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Manufacturers of Ladies' Silk Knitted Coats, Men's, Women's and
Children's Worsted Sweater Coats, Fancy Knit Goods, Hosiery, etc.
Also Hand Knitting Yarns suitable for Knitting Soldiers' Sox, etc.
Dunnville, Ontario, Canada

## The cirimidem e, we realize that we

A MERRY CHRISThave open to us only one way to make Christmas merrier for our readersthat is to give them a better '"Everywoman' World.'
This, in all earnestness we strive to do.
You know we are still very young. This is just the fifth time we have been able to say "Merry Christmas" to our readers. But how kind everyone has been to us in our efforts to make a great, truly Canadian, woman's magazine! How generous has been the encouragement to us to build up a journal devoted wholly to Canadian Home interests!

If then, our Christmas number is the best 'Everywoman's World" you have ever received you may thank yourself, for, your part of it has been as important as ours.

## "Canada Ahead"

WE cannot help but think that our readers are as ambitious for "Everywoman's World" as we are. Now that Canadian women have united in the support of a great magazine of their own, many of our ambitions-theirs and ours - will be realized.
Next month's number-the "Canada Ahead" edition-will be not only an intensely Canadian issue, but the best magazine we have ever published.
And so on through 1918, each succeeding issue will be better than the one before. This is our plan of progress and we call all our good friends to witness, as the months pass by, how surely it will be carried into effect.
Mark, then, our first step in January, in the
Canada Ahead" number, And, lest you should miss receiving a copy we call attention to our little reminder-the coupon on the outside aisle at the very back of the Ground Floor

## Canadian Art and Music

T
HEY say it pays to advertise. Did you ever think, however, that advertising might be a duty to the public? No? Well, what do you know about our great artists in Canada? Did you think we had none?
Some people-we fear too many-believe that art does not flourish in Canada. And why? Simply because we Canadians have not done our duty in advertising to ourselves and to the world the achievements of our artists.
Katherine Hale, who writes authoritatively on art subjects in many American and Canadian publications, will contribute a page on Canadian Art and Music to January "Everywoman's World." You will feel a glow of pride in our Canadian artists as you read this clever Canadian's interesting article.

## Scientific Selection of Husbands

EVERYBODY knows something about the sort of husband not to choose. But how to sort the desirables in order of merit is not so easily ascertained. True, we could bring our young men one by one to Professor Farmer and let him "read their heads" to see if the bumps placed thereon by nature were such as to insure a peaceful conjugal future for all concerned. For the bumps before marriage determine the
ecessity or otherwise of administering bumps to the beloved one after the knot is tied.
Professor Farmer's fees for phrenological reports on all of one's suitors at the usual $\$ 15$ per reading would, in some cases we know of, be prohibitive. But, in an article, "Whom should THIS Girl Marry?" in January's "Everywoman's World" he gives enough cranial tests to enable one to become her own selector of husbands. Let no one marry before reading this article.

## Who Marks the Spot

AST month, the Bell Memorial Monument AST month, the Bell Memorial There, was tangible evidence of the interesting activities of fine organization-the. Ontario Historical Society.

Canada has many, many spots made famous by the achievements of great Canadians. Some are endeared to us forever by the memory of heroic sacrifices made in Canada's early struggles for freedom. How interesting the study of Canada's historic landmarks can be is best told by one of the oldest members of the O.H.S., Mrs. J. B. Simpson, who has contributed an article on the subject to the January Number.

## And Now, It's Mountains

EVER onward, ever upward, woman ascends to her true sphere, politically, socially, commercially - and in every way.
"Then why not do more mountain climbing?" asks Frank Yeigh, official outdoor inspector of Canada. Next month he tells about this fascinating new sport for women.

## All Aboard

NEXT month, we take the readers of "Everywoman's World"-the whole 125,000 -on the first of several big excursions-imaginary excursions, of course, on a train of thought.

The first stop is Montreal, admitted by all to be Canada's greatest Metropolis, and unquestionably, the headquarters for Canadian Romance.
Those who have commercial business in Montreal will not find time to attend to it on this trip. For there are so many really interesting things to see. We will be tourists and visit the places all have read about in
history-the scenes of the early exploits of our illustrious forebearsthe historic monuments in which Montreal abounds.
Come along. We start in the January issue.

## The New Politician

 WOMAN suffrage brings women face to face with new responsibilities. The first plunge into the political pool leaves one sort of shivery, does it not? There are many things we all should know about politics. We should study the affairs of Government. For now we are the "new politicians.'As Canada's greatest Woman's Magazine we intend to talk independent politics from now on. We will do our best to present the great issues of the day to our readers. Such deep thinkers on political subjects as H. F. Gadsby and Peter McArthur will, among others, contribute to our pages during 1918. The first articles will appear with the January issue.

## For Leading Woman in all of Canada

 We Nominate-AH, that's it. Whom do we nominate?
When we tell you, we believe you will agree that this great question has been correctly solved. Strange as it may seem, our nominations for the provinces have been almost unanimously endorsed by our readers. This gave us courage to make the more difficult choice of the leader for the whole Dominion.

Whom would you choose? Make your own nomination and see if it agrees with ours in the January issue.

## The Key To Power

$\tau \mathrm{HE}$ rectangular enclosure directly south is a new-comer to this page.
Innocent as it looks, it confers great power on those who use it. When you sign it you start in motion machinery that must deliver to you 12 issues of "Everywoman's World." So by a very simple act, you can make absolutely sure that you will receive the "Canada Ahead" number.

Of course, we still intend to notify every subscriber when her subscription is about to end But suppose the notice should not reach you! That mistake might happen. And you would miss the "Canada Ahead" number. Or, sup pose one of our subscription agents should forge to call on you! She might, you know. Or you might be out when she called.
Don't you think that putting this coupon right on the Ground Floor is the very best sort of insurance against disappointment

We think so, too.
Make sure NOW that you will receive the Canada Ahead" "Everywoman's World in January.

## Enclosed please find $\$ 1.50$ for ${ }_{\text {RENEWAL }}^{\text {NEW }}$ Subscription to EVERYWOMAN'S WORLD.

## Name.

Address.
Route No.
Town or City.


This is the Neōlin price ticket, which you will see on shoes with Neölin soles. Look for them in your dealer's window.

## Cuts Costs and Colds

O
UTSIDE the Schoolhouse the children are sliding in the slush and mud and wet. Little they care for damp feet and dripping shoes.
But what worries for mother. Wet-foot colds and doctor's bill; spoiled shoes and big shoe-bills.

Listen, Mother, you can't stop the winter weather. But you can stop buying leather shoe-soles that drink wet.

You can buy Neodin, the modern shoe-sole. You can get the kiddies to school dry-footed. And keep them dry all day. You can save shoes from being ruined by soaking wet.

And how Neolin does cut shoe bills. It lasts and lasts, twice, three, four times as long as leather-sometimes six times as long. Shoe-bills are easily cut in half.

Neolin is pliant. Let little feet grow strong as they should. It grips the ground, pavement and floor, and saves tumbles.

You will want Neolin goodness in your shoes, too. Go to your shoe merchant and ask to see his stock of Neolin-soled shoes. He should have many styles of shoes at varying prices with Neölin soles. Look in shoestore windows for the Neölin price-ticket illustrated here. Merchants who sell Neōin-soled shoes have been supplied with them.

Neolin has been a great success. Because of distinct superiorities it is replacing leather for shoe-soles. Neolin's appearance can be imitated. But Neolin's qualities are the result of methods

Now there are other soles that look like Neolin. But there is only one Neolin-and every pair is branded with the trademark below.

To be sure of the genuine Neolin -mark that mark; stamp it on your memory. Ask for Neōlin with the accent on the "o"-Neolin-the trade
symbol for a quality product of
The Goodyear Tire \& Rubber Company of Canada, Limited

EvERYWOMAN'S WORLD
Canada's Great
Chas. C. Nixon, Superintending Editor
ean Blewett, Companion Editor
Ernest
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Katherine M. Caldwell. Food Editor

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## Recall The Old Time Christmas Spirit

1N the days, the long past days, when Santa Claus sped of a Christmas Eve, through snowy clouds, over snowy roofs, to bring gifts to snowy little hearts, the tinkling of the bells on his reindeer and the deft swift movements of his Brownies were part and parcel of a merry Christmas. The young folks lay awake full of anticipation and their elders slept in dreams of past realization.

But to-day, we are led to believe that Santa Claus is equipped in a more modern style. His trusty reindeer and sled have been exchanged mayhap for a dirgible or an aeroplane, and the tinkling of the bells has been replaced by the whirr of the machine. Less romantic? Aye, but swifter. Less in keeping with the season? Probably, but certainly more practiable. So at least would think many a modern girl and boy when listening to the happy Christmas legend.

And therein lies the change in the Christmas spirit. Very little of the old romance is left. To a very great number its spiritual significance has become a thing of the past and materialism has taken a strong hold-too strong a holdupon the hearts and minds of the multitude. There is even an attitude of scorn toward the old legends, the quaint customs and the simplicity of the past. Even the children have taken upon themselves what many have been pleased to call a great modern wisdom.

LONG years ago when a certain group L of kings-three in number-travelled far with presents, with offerings of love for a new born King, what did they receive in return? The benediction, the heavenly love of the Infant- surely nothing material at least, nothing tangible. Yet they returned filled with a great joy, that "peace of God that passeth all understanding.'
But we!-how far are we removed! What a long way have the nineteen hundred and seventeen years carried us, from the spirit of that first blessed Christmas!
To-day it is a question of giving and taking.

If Mrs. Jones' gift to Mrs. Brown is worth five dollars, then Mrs. Brown worries if her gift to Mrs. Jones may not be valued at five dollars and a half.
And yet how much ranting there is done about the "spirit of giving."

The custom has come to be an obligation in a great many cases, and obligations are seldom agreeable. What a farce, then, is a "Merry" Christmas under these circumstances!

Many of us, this year, will have little to give; some few may have much. If our resources are great, let us give with a free hand


O little town of Bethlehem, How still we see thee lie; Above thy deep and dreamless sleep The silent stars go by;
$Y_{\text {et in th }} \boldsymbol{\gamma}$ dark streets shineth The everlasting Light;
The hopes and fears of all the years Are met in thee tonight.
How silently, how silently, The wondrous gift is given! So God imparts to human hearts The blessings of his heaven; No ear may hear His coming; But in this world of sin, Where meek souls will receive Him, The dear Christ enters in.
O Holy Child of Bethlehem, Decend to us, we pray;
Cast out our sin and enter in; Be born in us today.
We hear the heavenly angels The great glad tidings tell; O come to us, abide with us, Our Lord Immanuel.
-Phillips Brooks.
but let the incentive be a free heart. If we have little, then, indeed, should the love and goodwill be great to make up the deficit that the most optimistic of us will feel is there.

SCROOGE"-Dickens' characteristic miser-marked Christmas as a forbidding milestone on his road to the grave, a day on which his ire was aroused by the fact that he was a year older.

