzine. It is nature's concentrated cleansing force refined into pure white wax.

Just add a little shaved Parowax to the soap in the wash-boiler. It does away with all the hard, destructive rubbing on the washboard.



THE IMPERIAL OIL CO., Limited

Toronto Montreal Winnipeg Vancouver  
Ottawa Quebec Calgary Edmonton  
Halifax St. John Regina Saskatoon



Just try Parowax. Pound and half-pound cartons. Grocers and department stores everywhere.

## CLARK'S PORK & BEANS



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

CLARK'S PORK & 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



## BLACKWOODS PICKLES ARE THE BEST

Ask your dealer for BLACKWOODS Chow Chow, Sour Pickles, Sweet Pickles, White Onions, Worcester Table Sauce, Mustard Sauce and Sauer Kraut.

THE BLACKWOODS LTD.

WINNIPEG.

had to be rafted across rain swollen streams and sloughs. With a yelling of incantations that would have stupefied more sober brutes than oxen drawing kegs of whiskey, down swooped the Blackfeet at just these hard spots. Sometimes the raids took place at night, when tethers would be cut and the oxen stampeded with the bellowing of a frightened buffalo herd. If the smugglers made a stand there was a fight. If they drew off, the savages captured the booty, and there was also a fight; but in this case the victims were the Indians killed in their own drunken brawls.

Protests from the fur company defrauded of lawful trade, and petitions from the missionaries, called the attention of the Dominion Government to the outrageous state of affairs at the foothills of the Rockies. An act was passed for the formation of a mounted constabulary. The spice of danger, devilry and adventure in the duties of the new force appealed to the popular mind. Men of all ranks tumbled over each other in their eagerness to enlist. Three hundred men were enrolled and drilled, and in July, 1874, the Mounted Police began their famous march of two thousand miles across the prairie to the foothills, two divisions striking off northward, one only coming to Old Man's River, the smugglers stronghold, where Colonel Macleod at once marked off the square for a fort, and hoisted a British flag in opposition to the smuggler's regime. The goodwill of the Blackfeet was soon gained, and a friendship established between the Mounted Police and the Blackfeet that has lasted to the present day.

### Going Barefoot

There once was a theory, cherished by fond and fussy mothers, that going barefoot caused children's feet to "spread." These worthy mammas had a vision of a foot flattened out like a buckwheat cake, which would in later years require a monstrosity of a shoe to cover its hideousness. Sometimes they permitted their little boys to cast off their shoes and stockings, for masculine pedal beauty is not an altogether necessary thing. But their little girls were compelled to confine their pretty toes as sacredly as the tortured maidens of China. The prospect of corns and bunions and deformities were as nothing in comparison with the horror of "spreading" feet.

It is fortunate for Young America that this foot spreading fetish has been cast down. Nowadays it is really a sign of merit for a mother to have barefooted children. It indicates that she has regard not only for the pleasure and happiness of her youngsters, but also for their health and hardiness. Even in the city she permits her children to wear sandals, with or without stockings, which is the next best thing to going barefoot.

A merry party being gathered in a city flat made such a racket that the occupant of a neighboring apartment sent his servant down with a polite message asking if it would be possible for the party to make less noise, since, as the servant



Mounted Police Wagon and Escort

The smugglers were too wary to call down attack from the entire Mounted Police force by attempting armed resistance. They played the well-known game of smugglers the world over. Whoop-Up lay in the bottom of a deep ravine. On one side was a defile in the hills known as "Slide Out." On the other side was a narrow pass called "Slide In." When the red coats rode clanking through "Slide In," the smugglers quietly slipped away through "Slide Out." Patrols scoured the boundary line to the south, passing along the Fort Benton trail, and found their smugglers with the loads of whiskey in a gap in the Milk River Ridge which has since been known as "Whiskey Gap."

At another point up the Belly River the smugglers had whiskey in a "cache" and were attacked by the confederacy of Blackfeet. After a stubborn fight the Indians were beaten off and they called the place "Stand Off." At "Freeze Out" a similar incident occurred, but the siege of the attacking party was of so long duration that the smugglers were compelled to surrender, hence the name "Freeze Out." "Robber's Roost" has whiskey connected with its name also. The booty was stolen, and for this reason and probably some other not known, the appellation "Robber's Roost" was applied to the place and district.

The complete gamut of smuggler's wiles had soon been exhausted by police vigilance. In a few years the smugglers had either withdrawn from the country or taken up more lawful methods of barter. Some of the old names given to places in the days of unlawful whiskey selling and Indian encounter, have been changed to those better fitting the position the places have taken in the agricultural and industrial world. But "Whiskey Gap" is still "Whiskey Gap," and "Stand Off" is "Stand Off." Similarly "Slide Out," "Whoop Up," "Bull Horn," and "Jumbo Valley" have not changed the names by which they were first known.

announced, "Mr. Smith, says that he cannot read."

"I am very sorry for Mr. Smith," replied the host. "Please present my compliments to your master, say that I am sorry he cannot read, and tell him I could when I was four years old!"

### AFRAID TO EAT

Girl Starving on Poorly Selected Food.

"Several years ago I was actually starving," writes a girl, "yet dared not eat for fear of the consequences."

"I had suffered indigestion from overwork, irregular meals and improper food, until at last my stomach became so weak I could eat scarcely any food without great distress."

"Many kinds of food were tried, all with the same discouraging effects. I steadily lost health and strength until I was but a wreck of my former self."

"Having heard of Grape-Nuts and its great merits, I purchased a package, but with little hope that it would help me—I was so discouraged."

"I found it not only appetizing but that I could eat it as I liked and that it satisfied the craving for food without causing distress, and if I may use the expression, 'it filled the bill.'"

"For months Grape-Nuts was my principal article of diet. I felt from the very first that I had found the right way to health and happiness, and my anticipations were fully realized."

"With its continued use I regained my usual health and strength. To-day I am well and can eat anything I like, yet Grape-Nuts food forms a part of my bill of fare."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.