

## A PAGE OF GENERAL INTEREST TO WOMEN READERS

The three words that tell the whole story of a perfect cup of coffee, from plantation to breakfast table—**"SEAL BRAND" COFFEE.**

In 1/2, 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 187  
CHASE & SANBORN, MONTREAL.

## ODDS AND ENDS

Picked Up by Penelope Penn.

"It makes me sick," said the Shop Girl, the other day, "the way people exchange things they get for Christmas presents." "Not really?" I asked in astonishment. "Why it's done every day at my counter and all over the store. People that get plain linen handkerchiefs want to change for fancy ones, and girls that get brown stockings want silk ones, and at the jewelry counter they are still busy, just changing things. It takes away the joy of giving to think that folks aren't satisfied with gifts, and at Christmas, too."

**Killing the Calves.**—All sorts of excuses are offered for the high price of beef, the most plausible being the alleged demand for veal—"the killing of calves which should be allowed to grow into regular beef." You cannot have both if you can have it as veal. Let you can have it as veal.

**Shredded Wheat Biscuit** which contains more real nutriment than beef and costs much less. Shredded wheat biscuit is the whole wheat steam-cooked, shredded and baked. Make it your "meat" for ten days and see how much better you feel.

Wholesome and strengthening for any meal with milk or cream or in combination with fruits.

Made in Canada

Little Jack Horner Sat in a corner, Eating no Christmas pie, Instead, with his thumb, He nibbled on a crumb.

Old Mr. Hubbard Went to the cupboard, To get himself a bite, Nor eggs nor butter, Nor the price had soared clean out of sight!

Ho was a dear, homely, Arcadian terror. I never knew his real name, but to me he was just Brown Eyes. All last summer he spent much time on a certain lawn, secured to a young tree by a long chain. Every day, as I passed by, he would look wistfully up, bark in his friendly way, and wag his stump of a tail to the best of his ability. Sometimes an intrepid cat would trot across the grass and stand with a Cheshire grin, while Brown Eyes whined and strained at his chain in his eagerness to chase the intruder. Sometimes the bonds

would be loosened, and then what a glorious romp he would have with the kiddies, and woe betide any fellow-bundle that presumed to invade his territory.

We got to love Brown Eyes, with his odd, whimsical face, and friendly ways. But now the doggie is no more. Just yesterday, we hear of the hasty action of some fool with a gun. Some person, who through a bit of spite, sent a bullet winging on its way, with all too true an aim. And all is over. Never again will the faithful four-footed friend greet us. Never again will he frolic with his little playmates. But we shall not forget, Brownie. Your memory will long be treasured as one who loved himself friendly, and whom we loved as a friend.

Just to console the folks that are fretting over the high cost of living, here is a quotation from an article on scientific cooking relative to the unedible nature of articles quite unedible in themselves: "Mr. W., speaking on this subject, asks 'whether a very great refinement of scientific cooking may not enable us to convert nutshells, woodshavings and sawdust into wholesome and digestible food?' and he answers: 'I have no doubt whatever that it can.' Other scientists see nothing unreasonable in such an opinion. In the chemists' laboratory already an old handkerchief and a piece of an old shirt have been turned into sugar."

Woman Work Hard, But More Fit Than Before War.

Welfare workers in the great East End of London report that families in that district have suffered much less than might have been expected from the high cost of food, says an exchange. The "six-penny meal," which used to include three-pence worth of meat, a penny's worth of green vegetables, and a penny's worth of potatoes and a penny's worth of bread, is, however, a thing of the past. Fish and eggs are now unobtainable luxuries. But the housekeepers, busy mothers and breadwinners, they used to do, and always they buy great quantities of bread. The most severe were it not for the fact that the women are all at work. And welfare workers insist that the work which the East End women are doing has in many cases been a great boon to them physically as well as mentally. One family, for instance, is lifting heavy sacks in a flour mill, others are screening coal and handling eight tons to every five tons formerly handled by the men they have replaced. In addition, these women are doing their own housework and caring for their children at home when a man would be doing for the day. The reasons given for their fitness are significant. As one report phrases it, "they are now earning enough to feed themselves properly and they are freed from the first time from the weekly worry of providing food for Friday and Saturday from an empty purse."

AS A WOMAN THINKETH. (Daily Ontario.)

SOMETIMES I wonder why I LIKE meat. They always call at inopportune times. When I have just laid down my hair and slipped into a kimono and am dying to finish a novel.

And stay away at other times when I am dressed up and lonely and restless. And take me to plays I don't care to see and to cafes that bore me.

And worst of all, they come anywhere that I am particularly longing to go. And most of them have little bald spots on top of their heads.

And rough chairs. And small tables and bay runs. And talk about THEMSELVES. Or about other women.

And are sentimental at the most impossible and preposterous moments. And distrust, or indifference, or grouchy at the most romantic moments.