But Scrooge became transformed.
What a good old world is this, and what room there is in it for transformation!
Many of us have heretofore eaten our Christmas turkey with a grouch-which proved a not altogether palatable relish. The plum pudding may have stuck in our throats, because of our inability to digest the preparations of the days preceding.
Well, it isn't the turkey's fault, nor the pudding's, nor the family's, nor our neighbors'. Neither must the blame be attributed to Christmas. The "blueness," the "general grouch" is but a reflection of our own attitude. It corroborates the old saying, "Laugh and the world laughs with you; weep and you weep alone."
But there is no need to weep-there is too much sorrow abroad. On the battlefields our brothers will be making a mighty effort to keep cheerful. They will be expecting our co-operation. They will look to us for a message of hope and inspiration. They will want to think that over here, at least, there will be the same old Christmas spirit, the same wishes of joy and love and happiness.

THERE is no reason why the Christmas spirit should be as materialistic as the age. The beautiful old legends that made the festival so glorious still exist. They lack but the interpretation or, rather, the application. The back-ground, the setting, may not be the same. We have not the old fashioned yule log; modern kitchens may not permit of the huge copper wherein the pudding boiled; and, as we have said, old Santa likely uses an aeroplane instead of reindeer, but the hearts of the many, the good hearts and the glad hearts, must have the same capacity for radiating cheer.

Then let us go back to the old romanticism, for our Christmas spirit. Let us this year forget, if only for one day, the materialism of the age. On this Christmas morn, may there be one grand echo of "Tiny Tim's" Yuletide wish-"God bless us every one.'


# Sunlight can be kind or cruel 

cAN you face the strong sunlight with confidence?

Is your skin so fine in texture, so soft and clear that you do not hesitate to be seen with your face bathed in sunshine? Scientists say, strong sunlight is a thousand times stronger than ordinary electric light.

No matter what artifices you usesunlight reveals the real condition of your skin. If you have blemishes, pimples, blackheads or enlarged nose pores, sunlight reveals them conspicuously. It shows up a rough, scaly skin, a shiny nose or a pallid, sallow complexion.

You can look well in daylight, too
There is no reason why your skin should not be clear and lovely, always. Do not dread to meet your friends in the daytime. Begin now to make your complexion as lovely from nine o'clock to six as it is from six to twelve.
The Woodbury treatments are based on this fundamental fact: every day a change takes place in your skin. The

Strong sunlight is the real proof of your skin's beauty. At night, under soft shaded lights, you may succeed in making your skin appear attractive, but how does it look by day?
old skin dies, new forms. This new skin, when treated by the lather of Woodbury's Facial Soap, can be rendered delightfully clear, smooth and free from all blemishes.

The Woodbury treatments cleanse the tiny pores of the skin, bring the blood to the surface, and improve its circulation. They stimulate the small muscular fibers. As the new skin forms, you are surprised at its clearness, its smoothness, its glowing color !

## Follow these directions carefully

If you want to know how beautiful your skin can be-not only at nightbut in the daytime, too-just try the following treatment tonight.

Just before retiring, wash your face and neck with plenty of Woodbury's Facial Soap and warm water. Work up a good soapy lather in your hands and rub thoroughly into the pores, using an upward and outward motion. Do this until the skin feels somewhat sensitive. Rinse well in warm water, then in cold. If possible, rub your skin for five minutes with a piece of ice and dry carefully.

## In ten days, or a week even!

This Woodbury treatment, used nightly, should produce a marked improvement in a week or ten days. If kept up regularly, it will soften and beautify the very texture of vour skin-
and give you a comprexion you will be proud of !
You can secure Woodbury's Facial Soap at your druggist's, or at any counter where toilet preparations are sold. It lasts" remarkably. well, one 25 c cake being sufficient for a month or six weeks.

## Send for this booklet and sample cake

We have given only one treatment here. The many Woodbury treatments for the various troubles of the skin are all given in the booklet "A skin you love to touch." This booklet is wrapped about every cake of Woodbury's Facial Soap. For 4 c we will send you this booklet and a cake of Woodbury's Facial Soap large enough for a week of any Woodbury treatment. Write today! Address The Andrew Jergens Co., Ltd., 2612 Sherbrooke Street, Perth, Ontario.
For sale by Canadian druggists from

How to make your skin lovely by daylight, too


Firrt, wash , our face and neck with t plenty of Wood-
bury's
Facial soap



Next, work up a good, soapy ather in sour hands with
$W$ oodbury's Factial Soap.
 Rub the lather in well, al-
wavs with an unpuard and outward movement.


After rinsing, rub your fate for a fecu
pitce of ice.


Even the first treatment brings a ruddy glow, and
leaves the skin smoother

# THE PASSING OF THE CHRISTMAS GHOST 

## A Farewell to the Good Old Ghost Story

## By STEPHEN LEACOCK

Illustrated by FERGUS KYLE

17th century, and to call up pictures of cavaliers with pointed beards and long
rapiers, and Roundhead soldiers with steel rapiers, and Roundhead soldiers with steel
caps and cropped hair. In such a manor

.days good old days - which
means during
that bright epoch when I myself -Christmas Time an Christmas gatherings and the Christmas numbers of the magazines were par-
ticularly associated with Ghost Stories Everybody knows that there are certain times of year especially adapted for the reading of certain kinds of tales Love stories are for the summer time, to June leaves, or in the cushioned end of a canoe, moored beneath the overhanging branches oaring winds of the equinox belong with the flourish best in the murky evenings of November, when the fog lies thick upon the streets, and the autumn burglaries send a chill to the heart of the householder.
But for Christmas time with its roaring fires and
its bright holly and its merry its bright holly and its merry gatherings, the story Story.
No doubt there was a certain reasonableness in
this. The love story, as compared with the wider this. The love story, as compared with the wider love of "Whistmas time, shrinks to a poor selfish
thing. "Why can't they," exclaimed the Christmas thing. filled with roast turkey and mince pie somnolent to follow the elaborate intrigues of the hero and heroine, "why can't they love everybody? Why doesn't he marry both of them, all three of them, any number of them?". With which he puts the book aside and falls to thinking of the Children's Party that is to come that evening and wishing that he knew of a good ghost story to tell beside the fire. So, too, with the detective yarn. What have crime and robbery, pursuit and burglary to do with the soft atmosphere of Christmas? Why, bless my soul, a Christmas detective couldn't pursue a Christmas burglar a hundred yards. They'd both sit down puffing for breath and burst out laughing, each of them, at the jolly red face of the other flushed with
Christmas cheer and the exercise of running in the snow. My own opinion is that even Mr. Sherlock Holmes used to fatten up a bit at Christmas time, lost his haggard appearance of over-intellectuality, swore off cocaine, gave up drawing deductions,
presented a pair of bedroom slippers to his friend Watson, stupefied himself for two weeks with mince pie and plum pudding, and then "came to" some-
where about the first week in January and shuddered back again, as we all do, into his everyday life. But with Ghost Stories it is-or it was till yester-day-a very different matter. The bright eyes of children gathered round the fire, glistened brighter
still with the fearful fascination of the tales of haunted still with the fearful fascination of the tales of haunted
houses and mysterious apparitions, of ghosts that houses and mysterious apparitions, of ghosts that hollow vaults and moonlit crypts. Even the grownup people, who professed no belief in ghosts whatand shuddered at the gruesome shadows that it threw into, the dim corners of the room.

UT most of all was the Ghost Story a prime
favorite from the story-writer's point of view. It was so easy to construct. The shuddering reader came halfway to meet it. The dark night outside supplied the background. There was no local color needed-no character to delineate-nothing. One had but to begin with an ancient and gloomy manor house-by preference a Jacobean mastering in its strange little turrets and towers clustering in it roof-with a winding staircase somewhere the portraits of departed ancestors.

Into such a house one had only to put, or to suggest, the ghost of in fact in Anybody whose name to carry with it the memories of the civil war of the
there was always - was there not? one particular Everard Dig"walked" (that I think, is the phrase: these were, of course,
the days before the motor) It was the lone-
liest of $t h e$ liest of the towers with a
 circular, or no, room far up in the top of it, round
which the wind moaned sadly of an winter night. Even in the broad light of day few visited it, and those who did
climbed up the winding stairway, dark, climbed up the winding stairway, dark,
$\operatorname{dim}$, and dust-strewn, with something $\operatorname{dim}$, and dust-strewn, with something
of a shudder, or with the bravado of a forced gayety.

Into the tower room one might, I say, in daylight penetrate: and gaze with a sort of awe at the quaint Jaco-
bean furniture, unchanged and undisturbed (so ran the legends of the turbed (so ran the legends of the family) since one Christmas Eve of long
ago when Sir Everard sat at the little ago when ir Everard sat at the little the thought of murder in his heart. A long quill pen, it was, and with it Sir Everard was about to sign the parchment with the terms of surrender on it, handing over the manor house to his
cousin and his victor, Ronald Digby, the Roundhead cousin and his victor, Ronald Digby, the Roundhead
general-that grim stern man who stands beside the general-that grim stern man who stands beside ther Sir Everard's face. The portraits of both of them now $\operatorname{dim}$ /with age, are in the dining-hall below. And from them the , ghostly forms ore the mind's eye as one looks at the smooth oak table, and marks the strange dark stain that still shows, deep and guilty, after the lapse of two centurshows, deep and guily,

For it was here, was it not, that Sir Everard, forgetful of the honor of his house, struck the foul blow for which his ghost must walk two hundred years. The steel-gray eyes of the Roundhead were turned a moment, let us say, from Sir Everard's face. Perhaps there was a certain sobbing in the night wind outside, moaning over a christmas-tide of strife and bloos, And in that moment the poignard leaped from Sir Everard's belt and was buried in his cousin's heart. They carried the body, so the story ran, down the winding stair-Sir Everard with never a word, the men servants as they bore it whispering together in horror, but faithful even in their fear. Somewhere below they buried it, under the flagstones of the vault beneath the tower.
And that was Christmas
And that was Christmas Eve of 1645. Since that day, so runs the pegend, on every Christmas Eve at midnight you may see the light burning in the
windows of the tower room; and you may catch windows of the tower room; and you may catch
if you dare listen, from the darkness of the shrubberies outside, the sound of footsteps in the room and on the stair
way, and the moaning of a soul in distress that comes to you in the
pauses of the wind. For they say that Sir Everard's spirit every year each Christmas Eve, is doomed to come back again to the scene of his crime. There he must walk, each
Christmas night through, in the tower Christmas night through, in the tower room and/ up and down the winding peace, so runs the legend of the family till some one of his descendants shall buy back his rest and the broken honor of the Digbys with the price of his life. $T$ HAT is, or used to be, the kind good old Christmas Ghost Story was rest was easy. The title naturally came dripping from one's pen-THE
HONOUR OF THE DIGBYS- or words to that effect. Now notice
At every Christmas-tide for genera tions the light had burned in the 0 windows of the tower, and/the foot steps had sounded on the stair. trate within the haunted room on Christmas night.


