

Baker's

Cocoa

stands
all
tests of
laboratory
and home.

It is pure, it is
delicious,
it is
healthful.

Walter Baker & Co. Limited
ESTABLISHED 1780
MONTREAL, CANADA • DORCHESTER, MASS.

**Modern
Complexion Cream**
will transform your
complexion

NO need to prolong the embarrassment of a faded, lifeless complexion. Tone up the capillary glands with the smoothing stimulus of Modern Complexion Cream and you, too, will marvel at the beautiful softness it will impart to your complexion. My patrons everywhere delightedly commend its enduring benefits. The price per jar is fifty cents. Write for Booklet J to-day. It's free.

The Ladies' Shop
Salon, 442 Yonge St.
TORONTO

*How To Retain
The Youthful
Appearance
of Face
and Form*

CURLY HAIR

"WAVCURL" Imparts Beautiful PERMANENT CURLS. One packet sufficient, however listless your hair. One testimonial says: "My hair soon became a mass of wavy curls." Result certain. Price 2s 9d. Special reduction for few weeks. Send 1s 6d only for large size 2s 9d packet.

The New Wavcurl Co., 67 Cromwell House, Fulwood Place, Holborn, London, W.C., England.

EARN \$10.00 A WEEK AT HOME

The Hosiery trade is booming. Help to meet the huge demand. Industrious persons provided with profitable, all-year-round employment on Auto-Knitters. Experience and distance immaterial.

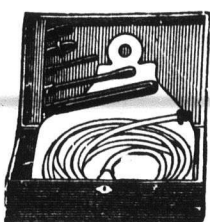
Write for particulars, rates of pay, etc. Send 2 cents in stamps.

Auto-Knitter Hosiery (Can.) Co., Ltd.
Dept. 388E, 257 College St., Toronto

If It's Made of
RUBBER
We Have It.

Write Us and mention your wants.

Camera Supply Co.
350 Beury St. - Montreal



Woman and the Home

My Motto

I would be true, for there are those who trust me;
I would be pure, for there are those who care;
I would be strong, for there is much to suffer;
I would be brave, for there is much to dare.

I would be friend of all—the foe, the friendless;
I would be giving and forget the gift;
I would be humble, for I know my weakness;
I would look up, and laugh, and love, and lift.

Preparation, Mother of Opportunity By Ann Archer

I sought fair Opportunity; 'twas said that she
Held all the blessings of the world in store,
Who won her favor never wanted more.
From youth till age, thro' weary, fruitless years,
I sought my Lady of the fabled grace;
Vain my devotion, vain my prayers and tears,
I could not gain the favor of her face.
Embittered by defeat, in deep despair,
I turned to my neglected humble task,
And raised my voice against the lady fair
Whose partial smiles, it seemed, 'twere vain to ask.

A seer who listened to my loud complaint,
Vowed he had found the Lady true to fame;
Then asked, as tho' he would my cause acquaint,
"My friend, give me the pleasure of your name."

"My name is Ramus, sir; Igno they called
Me in my youth." "Ah, yes," said he,
"I now
Recall the name, 'twas you refused to bow
To Preparation, who my heart enthralled."

"I pray your pardon," meekly I replied,
"The lady wished my footsteps to detain,
When I, with beating heart and frantic stride,
Sought Opportunity—Alas! in vain."
With patient mien, the seer heard all my woe,
"Your grave mistake," said he, "is made by many more;
Had you deferred to Preparation, no
Doubt Opportunity had met you at your door." Zimmer, Neb.

Where Cloth Moths Find Food

There are four stages in the life of the moth; the egg, the larva, the pupa, the moth. The moth generally deposits its eggs where the larva may find suitable food—that is, in furs, feathers and wool materials.

The larva emerges from the egg in the form of a worm which immediately begins to feed upon its surroundings. It makes a case for itself with particles of the materials upon which it feeds, and moves about in this. If the article in which the eggs were deposited is soiled the development of the larva is rapid, and as a consequence the destruction of the material is greater than it would have been had the article been clean.