If they try to flirt with me it makes me indignant. And if they don't it makes me furious. If they fall in love with me I am always unhappy in the end. And if they don't I am unhappy from the beginning to the end. If I marry one of them I know I shall be pained.

And if I don't I know I shall be utterly miserable! And YET, After all, They are the ones who there ARE to flirt with, Or to marry. And, next to a baby or a kitten, the nicest thing there is to kiss. And there are times when NOTHING on earth will take the place of one of them.

Not even ART or a policeman! Because a policeman never calls you pet names. Nor takes you out to dinner. Nor sends you candy and violets. And ART is SO impersonal. You can't run your fingers through its hair. Nor talk baby talk to it. Nor quarrel with it when you need a little excitement. Nor make it miserable by flirting with somebody else. And there is nothing in the whole wide, wonderful world so comforting. As a nice, rough, shaggy coal-cleaver TO CRAY ON!

So I have decided That there is a real NEED in the world for men— Even for husbands And BACHELORS!

## Advertiser Patterns

1880

1880-Khaki cloth, galatee, serge, cheviot, velvet, mixed suiting and corduroy would be nice for the trousers. For the blouse, linen, madras, percale, and crepe would be very appropriate. The trousers are in bloomers style. The blouse has tucks on the sleeves at the wrist and the closing is under the box plait at the center.

The pattern is cut in five sizes, 6, 8, 10, 12 and 14 years. It requires 2 1/2 yards of 36-inch material for the blouse and 1 yard of 44-inch material for the trousers for the 8-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

ADVERTISER PATTERN DEPT. Please send above-mentioned pattern as per directions given below, to:

Name \_\_\_\_\_ Town \_\_\_\_\_ Province \_\_\_\_\_ Age (if child or misses' pattern) \_\_\_\_\_ Measurement, Bust \_\_\_\_\_ Waist \_\_\_\_\_

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent, please enclose money for 25, 35, 45 or whatever it may be. When in waist measure, 22, 24, 26 or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from date of receipt.

OLD LO. LO. LO. POOR

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## Chapman's January Sale

**MILL-ENDS OF EMBROIDERY**

—In bunches of from 4 1/4 to 5 yards, a big variety of mill ends of Embroidery Edgings and Insertions, including cambric, Swiss, madapolam and organdie; fine work, fresh and clean; bought at special prices for our January Sale. Pick out what you need for spring sewing.

—EDGINGS, one to four inches wide, the finer ones are of organdie, 4 1/4 to 5 yard bunches, for, per bunch ..... 20c, 25c, 30c, 45c, 60c, 65c and 75c

—INSERTIONS at, per bunch ..... 20c to 75c

—LACES, narrow vals and cotton torchons. January sale ..... 12 yards for 25c

**MEN'S KHAKI SOCKS.**

—Another lot of those Heavy All-Wool Khaki Socks for soldiers and outdoor workers which sold so quickly when we had them a short time ago; worth 65c. Our price, per pair ..... 49c

**GIRLS' SKATING CAPS.**

—Two dozen Girls' Knitted Skating Caps in grey, blue, rose and red and a few colored, also a number of scarfs. To clear ..... 98c

**CASHMERE HOSE, SIZE 8 1/2.**

—Before stock-taking we want to clear a few surplus boxes of size 8 1/2 Women's Fine All-Wool Cashmere Hose, English and Canadian makes; regular 75c and 85c values. To clear, per pair ..... 58c

**WHITE VOILE WAISTS, 98c.**

—Smart styles, with attractive collar features; sizes 36 to 44. PETTICOAT SALE, 88c.

—Black Moire Petticoats, also Black Sateen with jersey knit top; all sateen in paddy, navy, purple and king's blue; worth \$1.25. January Sale price ..... 98c

—Sale of HOUSE DRESSES ..... 98c

—Sale of LONG KIMONOS ..... \$1.50

**BEDSPREADS, \$1.50**

—Size 76x98 inches, large size Bedspreads, block pattern; value \$2.00. January Sale price ..... \$1.50

**MILL ENDS OF COTTON.**

—Splendid White Cotton in mill ends of one to ten yards. Special price for the January Sale.

**J. H. Chapman & Co., 239, 241, 243 Dundas St.**

**VERSE**

NEW AND OLD

THE PRISONER IS THE MOTHER OF THE GIRL I LOVE.

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## EDDY'S MATCHES

Although somewhat increased in price owing to the continued high cost of potash, glue and other raw material, are of the usual high standard of quality which has made them famous for two-thirds of a century.

Always Ask For EDDY'S MATCHES

Appetizing Satisfying

**Rideau Hall Coffee**

Made from choice beans and sold only in sealed tins.

Gorman, Eckert & Co., Limited

LONDON and WINNIPEG

INFANTS-DELIGHT TOILET SOAP

I for the Shampoo

"INFANTS-DELIGHT" is a real pleasure. The rich, foamy lather penetrates to the roots of the hair, cleansing the scalp and rendering the tresses soft and fluffy. It's liberating to soften the water.