Sometimes at a Christmas gathering round the great fire in the hall below, the bolder of the spirits had challenged one another to enter the east wing on
the stroke of midnight. But at the foot of the dark stairway, their hearts had failed them.
Stairway, their each generation was handed down the legend of the haunted room and of the price that must be paid with a life to restore the honor of
the Digbys. And with, each generation the blood feud between the cousins of the two branches of the house had continued. With each generation a Ronald and an Everard Digby had lived with hatred in their hearts, unforgiving. The fortunes of the younger branch had risen, those of the elder branch had declined. The manor house for want of means, had fallen into ill-repair. The park had
grown into a tangled wood; the wide lawns and the grown into a tangled wood; the wide lawns and the and with dank shrubs. And here lived, in the shame and with dank shrubs. And here lived, in the shame of a concealed poverty, at the time when the story
opens on the world of to-day, the last of the elder opens on the world of to-day, the last of the family, young Everard Digby and his only sister Madeleine. The younger branch, grown rich and prosperous, had bought adjoining land, and built on it a stately home-living in opulence, bu casting still a covetous glance upon the ancestra manor of the family which the chances of descent might throw into their hands at any moment. For if young Everard died, the manor passed to his cousin
Meantime the war had come and the cousins And the Christmas season had found Madeleine And the Christmas season the fire in the great hall. The house is almost deserted, untenanted except by Madeleine and two or three ancient servants bound to the family by long association.
T is midnight, the midnight of Christmas. The fire has burned low. The girl's head is sunk upon her hands. She does not heed or hear the winter storm that drives against the lattice windows. She does not note the dying of the fire. For her thoughts and her heart are far away, with her brother, some where in France, wondering and dreaming of his return. Then suddenly she ifts her head. For a cry. She runs to the casement and looks sideways from it through the driving snow towards the east wing of the house from which the cry has come. There is a light in the window of the haunted tower, not the dim light of the ghostly legend, but a bright clear illumination, that floods outward into the torm.
The girl snatches a candle from the table and hurries through the dark corridors towards the winding stairway. The faded hangings rustle in the cold
draught of the night wind as she passes. The candle draught of the night wind as she passes. The candle shudders in a fitful light, blotting great shadows on is white and set but not with terror for herself. For is white and set but not with terror for herself. For
She hurries up the winding stairway toward the ower room. A bright light shines from beneath the transfixed upon the threshold at the vision before her.
It is not the bent figure of the Jacobean soldier that she sees standing beside the table-but a of to-day. There is a steel cap upon his head. His of to-day. is pressed against his heart. His lips/are hand is pressed against his heart. His lips are
bloodless and his face is pale; but on his counten-
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$\square$ happiness reveals the passing of a soul at peace.
Then with a cry she falls forward across the threshold. There they
finds her in the morning, dead. finds her in the morning, dead.
The servants bear her down the winding stair fearful of what should winding stair fearful o what should
come. And with the war news of the day there comes the brief announcement. 'Lieutenant Everard Digby of Digby Manor was killed in his cousin in saving the life of hi
Lieutenant Ronald Digby."
THERE! That is about the size and kind of the good old Christmas Ghost Story. Round it and a hundred like it flowed our Christmas/tears, or shook our Christmas shudders. (Odd lan-
guage, I admit, but it is hard to guage, I admit, but i
express it otherwise.)
But, alas, such stories are no longer for to-day. Our overwise generation is banishing them to the children of to-day, acquainted with such things as physical science
and chemical reactions, reduce poor Sir Everard and his lighted tower to some sort of
(ConTINUED on PAGE 28F) (Continued on Page 28F)


# WITH THE HELP OF PANDORA 

## A Christmas Tale of War-Time Love and Happiness

## By MADGE MACBETH <br> Illustrated by M. McLAREN



- He hnew, iong before he turned the
bend in the road that she wound be be
waiting for him with refreshment."

how many let-
ters of courage ters of courage
she wrote to chaps in prison camps and how many letters
she wrote (and she wrote (and
they were full of courage too), of courage too,
to mothers who had no need to write themsel ves, any more Yes, she wa something for she never forgot Jim Bome and either. On days, when icicles clung to his horse's nostrils, he was sure to find her waiting
with hot coffee in a Thermos with hot coffee in a Thermos
bottle; on days when a merciless bottle; on days when a merciless
sun dried up the sponge in old sun dried up the sponge in old
Molly's bonnet before he had Molly's bonnet before he had
been half over the route, he could depend on a glass of buttermilk, cider, raspberry vinegar, or even cold wate beast. And when he protested she would always reply
"Oh, but you must not scold me for being selfish. I have to
take care of you in my take care of you in my small
way. Aren't you a link be way. Aren't you a link be
tween me and my Jack?"' tween me and my Jack?"'
And in all her loving ab tion, she never seemed to-lose sight of the fact-incredible though it seemed-that other people had interests of their own and these did not always concern that which was
nearest her heart. She did not thrust her Jack down nearest her heart. She did not thrust her Jack down people 's throats. himeed, she was almost timid about speaking or her to make her talk.
had to encourage he
Edna Jarvis, who, everybody knew, was wild about Jack Pennington, felt that she didn't talk enough Jack Pennington, fett that she didn t talk enough other mothers who laid tiresome emphasis upon th activities of "MY" son.
'MY 'It's 'MY son's Colonel said thus and so,' and 'MY son's company got this or that,'" she com-
plained to Jim Bolton one morning. "You'd thinthe silly things had picked their own Colonel or ordered their own companies, wouldn't you?
To which he heartily agreed.
"Now Mrs. Pennington's different," Edna went on. "She says 'my Jack' of course, but
she says it as if it made her feel she says it as if it made her feel kinder
toward all the other boys, and not as if Jack rose up and overshadowed them Jack rose up and overshadowed them. his letters to the Red Cross or something you just should hear them, Mr. Bolton, you just should
they are-epics ${ }^{\prime \prime}$,
Jim Bolton did not know exactly what an epic was, but he had heard scraps from some of Jack Pennington's letters and
agreed that they certainly were great.
$T_{\text {Mrs }}^{\text {HERE }}$ was one in particular which Mrs. Pennington read to him on a scorching July day more than a year ago,
now, while he gratefully sipped a glass of sweet apple-cider
"What do you think," she had asked after watching his first thirsty attack on the foaming
Flying Corps,'
'Yes. He tells me all about it in the last letter you brought me." Her hand travelled pathetically to her pocket and her eyes asked an eager question.
"Well, well!", ejaculated Bolton. "I'm that surprised, I'm dumb. And what does
the boy say, Mrs. Pennington? Does he like reeling about the sky in one of them crazy airship inventions?
It seemed that he did, that he loved it. It seemed that he was sorry for any of the poor infantrymen, plodding along on sore feet and standing up, to their knees in mud. "This is the life," he wrote joyously "I've been in training for some time and was so stupid about the blooming machine I was afraid to tell you for fear I wouldn't pass my tests. But now, 1 am able to state that 1 am a full-fledged observer, and wings on my left breast as well at e white Inings on my left breast as well as the two under my coat!
("God grant that they don't grow any
bigger," murmured Jim Bolton to himself as she read.)
The letter explained with alternate bursts of jocularity and seriousness how


much safer he was than when in his old company. ever brought down an aeroplane, or if they did, one felt that somehow they missed or if they did, one observer. I had a fit of trembling under," Jack wrote, "when you, for it looked like a safe bet that on account one son would remain over in these paris indefinitely and perhaps after many years bloom parts indefinitely bush. But now, good little plucky mother, I know I am going to get back to you. I know it in every atom of me. No matter what you may hear, you can bank on that-I'm coming homel",
she had finished said Jim Bolton, stupidly again, when she had finished and challenged him with moist and whinn't eyes. "Well-seems as if a flying machine different kinds of dat there were two or three "Not at all,", she contradicted with conviction. of a head for . everything. She hadn't much exactly, but he put mery, and would not understand carelessness. And, as
was never the boy to be carelf, Mr. Bolton, my Jack For more than a ye careless.
stood him in good stead and then Jim evidently
the post office the post office to make his and then Jim Bolton left letter marked O.H.M.S. It was mile route with a Militia Department, and was adranked from the Pennington.
himself, looking carelessness," he kept repeating to himself, looking out upon the golden fields where "Doggone-but mayben were taking in the hay; "Doggone-but maybe he's just only wounded!" abstraction Molly stoped drove. Emboldened by his along the road side. A dinner altogether and browsed he, in turn, roused Molly, wishing that roused Jim and in the road were miles behishing that the next bend There! He knew it! She him.
for him but actually walking was not only waiting carrying a bottle of something under to meet him, you are not waved a welcoming hand, "I am so glad you have never been avy mail, I suppose. . . but Have you something so late, except at Christmas They had met. She me? holding out a refreshing draught him smiling and letters. "Y a refreshing draught in exchange for He fumbled and kept hot something here for you. bliged to you, Mrs. Pens head bent low. "Much drink anything this mornin'-I'm so doggone late
a'ready. G'long, Molly, you lazy
With at her, and gave Molly a motion, he flung the letter a single inf animal, stung to ind ness which nearly not look her driver. Bolton did that a back. "He was conscious borne along "thank you" was raced, and then a merciful curve in the road hid her from his sight. $A_{\text {the }}^{\text {nNe long, }}$ official-looking envelope over several times. It was
so white selonk so white and bare. So unlike
the small, bulky letters which came from Jack-letters which bore side, dabbed all over with Censor's strips and field post marks. This She stood so stamp. some wildbird still that a venturepolite, perched more curious than langing branch and of an over on thoulder at that large O.H.M.S. Anne Pelope.
breath, pensed pington drew a deep cally along her face, down over her throat and pressed it hard on her heart. Then she slowly tore the " $W$ and pulled out a single sheet. "We deeply regret to inform you" very betters showed very clear and is rery black-"that John Pennington 20th, 1917 kelled in action August


## "Director of "Gecordse Williams,

blow had beet feel as though a
not note been struck her. She did
grain and the fields of golden
in a tangled blur. Eves swand was exactly. Everything before she read the letter. A little more beautiful,
perhaps. The big maple perhaps. The big maple
over against the fence over against the fence
flaunted a great cluster of scarlet. leaves a mong the green, and the bed of

# The Faith of Paul Duchaine A Canadian Romance of Earlier Times 

By VICTOR ROUSSEAU<br>Illustrated by M. McLAREN the Citadel Town is of reputer which解 " Eh Mines of travelers.