When the larva reaches full growth it fastens itself to some substance, generally the article on which it has been feeding. In about three weeks the moth emerges from the case, and soon begins depositing eggs for a new generation. Now, although the moth does not directly injure fabrics, it supplies the eggs from which the destructive larvae are hatched. When moths are seen flying about there is every reason to suspect that the eggs are being deposited.

Don't Submit to Asthma. If you suffer without hope of breaking the chains which bind you do not put off another day the purchase of Dr. J. D. Kellogg's Remedy. A trial will drive away all doubt as to its efficiency. The sure relief that comes will convince you more than anything that can be written. When help is so sure, why suffer? This matchless remedy is sold by dealers everywhere.

One of the Most Dreaded Pests

Bedbugs are liable to find their way into any house or apartment, but it is the housekeeper's fault if they find lodgment there. As with all other insects, perfect cleanliness is the greatest safeguard. If they are found in a room immediate action should be taken. There are many agents for exterminating these bugs, but my preference is for naphtha. It is clean, does not injure anything, is easily applied, and is absolutely sure if enough is used in the right place. The only drawback is that the vapor is very inflammable, but if the work is done in the morning with the windows open, and there is neither light nor fire in the room, there is not the slightest danger. It must be remembered that these insects do not confine themselves to the bed. They get into picture mouldings, the backs of pictures, cracks in floors and walls, and in upholstered furniture.

When you are preparing to exterminate these pests get a spring-bottom oiler (a can such as is used for oiling machinery) and plenty of naphtha. Open the windows of the infested room. By means of the oiler force naphtha into every groove and crack in the room. Wet all the ledges over the doors and windows, the top of picture moulding, and every crack in the bed—which should previously have been taken apart—the mattress, pillows, etc. Have all the clothing put out on the line, and beaten and shaken well. Close the room, leaving the windows open, and after a few hours it may be swept, dusted and put in order. Another method is to fumigate with sulphur; or, oil of cedar may be used. Dip a feather or small brush in the oil and brush over the cracks and crevices. Shut up the room for several days. Air well before using.

Her Mission

She was only a little woman, 'tis true,
And hers was a common story;
She never had dreamed of a thing to do
That would lead to fame and glory.

She could not paint, and she could not sing,
And she could not write a sonnet;
She had not a face that could lend a grace
To a stylish love of a bonnet.

She had not wealth and she knew not ease;
She never had travelled for pleasure;
She knew not the art of charm and please
In the realm of social leisure.

And yet she deemed that her life was blest
In its humble sphere of duty,
Though only those who knew her best
Guessed half of its hidden beauty.

For hers was a genius for little things,
The realm of home to brighten;
And she scorned not the humblest work
That brings
Some force to cheer and lighten.

For comfort and order were hers to command,
And the joys of life seemed longer,
While childhood clung to her loving hand,
And manhood through her grew stronger.

And some who loved her were half afraid
That her sphere was far too small;
But, oh, the happy home she made,
Was a great thing, after all!

And when her beautiful spirit shall flee
From its realms of loving and giving,
Her stainless monument shall be
The lives that were blessed by her living.

—Woman's Life.

When Eye-glasses Blur

People wearing eye-glasses find it very annoying when the glass steams, blurs and gets frosted. To prevent this, take any good glycerine soap, rub a little on each side of the glass (use no water), then polish with tissue-paper or a soft cloth. It removes grease and grime, also stays polished much longer than with the ordinary cleaning.

The more you
know about
Coffee —



The better you
like - **SEAL
BRAND**

In ½, 1 and 2 pound cans.
Whole—ground—pulverized—
also Fine Ground for Perco-
lators.

171



Gold Standard

CHAFFLESS
COFFEE

SATISFYING to
the keen appetite,
whetting to the
listless one.

Get a can from your
grocer to-day.

The Gold Standard Mfg. Co.
Winnipeg, Manitoba

30