Sold in dainty cartons.

One Price 10c. Everywhere

JOHN TAYLOR & CO. LIMITED

TORONTO

## DAILY BIBLE QUESTION CLUB

By Rev. T. S. Lincroft, D.D. (All Rights Reserved.)

The six daily studies for this week concern the International S. S. Lesson for next Sunday. Read the Bible story on which this study is based. As you ponder the following questions, "Join the Bible and Jesus." John, 1, 1.

Golden Text—"Behold, the lamb of God, that taketh away the sin of the world!" John, 1, 29.

5. Verses 12-14—Why has the community a right to ask of every man, "Who are you?" What are you doing? What are your works?

6. Verses 22-24—What is the substance of John's answer to the priests at the Levite?

## EVERYBODY NEEDS PURE, RICH BLOOD

Pure blood enriches the stomach, liver and other digestive organs to do their work properly. Without it they are sluggish, there is loss of appetite, sometimes faintness, a deranged state of the intestines, and in general, all the symptoms of dyspepsia.

Pure blood is required by every organ of the body for the proper performance of its functions.

Hood's Sarsaparilla makes pure blood, and this is why it is so successful in the treatment of so many diseases and ailments. It acts directly on the blood, ridding it of scrofulous and other humors. It is a peculiar combination of blood-purifying, nerve-toning, strengthening substances. Get it today.

CEETEE UNDERCLOTHING

## Hats, 50c

—Choice of a hundred or more Untrimmed Velvet Hats. Wednesday at ..... 50c each

—Black, Brown, Green, Navy, Garnet and Copen Velvet Hats for ladies and misses; some are ready to wear; the balance are untrimmed shapes, all new and desirable; regularly priced at \$1.50 to \$3.00. In addition to these a table of Children's Hats, formerly \$1.00 to \$3.00, cute shapes, trimmed and ready to wear. This sale start Wednesday morning and continues all week.

**STAMPED CENTREPIECES.**

A rare bargain for fancy-workers—9, 12 and 18 inch Stamped White Linen Centrepieces, beautiful designs—stamped pin-cushions, voile and silk crepe boudoir caps, fancy aprons, etc., all stamped ready to work; samples worth 25c and more. Choice, each ..... 15c

**KID GLOVES.**

—Eleven dozen Women's Kid Gloves, black, in all sizes 5 1/4 to 7 1/4; white, 5 1/4 to 7; tans in small sizes only; also a few pairs of black suede; \$1.25 and \$1.50 value. At, per pair ..... \$1.00

**FRILLING.**

—Silk Chiffon Frilling, in cream, white, ecru and black; was 50c. At, per yard ..... 25c

**HOSE SUPPORTS.**

—Women's Pad Hose Supports, four elastic; 25c. At, per pair ..... 17c

**WOMEN'S COMBINATIONS.**

—Fine White Wool Combinations, Watson's make, with closed crotch, short sleeves in ankle or knee length, the same garment available with long sleeves and in ankle length; large sizes; slightly discolored or a knotted thread here and there is all that brands these as "seconds." Sale price ..... \$2.50

**READY-MADE SHEETS.**

—Extra Heavy Twilled Cotton Sheets, size 2x2 1/2 yards, ready to use, \$2.50 value. At, per pair ..... \$2.00

**TABLE DAMASK, 69c YARD.**

—Floral and Stripe Table Damask, 70 inches wide; extra value at 85c. January Sale, per yard ..... 69c

## Dry, Hoarse or Painful Coughs Quickly Ended

Home-Made Remedy That Saves You \$2—Does the Work Thoroughly.

The prompt and positive action of this simple, home-made remedy is quickly healing the inflamed or swollen membranes of the throat, chest, or bronchial tubes and thus stopping the cough, has caused it to be used in homes from any other cough remedy.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, combined with guaiacum and is known the world over for its promptness, ease and certainty in overcoming the most stubborn coughs, colds, croup, whooping cough, bronchitis, asthma or winter cough.

To make this splendid cough syrup, pour 2 1/2 ounces of Pinex (50 cents bottle) into a quart of water and all the bottle with plain granulated sugar syrup and shake thoroughly. You then have a delicious, refreshing, and powerful cough syrup that you could buy ready-made for \$2.50. Keeps perfectly and children love its pleasant taste.

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To avoid disappointment, ask your druggist for "2 1/2 ounces of Pinex" with plain extract, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Company, Toronto, Ont.

## COMPASS OIL

Three drops, heated in spoon, and dropped into ear, cures.

Washing Compound

WON'T SHRINK WOOLENS

ESTABLISHED 1873.

RAW FURS

Highest Prices Paid. Trial Lot Solicited.

John Marshall & Co.

Wholesale Manufacturing Furriers

## CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

SPINACH, PECK, 30c