the old man who stood watching changes," croaked more than seventy yod watching the pastime. "For each winter, and the I have seen the same sight when the Château St. Louis stood where this hote stands; so in the days of Carleton, and of Frontenac as well, no doubt. My father used to tell me stories
father's time," he continued it was in my grandpicture it in the thirties, or earlier, in the splendid twenties, or even earlier yet, in the days of the first emigrés. We were smaller then, it is true, but not less gay. And, after all, the soul of Quebec dwells inside her walls, and not in the new city beyond them. So we had everything, even in my grandfather's time, when the equipages choked Louis Street, every afternoon-I love to think of my "grandfather's days, Monsieur.
remember when I was tell me of the carnival. I Mademoiselle M was a little lad they spoke of have no doubt, forgotten, though I who is now, I to you her house on Louis Street. She was Out of the Carnival that night when Paul Duchaine went gliding past her throne with cap undoffed. The skaters spun over the frozen river-mock soldiers and hooped ladies; beaux in frills and ruffles of the period, while women in masks picked out their partners for the rout, and being unknown to them, made merry at their expense. Flambeaux on high Stands flared all the way between the ramparts of Quebec and Levis, on the south shore, for there had as glass. 'In the midst of the throng, seated languidly
upon her tinseled throne, with drooped eyeupon her tinseled throne, with drooped eyeThiboult, the 'Queen,' surrounded by her courtiers, watched the skaters. somewhat intrigued. Who is he?' she asked, somewhat intrigued, as a young man in a plain dress went by without saluting her, though he "passed within a few feet of where she sat. with mock courtesy. " 'I will find out and bring him into your presence, Mademoiselle, he said, and glided unknown and touched him on the arm. " 'Monsieur,' he lisped. 'Will you have the goodness to give me your name or, rather,
to appear before her Majesty and announce to appear before her Majesty and annour
yourself?" "The young man stared at his interro"The gator. 'I am Paul Duchaine,' he answered in a French provincial accent. 'But I that we had left Majesties behind us when we left France.' I inall inform Her Majesty of your words,' replied Monsieur Dion, and brought the young man before the throne. command, the dandy Your Majesty's command, the dandy lisped, bringing his skate-heels together with a click. The prefix, and he thought Daine, without the prefix, and he thought he had left "There was a great roar of left France. those around the throne, but Mademoiselle Marguérite, being wearied of her courtiers had the caprice to smile kindly on the young "'Why have you not saluted me as you went by, Monsieur? she asked. Doubtless you have but lately landed and are ignorant of the polite ceremonies of our carnival, for I can hardly think you to be one of those wicked atheists
who first denied Our Lord and then murdered His Majesty of martyred memory.'
mock thrust with his sword. 'Treason! making leonist! Say but the word, Mademoiselle and I shall lay his head at your feet as a love offering!' wered Mademoiselle Marguérite. 'Well, Monsieur have you no tongue?' she continued, addressing the young man again.
" 'Yes, Mademoiselle, I have a tongue,' he answered hotly. 'As. you have said, I landed in Quebec but lately and was ignorant of the polite ceremonies of your carnival. I have been here but one week, in fact, and I reside in the Rue, Fleurie with my brother, Jean Duchaine, the furrier.
Monsieur Dion, making a mocking bow. Monsieur Dion, making a mocking bow.
Monsieur le Fourreurl' they shouted, circling around the young man with mock salutations. Around Monsieur le Fourreurl" "Pushed and he breathed "Paul Duchaine's face flushed, and he breathed hard through his nostris. aking, and being stil capricious, rose out of her throne.
Monsieur Duchaine shall escort me home, she said. 'Auguste, you will resign your privilege
for this night?'

'Ah oui Mademoiselle' muttered Auguste with a grimace.
"It wa "It was truly a difficult situation for the beaux who followed unhappily in the train of Mademoiselle. Marguérite Thiboult was one of those beauties who his heart to one and nearly ruined his career for her Twenty-two, tall, statuesque, with a wealth of
dark hair, and gray eyes which could deal tenderness and flash hauteur with equal facility, of one of the rich old families of the aristocracy, it was no wonde that she held all the idle young men captive in her train. Many a one had fancied that some day this beauty would smile for him alone, only to be
sent home sadly, with ruffled plumage, For sent home sadly, with ruffled plumage. For Made
moiselle was not kind to those whom she disdained and they included all her mob of servitors.
"It was, then, a difficult situation for the gentleenacted this strange whim of walking back with the newcomer. It was especially hard for Monsieu Auguste Dion, whose wealth and insinuation had given him status as Mademoiselle's favorite. Still he had met difficult situations before, only-not when his enemy was a common furrier from the "At Town of shopkeepers
"At the door of her house Mademoiselle extended her hand. 'Adieu, Monsieur Duchaine. Or, rather au revoir,' she said. 'Remember, friendships made lightly often endure long
"Paul Duchaine shook the hand of Mademoiselle instead of kissing it, to the amusement of the outcas courtiers. They grinned at him in angry spite as but there was something in his face which forbade but there was something in his face wh
even Monsieur Auguste to speak to him.
"As for Monsieur Duchaine, you may believe that he seemed to walk on air. Only six short weeks before he had left his father's roof at Arles, to join his elder brother Jean, whose fur trade was already proving prosperous; and
envied, the hated, of all Quebec!

"
the next night, while Jean Duchaine pored over his books of accounts, Paul, frilled and ruffled like the best, stole out of the shop, skates in
hand, and hurried toward the river. It was the second day of the carnival, and the last. Mademoiselle Thiboult, weary, and in no enviable mood, yet, woman-like, disdaining to yield her place to some lesser toast, sat languidly upon her throne, dealing unt sharp words those who cringed for her favors. "Gliding across the ice toward her, Paul Duchaine the throne and doffed his cap. 'Bon
soir, Mademoiselle Votre Majestel' he soir, Mademoiselle Votre Majestel' he
exclaimed, rejoiced to see Monsieur exclaimed, rejoiced to see Monsieur
Auguste's teeth set angrily as he stood Auguste's teeth set angrily as he stood
beside the throne. "Mademoiselle.
blankly at the newcomer. 'Who is this gentleman?' she asked of Auguste Dion. Ah , Mademoiselle, do you not remember that you threw him the condescension of your glance last night?' inquired Auguste, 'Doubtless he has come back for more.
noiselle. 'Wh, 'Well, Monsieur le Fourreur I have no need for furs, being well supplied, so move aside and do not obstruct my view.'
snarled Auguste Dion, le Fourreurl the crowd took up the cry once more seized a cake of ice and hurled it at him; they danced round him in their tardy triumph. As for Mademoiselle Thiboult, as though this meant nothing to her, she sat pensively upon her "For

For a moment Paul could not understand. Then he knew, and, advanced two steps and planted himself before Mademoiselle.
have see you are a mockery, as other penetrati and told, he said in low The blood flamed in his cheeks. 'You are all a mockery,' he cried. 'You throne of tinsel, your hollow crowd of followers, and you yourself, who play with the hearts of honest men, wanton!' mockery in God's eyes, you
"Paul Duchaine stepped out of the throng-who, paralyzed with dismay, genuine wrath, shuffled their skate uneasily and cast furtive glances toward Mademoi selle. As for her, at Paul's first words she had started up in her chair with an imperious gesture her own cheeks redder than his; but when he had ended she crouched limply down, with a blanched "When inding shuddering sobs.
looked up again, Paul was far away
(Continued on Page 23)

What to Do When the Family's Away and More Particularly-What to "Don't"

Ekfrid, Nov. 10th, 1917.
 EAR FATHER:
You will no doubt be surprised to hear from me and, to tell the truth you would not be hearing from me if it were not for the fix that I am in The Editor of Everywoman's World thing to her paper. What do you think of that? I have contributed to all kinds of, publications from a Sporting Extra to a religious monthly, but this is positively the first time I have ever been invited to contribute to a magazine that appeals exclusively to women I doubt if a young girl was ever more surprised by a
proposal than I was by, that invitation. Instinc proposal than
tively I gasped:
"This is so sudden.
When I recovered from the shock I hunted up copy of Everywoman's World, and tried to figure turned over the pages I made a discovery that gave me an inspiration. I found to my amazement tha there was no Sporting Page, Market Reports, Political News, or anything intended to appeal to the father of a family. Yet it is safe to assume tha there is a father in every family that takes the paper Of course I realize that we men folks do not amount to much in family matters, but still, as a matter o business I think the editors should have something intended to interest fathers of families. Clearly my opportunity was to fill this long-felt want, and if the editor will stand for it I shall certainly do it Heart to heart talks between fathers might result in the interchange of many valuable hints that would make for the peace of families. If you meet me will bring comfort and happiness to the heart o will bring comfort and happiness to the heart goes. this moment I have no doubt you are sitting with your boots off warming your feet in the oven after doing the chores, while the children are crowded around the lamp doing their homework. If I dared
I would ask you to fill your pipe and have a smoke with me, but I am afraid that is against the principle of the paper. However, if the boy gets his head out of the light you may be able to read what I have to say.
Now what shall we deal with first? Considering the nature of the paper I think that Helpful Hint of some kind would be about the right thing-and perhaps a few recipes. I confess that 1 am so
 so my letter will probably be somewhat rambling still you may find som
I find that the crying need among fathers at the present time when there is an election in progress, is for a lot of new convincing excuses fo-
being out late. Lodge meetings and sitting up with sick friend have become so thread-bare that fellow is ashamed to offer them. I am sorry to say that I haven't been able to nvent anything new, though stopping out to watch a flight of airships go overand got away with it, -but now that the United States has joined the Allies I doub if it would go with a really discriminating wife. If you happen to have hit on a ney o me privately at the above address, and I will pass it along to as many as possible of the right kind of fellows. Sometimes we may be able to get together somewhere get "Forty Sure and Safe Ways of making the Grand Sneak, but if we do we will not be foolish enough to tell paper. Durin a Woman's pampaign a fellow political must get out occasionally an t is very im occasionally and an excuse that will to have the seams or ravel at the edges.

NoW let us get to something more practical. Have you ever stopped to consider the domestic barn I find it a good idea to have a ball of binder twine within reach at all times. It is when workin about the barn that a man usually does the kind of lifting that "busts his suspenders" and binder twine is about the handiest thing you can get for mending broken galluses. I have even known man to make a serviceable belt out of a few strands and for tying up rat-holes in bags it makes a fai substitute for patches.
Binder-twine can also be used instead of shoelaces, but is better to confine its use to farm shoes When you happen to use it in your Sunday shoe and wear it to church or to town it is apt to attrac attention and being looked upon as a leader of fashion. I have


Illustrated by FERGUS KYLE
also found that is is a good idea to have a few nails at hand when a button flies off. An eigh enny nail cunningly stuck through the waist-band of a pair of trousers has been known to serve for button for many months.
Come to think of it, most' of a man's problems arise when the family goes to visit some relatives for a holiday and leaves him to look after the farm and "keep bach." Having had some experi
I shall offer a few hints for what they are worth.
Don't bother sweeping the house while the folk Don't bother sweeping the house while the folk are away. No matter how well you do it, the first the door will be
"O what a mess! How on earth will I ever ge the house clean again?" Another argument agains sweeping is that women inherit the belief that man invariably sweeps the dust under the side moard or under the bed, and nothing will make them believe
anything else
You might as well
'Forbid the mou tain pines To wag their high
tops and to make tops noise When they ar
fretten by th as try t of vince them diffything Their belief t . in thiselief in is touchingly fundamental and it is useless for you wrestle with it Therefore don't Therefo
sweep.
will make them wait on you tenderly, but because of which no peace of a family to be wrecked by a man who knew pew to cook, and refused to accept his wife's explana tions when the bread happened to be soggy or when the potato water got scorched. 'It is wise to let hem retain their feeling of superiority in unimpor tant matters of this kind.
As a father of a family I may say that I find my early experiences as an umpire and occasionally as a referee very valuable in settling disputes amon the children. To city fathers who may read thes words I may say that most families would find it better to hire an experienced referee than a nursery governess.
When the children are being dosed with sulphur and molasses or similar medicines the wise father gets out of the way as quietly and unobtrusively as possible. Wives are apt to be somewhat blind at such times, and if he is not careful he may get

THERE is one job that always falls to the lot o the father of a family on Thanksgiving-day Christmas and other family festivals. He must carve the fowl. As I have never been able to make any thing out of the charts and blue-prints published in family papers and cook books I usually do the job by main strength. If there happens to be guests a the table I invariably put them into good humor by quoting Bill Nye's advice to carvers.
"When carving a fowl it is not considered good form to place your knee on the breast of the bird.
This always raises a merry laugh that puts everyon at ease and if a lady happens to get her silk wais splashed with gravy during my struggles she take it in the spirit in which it was meant and the inci dent passes off lightly.
By the way, when you are keeping "bach" you should avoid the family cook book as you would the pestilence. One time I hankered the family coo and indiscreetly went t specifications for building it. Happen ing to catch the book by the back it promptly vomited a shower of clipping and papers all over the kitchen floor When picking them up I found newspape recipes for everything from mending crockery to hints for healing a daughter' heart after the young minster has accepted selected to a distant parish. I also found selected poems, earip love-letters and I had picked up pickles. By the time restored the cook-book to its debris and restored the cook-book to its forme corpulence I had lost my appetite and to eat anyway Speaking of
I once saw of recipes reminds me that of a farm paper which the family circle Square Meals on Round "How to serve I had known on Round Doilies." If write this article I . would be asked to and put it away in the "Veterinary Guide" for future reference. Veterinary Guide"
If you happen to use an empty vanilla while your wife is away and the varnish cooks for the Woman's Insti tute after she comes hom doesn't taste right, just lay until the storm blows over Remember Disraeli's advice "Never apologize and never explain."
If you happen to be nosing around in the cup-board for pie for a late piece of pumpkin pen to late lunch, and stuffed olives, by that toke you may know that high toned company is going to entertained in the near future By using tact you may be able

It is also a good scheme to use the largest dinner plates for breakfast. You can turn them over for dinner and eat from the bottoms, if you cook your meat without gravy. Supper you take from a news meat without gravy. Supper you take from a news paper on top of the cupboard. By conserving the
family supply of dishes in this way you can make family supply of dishes in this way you can make
them last through a prolonged period of "baching" and in the loneliness of your life you will have plenty and in the loneliness of your sife you will have plenty of time to think up a good story telling how you in-
tended to wash the lot, but something happened that drove it out of your mind or made it impossible A cow got sick or something of that kind.

It is never a good idea to let your women-folks think that you know how to cook a decent meal. Even though you may have had early experience will find it better to assume a childish shanty you in such matters. This is not entirely because it
tion is to be held, and have a previousen the func town with the horse doctor previous engagement in I see by the millinery are coming in again. publication on that subject, but if I hath to say for you down at the livery stable I I happen to mee remarks.
Bur oh, but oh, father there are real troubles
ahead of us that I am short letter that I am afraid I can't deal with in Woman's Suffre this. Has it dawned on you tha As far as the straight political aspect as as shooting are concerned I can't say that I care very much There may be times when we will have maternalism instead of paternalism in our legislation, but that will not matter very much. Giving the vote to women will only dilute authority still more so that no one's move in the right direction. In a democracy


T WAS Christmas Eve and such a snowy, blowy Canadian Christmas as had no year. All day long the wind year. All day long the wind falling flakes into mounds and drifts and miniature mountain ranges. All day long the tain ranges. Ald bee hong the of
chidren had but on
doors, snowballing dig of and tunnelling through the sooft masses, but now night had fallen and they were all gathered round the big fire in the living-room, chattering, laughing and discussing the joys that the morrow would in little spasmodic surgles and eddies and they awa quietly watching the leaping flames and the little swirls of sparks that went dancing up the chimney
"Tell us a story, Uncle Felix," said Katheen Idest of the group, to a tall, elderly gentleman who sat among them.
There was a universal shout. "Oh, a story, tory! Uncle Felix is going to tell us a story!
Their uncle laughed. "Nonsense, children! You have heard all my stories ages ago. You must be
"No, no indeed we are not,"
No, no, indeed
"Tell us about the King of Erin's Son," suggested Eric, the second in age. "I do like the dragon.

Or the Pooka."
Or the Cluricaun's Ride.
Br Coppailleen Dearg," cried other voices
I remember an old story which I do not think you have ever heard," he said. "My grandfather
used to tell it to me when I was a boy." And without used to tell it to me when I was a boy." And without
further prelude he told them the story of "The Leprechaun of Slieve Dearg

ONCE upon a time, high up on the sides of Slieve Slieve Dearg is the fair and wonderful mountain that lies just behind the City of Dublin mountain the little sod-roofed cottage where Michael lived he could see the smoke curling above the city roof and could look out past those roofs to where the blue waters of the Irish channel sparkled and tossed in the wind.
It was a happy life that he led, upon the whole,解 upistence. as a very poverty-stricken and miserable children and his father was a poor man-so poo that "ery often Michael's only meal during the day cunsisted of "potatoes and point," whic means that his people could not even aiford to the place where it should be and tried to imagine Sthey tasted it.
Still, the children were all healthy enough mong the rocks and and laughed and shildren have done in all ages.
Sometimes, however, Michael grew tired of all he noise and laughter and in the evening, when his brothers donde, he was very fond of leaving without him and sisters playing at their game mountain-side until he went scrambed the three great ocks upon its summit
Here he would sit, while the sunset filled the sky with shades of ruby and gold and malachite or the stars gleamed out in the soft blue spaces bouds like a ship moon raced through the silver last, he would rise from a windy sea. Then at blooms and go slowly and among the gorsethe hill to his bed in the little crowded cottage below, with the fragrant peat-smoke curling blue beneath the rafters and his brothers rustling drowsily in the hay beside him
One evening he made his way to his favorite seat. A soft, misty rain was falling, but little cool feel of it upor his hands and face, for the day had been a hot one and he was tired.

But as he threw himself down upon the great grey stone which crowned the hill, he thought it something moving upon the other side of moment he thought that it had been made by some belated brown rabbit hurrying home to
his burrow, but as he watched, he caught it again and then he heard a tiny voice speaking. I do at all, at all? 'Tis the death "And what'll 5-x main
Michael was a little startled, but he could not be frightened at so small a sound, for indeed it seemed no louder than the chirp of a grasshopper. He crept down from his seat and stealing around bushes that grew by its side
What he saw was a littie, wizened old man in a tiny pointed cap of bright red and breeches of brown leather. A small green jacket lay on the rock beside the extraordinary figure and on it were carefully crimson leather
"Sure, it's a leprechaun," whispered Michael to himself, "but whatever is it he does be doing there?" And he might well ask, for the little man was to Michael to Michael, to poke himself down into a crack be-
tween two rocks, but small as he was, the crevice was too narrow for him.
Michael watched him in silence for some minutes, "Maybe I could make it larger for the crature," he said, to himself as he thought. But in his ex citement and interest he had spoken louder than he knew, and the leprechaun turned round angrily.
"And what are you doing here, Michael Connor
"And what are you doing here, Michael Connor?" he asked. "Spying upon my business like this.
Be off with you now, and bad luck to you for the illBe off with you now, and bad luck
mannered gossoon that you are." mannered gossoon that you are.
Michael But he took his ap name thought Michae!. But he took off his cap and bowed low good side of the Fairy folk, though indeed the Irish fairies are a kindly and good-humored race, as a rule, and neither so malicious nor so mischievous as their brothers of Scotland.
"Sure, I meant no harm, your Honour," he said "I come up here, times to get away from the noise of the others, but indade it was not spying on you I intended. I'll be going now," he concluded and turned away, but the leprechaun stopped him, with "It's of one tiny hand

It's sorry I am if I hurt your feelings," he said, could help me though," he added, his face brightenin a little. "And if you do, sure you'll never repent it." "If there's anything I can do for your Honour,", replied Michae!, ' 'tis proud and glad I'll be to do it.,' "Hould your whist, then, and listen to me," responded the little old man, "I came up here this evening, thinking it would be cool and quiet and I could do my work undisturbed, for it's myself is she did be wanting for the great ball to-morrow night, when the Fairy Host of Munster does be com ing a-visiting. But just as I had got them finished and laid them down on the rock forninst me, if I didn't hit one of them a kick with my foot and knock it down into that crack there and though I've been trying for the last hour to reach it, sorrow a bit of me can. Queen Maeve'll be the
death of me if I go

ome without it. 'Tis herself has a fine temper of her own. And why shouldn't sh
Ruler of all the Fairies in Ireland He paused, out of breath after his long speech
and Michael knelt beside the crack in the rock and tried to look down into it. Sure enough, right a the bottom he could see something lying-something that gleamed and sparkled in the dark cavity as
of made of solid sunshine. But though he stretched made of solid sunshine. But though he stretche his arm to its farthest, he could not reach it

HOWEVER, he was not to be beaten thus, but Hook out his knife, which his big brother Tim had brought him from Dublin the Christmas Eve that was last gone by, and proceeded to cut a stout branch from one of the gorse bushes close at hand as he did so. With this he fished about in the crevice, until at last, after many unavailing efforts, e succeeded in securing and lifting out upon the point of his stick a small shoe of red leather, embroidered all over with gold and shining stones.
Michael had never seen anything one-half so beautiful in all his short life, but he had small time to gaze upon it, for with a shout of delight the eprechaun pounced on it and thrust it into a little bag that hung from his belt. Then picking up his ools and his coat he turned to the lad who stood looking at him somewhat blankly.
"It's much obliged to you that I am, Michael Connor," he said, "and if ever you are in need of a friend just come to me and if it is in the powe of the Good Folk of Ireland to help you, helped ou'libe.
"Thanks, your Honour," replied the boy, "but where would I be finding you, and how comes it that you know my name so well, seeing that it's The Queen's Cobbler laughed. "Faith, it's littl here is that the People of the Hills do not know," he replied. "But mind me now, lad, if it's help you are seeking at any time just cut a switch of haze with come you up here and knock three knocks and you'll get your answer. But now I must be getting home, and never be attempting to follow me, or that same would be the height of ill manners."
With that, he leaped down from the stone on which he was standing, and before Michael could open his mouth to assure him that he had no intention of ollowing him, he was lost to sight a mong the shadows hat were rapidly drawing down upon the mountainhe . The he strange and fantastic shapes that the hawthorn darkness gathered. Then he made his way quick'y (CONTINUED ON PAGE 20)


## A Tale of the Royal North-West Mounted Police

## By STAFF-SERGEANT WILLIAMS

old Chippewa. Oregon-bred in the days when they turned out the real thing, with legs of iron and a heart as big as the prairie he was foaled on. I
drink to you, Chip, in your equine Valhalla. May drink to you, Chip, in
we ride together again!
There was no time for explanations. Across the spongy alkali flat we tore, in a whirl of flying dust, the heavy thud of our horses' feet the only sound Dirck and Joris and Robert Browning never carried the news from Ghent at half the pace. No Dutch bred horse could have stood it. Fast as we travelled however, we did not appreciably gain on the fying
Indians. It was no cayuses they were riding or we Indians. It was no cayuses they were riding or we
should have run them down in the first mile; it looked mightily as if they had been stealing ranch horses. If so they meant to travel a long way.
They were the first by a good half mile to reach the rolling prairie at the far side of the flat and, with a curse, I recognized the fact that we were
likely to lose them after all. I hazarded a couple of shots with my long-barrelled Enfield revolver hoping to halt them, but the only effect was to flatten them down on their horses backs. Just as they passed from sight in the hilly ground we caught a puff of white smoke from the rearmost one and ball sang high above our heads. So it was fight, eh? hard ground uncertain which way to we Geached hard ground, dismostily to shift his saddle which had dismounted hastily to shif his saddle which had worked back. ${ }^{\text {and levelled his piece. Six or seven hundred yard }}$ and levelled his piece. Six or seven hundred yard smartly round a small butte. The rifle spoke and I saw the middle horse rear up, then double its head between its legs and roll over, the rider alight ing on his feet like a cat.
we had spoken. "Give him the five dollars, Corporal."
Like a streak we were off again, riding like devils let loose, but too late. We found only the dead horse, shot through the lungs, the bar L brand on
its left hip. The redskins were safe in a maze of its left hip. Coulees.
buttes and coll
butes "A
I "A good start," "First ambushed and held up, then a valuable ranchhorse killed - we
shall be laughed at shall be laughed at from the Cypress Hills to Winnipeg."
"Dey not laugh so loud when we
get troo," said Gabe get troo," said Gabe
with a savage oath. ,
though it did not hold out much promise of success. It was too late in the year, he argued, to trail them by footmarks, the grass being dry and the
ground hard. It would be altogether too slow and ground hard. It would be altogether too slow and we might hunt them for a year in that rolling country.
Our horses, as well as theirs probably, had already Our horses, as well as theirs probably, had already come a long way, the last six miles at a clip that would make the Grand National. look silly. The
nearest ranch, in fact the only one for many miles nearest ranch, in fact the only one for many miles
was McNulty's, and here the Indians were almost was McNulty's, and here the Indians were almost
certain to look for another horse. We must play the game in the game in their own way, cunning against cunning.
Gabe's suggestion was to ride back slowly across the Gabe s suggestion was to ride back slowly across the
flat, knowing that they would watch us and come to the conclusion that we had abandoned the chase and were returning to barracks after an ordinary a short distance out of sight we were to ride north work west valley known as Dead Horse Coulee that led directly to McNulty's ranch. This valley was full of chokecherry bush and stunted cotton-wood trees and by keeping to the far side we had a good chance of reaching the ranch unobserved. Here we could get supplies and rest the horses for a few hours,
resuming the chase as soon as the moon got up.
I thought it over for five minutes and could see no better plan. One thing was certain; we must not play out our horses the very first day. I was Myrtle may have had some hypnotic influence, so, in the end, we carried out Gabe's instructions to the letter. Just before six o'clock we found ourselves waving our caps in answer to a welcoming flutter of handkerchiefs from the ranch door, as we rode across McNulty's oat-patch, hungry, tired and dejected; at least $I$ was.

## CHAPTER IV.

I is astonishing what a good supper will do to cheer a man up. Johnny-cakes are all right
when Myrtle makes them, and maple syrup is none too dusty, though we do have to import it from Ontario. Eggs, too, fried in clear pork grease, just
golden brown underneath and a goden brown underneath and a top of their bald-heads. My wig!
fellows, there's not half as much hardship on the prairie as there's cracked up to be. Tea, brewed when the kettle just comes to the bubble, one teaspoon of good green (none of your twenty-five cent stuff) to four of black, is a better nerve stimulant than a kegful of
Montana rotgut whiskey. I've tried Montana rot
them both.
In about half an hour we were, like a modern hotel, replete with
every comfort, and those confounded every comfort, and those confounded
Blackfeet to my mind as good as Blackfeet to my mind as good as
safe in jail. No need to bother safe in jail. No need to bother
about them. The question of a painted floor or an oilcloth in the front hall was what was troubling Myrtle and me. You see there's a very devil of a lot to think about keeping. What; didn't I say I was keeping. What; did
Of course I was not such a blatant, bally-hooly cad as to scare her by saying how near I had been darned Indian: but she with that guessed something. I caught her guessed something. I caught her
looking at me curiously once or twice and there was a little protecting touch in her hand as it rested on my arm. A woman is pretty much like a horse; she
divines things without being told divines things without being told. Perhaps my face still showed the strain I had been through; Gabe said I was looking pernicketty.
expect I am only a white-livered coward with a bragging tongue.
So we strolled down the coulee among the wild gooseberries and
saskatoons and McNulty and his wife, with the natural good-breeding of the west, left us alone. The
shadows of the twisted cotton-wood shadows of the twisted cotton-wood trees grew and lengthened and the starry night-guards of heaven lit
their bivouac fires in the great
"Dose dayvels not travel far on two horses. We are between dem and de railroad. Dey make where first. and look for nudder horse. What time de moon he rise?

## "Just before midnight."

"Dat when dey start agen. Dey lie low in de coulees till den to rest their horses. Cheer up, Corporal, we catch em yet, I tell you,
I must confess right here that I did not know what steps to take. I was in charge of the party and would have given my eyeteeth to arrest the Indians; but
simply had no idea how to go about it. So I did what was, perhaps, the wisest thing, appealed frankly to the scout for advice. Half an Indian himself, born and brought up in the tepees, he would surely know how to act. His advice seemed sound enough

# The Magpie's Nest 

## Hope Sets Forth for New York in Quest of the Unattainable

EAD Merimee," said Mary, "He has wisdom for you." She quoted: You have
troubles of the mind, troubles of the mind,
pleasures of the mind, pleasures of the viscera called heart is developed at twenty-five years of age latitude. When you shall have a heart for good ... you shall regret the good old days when you were living only by the mind, and you shall see that the evils which make you suffer now are only pinpricks in comparison with the stabs which shall rain
on you when the days of passion come!" on you when the days of passion come!" absently, but with a sudden unlooked absently, but with a sudden unlooked
for kindling of energy in eyes and for kindling of energy in eyes and figure. "No,-I mean, you're wide of
the mark. You know why I ,was so anxious to have you come now
"I thought you wanted to see me," Mary offered.
"So I did-idiot! But it was to say,
morituri, salutamus, I am morituri, salutamus, I am going away," "Now you've forestalled me," said Mary, with mild disgust. "I came to make you go. And where?"
No, To find the forty-sixth latitude. No, of course not. I'm going to find the other things. There are other things, aren't there? No sentimental
journey. I feel so-so ridiculous, after sitting around moping for two years. If you want to express a similar opinion, do "so." tell me, idecline to waste words. But find? Do you hope to be hope to "The woman is mad," scoffed Hope. "Famous? I? No- But I'm going
to get something," she said, with an to get something, she saio, with an did not conceal a real determination. "But what?" asked Mary, rather wildly.
"I'll tell you when I get it." She
sobered suddenly. "Why, Mary, I sobered suddenly.
thought you believed in life?," Mary, I
"Yes-no-of course I do. The only people who don't, commit suicide." through inanition. Well, I'm just through inanition. Well, Im going after the thing we believe in. What-
ever it is. It doesn't seem to be love "Much you know about love," scoffed Mary, under her breath. Hope divined the words, and answered them only with an impudent sidelong glance. "Whatever it is," she repeated calmly. "Maybe the thing itself is only knowedge of what it is. I have a tender young shoot of a bank account already, provision against the seven lean years
while I shall be walking around the walls of Jericho blowing my trumpet.' walls of jericho blowing my trumpet. in mild exasperation. "When you mix your allusions, do it thoroughly. Now why must you take the wind out of my sails, when my heart was set on meddling again?" She meddled so far as to press an emergency fund on Hope of a hundred dollars.
A week was all too short, Hope said pleadingly, for Mary's visit,
which had been long deferred. She was silenced when Mary at last divulged her reason for haste. "My divorce is to be heard," she
said," "ery shortly. Before the Sen"ate." "Why, Mary!" Hope almost shrieked. "I never knew you were married!" "I suppose I forgot I had left all that behind me in the East. Some people you for granted. But you never heard you for granted. But you nẹver heard yourself. No family should be without "It's expensive," said Hope dubiously. "And what would I do with it I have so many other things to do. How does it come you are getting one
now? You see, my heart has hardnow? ,"
'Because at last I have been able to produce a reason that convinces my worthy uncle." Mary smiled. "You
shall hear it some time. Uncle is shall hear it some time. Uncle is
putting the divorce through quietly,

HOPE FIELDING was ambitious and needed money to pay her way through Normal School. She went to the city and engaged
as housemaid in an hotel. Jim Sanderson-a boarder-pursued her for months until his attentions became so objectionable that she brought them to a culmination by injuring him with the butt of a revolver.

She the taught school, taking rooms with Mary Dark, and found life uninteresting. She became engaged to Tony Yorke, but the engagement
was not announced. He became jealous without knowing why, and when Edgerton's daughter came home from New York, she captivated him so Edgerton's daughter came home from New York, she capt.
that he asked Hope to release him from their engagement.

Then began a life of kaleidoscopic changes for Hope. Edgerton announced his interest in her, over which she did not become enthusiastic,
She went west where she unexpectedly met Ned Angell. He professed She went west where she unexpectedly met Ned Angell. He professed Instead she told Mary Dark of her determination to go east.


She scowled at the ticket taker, and was barely civil
to a well-meaning reporter who found her a chair.
and paying for it. With his influence, there will be no trouble-nor publicity.
Now we must plan for your descent Now we must plan for your descent on
the great world." They talked of that, and did not mention the divorce again. So Hope was a-wing again when Mary left; or if not yet, still she was poised for flight, her resolution was made. There remained only the summer for preparation.

## CHAPTER XVIII.

A FTER nearly a week on the train, Hope felt that she never again wished to move one inch from where she lay. It was a long, long way she had
come, not only in that week, but in all the years since she had left home, and when the persistent daylight at last crept under her eyelids she merely turned and dragged another pillow over as a bulwark.
How bare the walls of the hotel room were. And they were all the backgrounds she had achieved. They must
be furnished and decorated. be furnished and decorated. What a
lot of time she had wasted. But must lot of time she had wasted. But must
they? Well, she would think about that to-morrow. She was hovering again on the verge of sleep, and beginning to feel hungry at the same time, when the sound of a turning knob brought her up sharply, a trifle wildeyed, confronting the opening door with a ready-to-spring expressionmuch as if she suspected New York was indeed about to enter and demand either conquest or surrender.
tone was so fierce that the maid, whose
latchkey had served since Hope forgot, in the weariness of the night before, to shoot the bolt, started and dropped an armful of towels. "I beg your pardon," taneously, and Hope added: "Do come in. I should like to hear a human voice." The maid, a cheerful and not uncomely person past her first youth still looked rather alarmed, but entered. "I'm sorry I disturbed you," she said, "It's a nice morning. I thought I'd seen you leave; I guess it was the lady next door.",
I just came from the promised. "But 1 just came from the Pacific Coast "Really!" The mai
uffered from tone maid also probably 'I always thought $I^{\prime} d$ like her rounds. But my folks live here, and I guess it' silly to throw up a good job and run off " on a wild , goose chase.
"Isn't it?", Hope agreed cordially, and wished Mary ,", could hear. "Is "our wher nice here
ore , keeper. $h$ her assistant, but we're "Then you might take me on ", sai Hope. "I used to be a room maid; I know enough to put the wide hem at the top, and I can put a pillow in a case without holding, it in my teeth, and heaps of things.
woman weil oh, you're joking." The woman smiled, glancing at the silver backed brushes and mirror on the dresser, and then at a crepe neglige lying across the foot of the bed.
"No, I'm not. And I came to New York to look for work.'
"I guess you'll find it, all right," said the maid consolingly. "This is a big town. What do you aim to do?" enjoying herself; she told herself gravely that the footboard of the bed was back fence, and she was really getting "Well, you must be clever," said the goodhearted creature. "Maybe I'll see them some day in the magazines. " "','m going to attack the newspapers first," said Hope, smiling. "If I'm not good enough for them, maybe the magazines will do. And when I have spent my last nickel for a bun to eat thing to do-I'll come back here and ask you to take me on. Who shall I ask you to
"Mrs. Merrick. I'll certainly, do it," where Mr. Merrdilly. Hope wondered how many New York held of such unattached , married women as herself. bed, "since I have scrambling out of bed, "since I have an anchor to wind ward, I can go forth with confidence to Mary, she intended to "put up a front." She went about dressing, gurgl ing a song into her shower bath and later executing a pas seul with only one shoe on, in a moment of unreflective enthusiasm.
$\mathrm{S}^{0}$ for three days she deployed and irmished on the, shops, with wholly feminine joy of conflict. The vast city, mile on mile of brick and
stone, filled her with mingled admin stone, hiled her with mingled admira-
tion, horror, and a sense of her own insignificance.
"Why, ,"t's worse than solitary confinement," she exclaimed suddenly having reached the Paza, pushed on and on, waking with that right elastic step she had gained on the prairie, and
traversing Central Park, came out at the upper end against fresh rows of stolid brick and mortar. "I can't get out-nor in!" A city of enchantment and terror and paradox. "It is big," she conceded, and for a long time pondered of what it reminded her, waking with a start to the conscious recollection of these endless reaches of soft duncolored landscape that had been her end to that-when she had brown an end to that-when she had grown up
to it- there must be to this. Some way to pierce or surmount it. "'it's so big," to pierce or surmount it. "It's so big,'
she reflected again, "I'll have to find' she reflected again, little, little hole, and creep through like a mole; I want to get to the heart of it. I suppose I'd better begin!' So she took a 'bus back to the Washington Arch, and thence, with splendid ostentation that concealed a doubt of her own abil ity to master the intricacies of Subway or Elevated, a taxi-cab carried her to whatever it should have been-very little indeed to pay as an initiation fee "A taxil" the editor of the Courie remarked after her. Having a létter to him from a man he had long since forgotten, (after the fashion of New York), she had not found him difficult of access. And he was the only editor in New York whose nama-it wa Kennard-was known to her. He had white hair, and the face of a young man who has known trouble. "Now you He seized a handful of damp page proof He seized a handful of damp page proofs from a boy,glanced at them with an floor in a crumpled mass, "No," he said sadly, "you don't want to work for us. We can't afford taxi-cabs."
"Neither can I,", she returned engagingly. "And I picked you out especially to work for; the taxi was simply a compliment.
dle of proofs. "What can youther bundle of proofs. "What can you do?
Immediately with the nervous deftness of a tyro prestidigitateur, she unrolled beneath his nose a bundle of be only pushing them aside her hear went down and down-and jumped suddenly.
(Continued ó page 12)

## The Magpie's Nest

Tsee," he said. "Come around next
week-say Monday," nd And she went out, propelled by the Evice of his will.
Evidertly he meant all along to accept her services. Or perhaps her
sheer unspoken hopefulness decide sheer unspoken hopefulness decided
him when she came again. In the him when she came again. In the meantime she had gone nowhere else, her first attempt. At any rate, after a moment when he appeared to be trying to remember where he had met her before, he abruptly swept her down the long city room and delivered her over with an air of relief and the manner of one executing a writ of habeas corpus, to a sub-editor. The sub-editor, who was fat and worried looking, in turn toward a thin, tired, sharply haed he toward a thin, tired, sharply handsome woman of no particular age. This one sat before a typewriter in the attitude of one plucking out its vitals and finging
"You'll work with Mrs. Garvice; she'll tell you what to do," said the fat sub-editor, "Come and see me about it
later; we'li talk things over a bit.. We're starting some new specials women's dope
Mrs. Garvice pushed a mass of fair hair from her brow, as if making room for a new impression to be devoted to
Hope. "How do you do? ''ll be through Hope. "How do you do? I'll be through
Hith this in half an hour . . mind waiting?" She fell on the typewriter again. One or two reporters glanced at Hope casually, and looked away again. Hope knew and liked the atmosphere of a newspaper office; it suited her temperament; nowhere else in the world do men and women work together with such brusque friendliness, so ittle consciousness of sex; it is a worklike their work or they would not be here. But for that yery reason it is here. But for that very reason it is no place to look for personal companonship. Waiting, Hope wondered where house; that she had never been able to endure. She stayed on at the hotel tentatively
Two weeks can be a very long timeon a desert island, or worse, in a strange city. When Hope met Evelyn Curtis, she saw her with an eye sharpened by loneliness; here was another like herself. She was interviewing a wealthy woman who kept a crêche for a whim; she had been shown into a long, rather dark, luxurious drawing-room-to her mild surprise, on the second floor-of a brownstone house, one of forty exactly alf Fifth A semi-fashionable street it very vaguely fterward she had had it very vaguely afterward; she had had ofore she looked comprehendingly at her hostess she exchanged a quick her hostess she exchanged a quick irl who sat, awkwardly, as if fearful of he unaccustomed softness, in a squat and puffy boudoir lounge.
Evelyn Curtis was very plain; her too bright black eyes admitted that she knew it thoroughly. There was an nfinite pathos in her smile, for it made her less lovely than before; she had no loom; she looked as if she had never bloomed. She looked starved, body and soul; her mouth was not red, and her long black hair was lustreless. Only her eyes were terribly alive. The two, strangers in every formal sense, looked at each other with sympathetic undertanding, and felt that the woman they interruption.
"She looked stodged," said Hope to Miss Curtis, after they had escaped from he house together. "Her very voice was overfed and massaged. What a lot New York women look like that She had seized the other's arm as they gether, disdaining conventional adgether,

rYOU haven't been here long, have you!" said |Miss Curtis, smiling her ugly, pathetically appealing smile.
"No. Have you! How did you guess it?"

You have a different accent. You're on the Courier?" Yave. What are you with? Do you Won't you stopht down to the office? me? I haven't eaten with a soul since I came to New York. Do soul since Do you notice that po, do come. ask you to eat? They ask yere don a drink. I almost felt insulted, at first. But I'll buy you a drink, if you like. Come to my hotel-it isn't far. And have supper in my room!'
(CONTINUED ON PAGE 50)
 of Commons, who addressed the Political Education League of which Mrs. Prenter is President, belongs to the latter class. She gave us something to carry away, something worth remembering. Sympathy and a broad outlook marked what she had to say. They study things out for themselves those western women. They do not get their opinions second hand from politician and profiteer.
"Surely, surely" she says
'domestic questions and matters concerning women should be in woman's hands, since she is a domestic person. We may have to pay high food prices, and big taxes, but if so we mean to study enough political economy to know why." She told of the Women's Civic Ratepayers' Association of Vancouver, and of what it had done, and hoped to do. The three planks in its platform are equal suffrage; equal pay for equal work; equal moral standards for men and women. A platform to be proud of, and loyal to, is it not? And what gives us an added warmth in our heart for this clear-eyed, good-looking Vancouver woman is the fact that behind her ideals is the practical patriotism which could give fourthink of it-four bonnie sons to go overseas. It is this type of woman whom the poet had in mind when he wrote of the men who fight our battles:
"Since never soldier fought
and died
For country's honor, country's pride, But owed much of his courage strong To her who sang his cradle song. Ah, blazen on each flag unfurled;
The splendid women of the world!'

## Welcome Home

"I WOULD rather be that woman than the Queen of England. Think of having a son win such honors and live to come home and tell her about it!" exclaimed one poor little mother whose boy sleeps "somewhere in France" as she watched Mrs Bishop and the hero of the day receiving congratulations. "Ah! proud she must be and happy too!"

The mother of the daring air man was all that if her face was a true index to her heart. She looked as though her dreams had all come true. "My Billy" she said "is the only boy living who has won the Victoria Cross, the D.S.O. with a bar, and the Military Cross. And, best of all, I have him safe home for a while

It is a great thing to be the mother of a man who is a hero. Major Bishop is the Prince of Air men, since Guynemer went, with 47 Hun planes to his credit. Every heart thrills at his courage.


The Mother
with Jean Blewett the home holiday. The others are for change, rest, running around, according to taste, but Xmas is for clan gathering. So long as we can "go back home" for Xmas, back to the old ways which will not change in this world, and the old welcome which will not change in the next, we hold fast to enough of our youth to '3e m 'her's kiddies.
All the while we are $\&$ etting ready we tell ourselves that there isn't a flake of snow in the akr: $i t$ is going to be a bare Xmas. Nor that it matters, only-. But when we get up early the day before Xmas and find the ground, ay, and the bare trees-which last night were quarrelsome and clean like bad children bathed against their will-all tucked in the white blanket of winter we are glad out of reason. The gladness stays through the day's journey, stays through the drive from the station, with us tucked in the sleigh, stars twinkling down on the white highway, the bells chiming sweetly in the air and the bells of memory chiming weetly in our heart. Glorious!
Every window has a light gleaming. The door is flung wide open. Yes, they are all there, nobody is missing. All at once you see the dear faces through a mist of tears, glad, thankful tearsand our welcome is upon us with a rush.
Oh, it is good to be home where our old place waits us, where even our old chair at table waits us! In the world if sickness, misfortune, failure, anything, makes one drop out of things one's place isn't kept, oh no, it is given somebody else-the world is a big busy place. But leave the home circle for as long as one will and nobody crowds one out. Thank the dear Lord:
ence to his mother. Her welcome couldn't have been warmer, her loving pride greater, had he led a forlorn hope and been crowned conqueror If you doubt it I wish you could have seen her dear glad eyes when they lighted on him after his two years in the trenches (those of Bartimaeus on receiving his sight may have held just such rapture), if you could have heard the joy in the voice which cried as her arms closed about him: "Safe are you my bonnie boy, and on my heart once more? Praise the Lord!"
Ay, it is a great thing to be the mother of a man!

## Home For Christmas

rOU'RE not eating your dinnermust be under the weather" said one club man to another. "No," came the answer, "but ever since I found out I couldn't get back to the homestead for Xmas I've been smelling the delicious juicy odor which pervades the air when mother starts a-cooking. It sort of spoils one's appetite for club meals, don't you know?"
Isn't it like a man to try and hide his sentiment behind his appetite?
It is in the air these days, the getting home for the holiday. Christmas is
tender ties,'
The appetizing smell of Xmas which runs through the house like a messenger carries us back to the delectable land of childhood-and leaves us there. Wh wants to be middle aged, anyway, and have to pretend to be wise, and worldly and far-seeing? Pretending is hard work. What did Daddy say as he kissed us: "Well if here isn't Rolypoly!" despised nickname of the old days, but unaccountably sweet now that we're getting-no, we won't say it. Age is honorable, but Xmas isn't the time to talk about it.
Under cover of the table cloth we grab mother's hand and squeeze it our old trick-and her dark eyes rest on us lovingly, approvingly. The understanding comes to us-and with it a delicious sense of having left the cares and responsibilities of life outside in the darkness-that to father and mother the children stay children, just children. We are Daddy's girl; this is why he tweaks our ear when he bids us: "run away to bed or Santa Claus won't come to us," And isn't. it good to be his girl!

# Why Do Women Love Bald-Headed Men? 

Professor Farmer says that the power of holding affection, ability to make<br>money and thoughtfulness in little things are the qualities women<br>love in a man-and this is why so many show marked preference for bald-headed men. Do YOU?

## By ARTHUR B. FARMER

Head of the Psychological Clinic, Memorial Institute, Toronto

LOVE a bald man!"-did I hear you exclaim? You couldn't im little Alice? course you could
Of course you couldn't! You are only eighteen, and your Frederick is just twenty
two, and still has quite a bit of hair left two, and still has quite a bit of hair left
to cover the top of his head. To you a bald headed man means an old man, and of course you do not want to marry an old man-of course not!
But just a minute, little Alice. I have something very terrible to tell you. Bu just so it won't break your heart, I want
you to look around with me a bit. We you to look around with
will go to church first.
Up there in the back row of the choir there are several bald heads-the baldest and smoothest of the is it? He hasn't a gray hair yet, and he cannot be more than twenty-eight or twenty-nine cannot be most. He is married of course, so you do not need to


Patrick Burn start comparing him with Frederick, but you know too, that young as he is, he is the manager of a prosperous business down town, and is able to ride around You know too, how popular and active pepular and active church and all the young people's societies.
That next baldest head there is another unusually successful young business man.
He is a year or two He is a year or two
older, not quite so bald, he has not made quite so much money, but nevertheless he, too, ranks as one of our rapidly rising young business men. Now we will look around down town. Perhaps we will look in at the opera, the best in the city, where the more prosperous business men bring heir families and their friends and occupy the they are-bald head after bald head, so many of them that this section of the house has come to be spoken of as the bald-headed rows-and as you look them over you will see that these are the successful and the popular men, the men who in their younger days were considered, and many of them rightly so, the best 'catches' for the young ladies of their comAnd the
And there is a reason
Now I will tell you the worst. ick's hair is beginning that Fredera little thin, and already there are signs that his forehead is beginning to expand upwards as if it intended before long to cover the top of his head.
You won't let him get bald? You will mak him rub his head with vaseline and quinine and coal oil and every other hair tonic you ever heard of morning, noon and night if his hair begins to get Win?

$S_{\text {(Type 4) }}^{\text {S. }}$

Professor Farmer claims in this article that the men who become prematurely bald are the ones women really like the best, and who, in fact, often make the most desirable husbands and the most successful business men. What do you think about it? Do you know any popular 'Baldies'?
has not done it by the aia of hair restorers. He has retained his hair because he has accidentally or intentionally avoided the real cause of baldness. pose?
What do you suppose it is that makes so many men bald and appears to dodge almost all the women?
What is that makes civilized men bald and does not affect the uncivilized?
What is it that makes the most likeable, most efficient, and most successful business men bald and so often seems to dodge the improvident and impecunious cranks?
I can answer in a word, or maybe three words
at most. The answer is tight hat bands.

## Four Kinds of Baldness

THERE are just four main arteries on each side of the head that supply blood to the scalp, and the pressure of a hat band on any one of these arteries, continued for a few hours day after day, week after week, year after year, gradually reduces the blood supply of the part of the scalp that artery serves, and the under nourished hair roots gradually weaken, and the hair dies and falls out. This is the cause of baldness in at least nine too. Just you check it up point by point and see how true it is.
The diagram shows just about where the hat band presses on the four scalp arteries. The fuller and rounder the skull beneath any one of these arteries the more tightly the artery will be compressed by the hat
band. If the head band. If the head happens to be hollow, the pressure on the
artery will not be so great and baldness is less likely to follow. Phrenologists- $t$. $h$ real Phrenologists I mean, not the twentyfive cents a reading fakirs of the country fairs-the real students of the relation between character and head form have always rethat the best develop ed, most efficient brain is the one that is well balanced all around, and occupies a head as smooth and almost as round as a billiard ball.

## High Foreheaus and Good Memories

NOW look at those areas marked 1 and 2 in the diagram. Area No. 1 is the spot where the hat band presses on the Supra Orbital Artery.


J. L. Englehart

The compression of this artery cause the hair to grow thin in the centre pression is the development of the brain underneath the skull in the area the Phreno logists call Eventuality, the part of the to remember things that happen, personts It also makes it easy for the person whose brain is well developed here to remember the things he has planned or promised to do as well as those he has done, and for this reason he makes a good business manand perhaps, too, a good husband, for really good husband ought to remember all the little things his wife asks him to do. The man whose forehead has a dent in it here constantly forgets just when things happened or just when or what should be done.
No. 2 is the area where the hat band presses on the Lachrymal Artery, which runs up over the
outer corner of the eye. The pressure on this artery is about in proportion to the development of the brain in the area the Phrenologists call Time or Rythm. The man
whose head is well whose head is well
rounded here shows rounded here shows a tendency to be-
come bald at the come bald at the
sides of the top forehead, and he shows an ability to keep track of the hours and a love of rythm that makes him just such a beautiful dancer! Often too this same characteristic enables him to sit down to the piano and dash off a

V. W. $\boldsymbol{W}_{\text {(Type 2) }}^{\text {Heo }}$
way that will hardly allow you to keep your feet
Financiers and Bald Domes
$A^{\text {REA No. } 3 \text { stoum were the mat band preem }}$ on the Temporal Artery. This comes right over the Phrenological Area of Acquisitiveness. This area, the Phrenolo gists have taught gives the love of property, of possessions, the love of comparing values, of buying and selling, and making profit. Haven't you noticed that all of your
friends who really love money (and those who really love money usually get it) have faces broad and well rounded out just in this region? So when your man is well endowed with the love of money and the ability to really feel the value of things, his hat presses on this Temporal Artery, and his hair grows thin and he finally becomes bald right across the middle of his top head. It does not matter whether that top head is a high
smooth religious dome, or whether smooth religious dome, or whether
it has an unbelieving atheistical dent across it-if the head is well rounded out at the Financial Area, No. 3, it is likely to be sooner or later indecently exposed to the eyes of the world, unless the owner either discards tight hat bands early or adopts a skull cap later.

## The Sociable Bald Spot

A REA No. 4 in the diagram shows where the hat band crosses the Occipital Artery. This comes just about over the outer part of the area of
Friendship, as it shades in the area of Combativeness or Courage. A high degree of the qualities of Sociability and Courage rounds the head out well in this region so that the hat presses firmly down upon this artery, and the result is the appearance of a little bald spot, right at the back of the top head, which gradually extends until it comes clear down to the hat line. Sociability and oourage are two mighty assets in the personality of the business man as everyone who has had occasion to study the problem of business success knows, and ciated.

## Baldness and Handwriting

NoW I have really presented to you a scientific spots. Just check it out for yourself a few times and see it work. You will find the man whose first (Continued on page 51)


## Only Woman Lawyer in Alberta

 MRS. CHESTER D. GAINER is the only woman lawyer in Albertawhich seems a long step from Paisley, Ont., where as Lilian Clements, she was born. She received her degree of Bachelor of Arts and Honours in Political Economy, from McMaster University, Toronto, in 1912. Then she went to Edmonton and took an LL.B. in the Alberta University, 1915. She was admitted to the Supreme Court of the province and not satisfied with that, she decided to take another degree worth recording; in other words, she decided to have the prefix "Mrs." as well as a lot of suffixes. Her time is largely devoted to social service work and the passing of better legislation for women and children.Women lawyers in Canada are, as it were, at a premium, due to the discriminating laws against women in many of the provinces. But it stands to the credit of both Mrs. Gainer herself, and Alberta, as the most advanced province in the Dominion, that she has succeeded so well. The cause of the working man and woman is also hers. Prior to coming to Canada a few months ago, she worked in a munition factory in England, receiving thirty-five shillings a week, and living just like any of the other girl employees. Perhaps to heredity can be traced her interest in humanity; for on both sides of the house, her forefathers were zealous asserters of the rights of the people. Lady Mary is the eldest daughter of the Duke and Duchess of Abercorn.
Lady Mary evidently established a good precedent that was followed by Lady Maud Cavendish, daughter of Their Excellencies the Duke and Duchess of Devonshire, whose wedding took place at Rideau Hall, on November 3rd.

## Only Woman Judge

MRS. JAMIESON is an ONLY 1 woman in a very unique way. On coming to Calgary from the United States she decided to become a Canadian, and applied at Ottawa for recognition as a British subject. This was the only application of its kind to have come before the Government and was something of a poser for the hoary legislators, there. In due time, however, she was notified that naturalization papers were on the way and eventually she got possession of them. She was gazetted Judge of the Juvenile Court, and Justice of the Peace in 1915 and the following year, she was made Magistrate of the Women's Court for the City of Calgary. It is said unanimously of herthat she fulfills her duties with dignity.

## President, Ont Library Ass'n

For the first time in seventeen years a woman was elected recently to the Presidency of the Ontario Library Association, and Miss Mary M. J. Black's chief claim to this distinction was that of merit. For eight years she has been librarian of the Fort William Public Library, developing this highly efficient institution from a modest, not to say meagre, beginning, the nucleus having been formed in the basement of the City Hall opposite the lock-up cell. The energetic librarian was never discouraged. She devoted herself in the early years to perfecting library administration and technique; and when after three years a splendid new building rewarded her efforts, she directed her energies to library extension. She is unusually gifted.

## The Need of Encouragement

DID you ever pause to consider the fine courage required to be the only one of anything? This applies in matters great and small; to the reformer, the patriot. . to the woman you may know. All are derided, criticized, misunderstood. All have to beat against a solid pact standing for the old order of things; all have to evolve their own mode of procedure for they have no precedent to follow. And if they make mistakes, are you sympathetic, or do
you wag your head with satisfaction and say, "I told you so?" Do you rush forward to help or do you sit unmoved with the mob?
Of course, we cannot dash about embracing every strange an unique mode of thought or action; some of them may not be woith living. But, we can be assured that ince. Take a simple example. they will die-without our assistance. Take a simple example. . . public speaking is now of a woman to stand on the platform. But consider the recetin of the first woman who stood before an audience! For a while she was the ONLY woman. Would you like to have been in wher Here we have some only women whose path to their present success was not entirely stre if other women had hel too late to begin, though.

Yours faithfully
Madge Macbeth.


## Business Manager

$M^{\text {ISS JEAN GRANT, of }}$ Calgary, is the only woman business manager of a market paper we can find. Pioneer work is breath in her nostrils, as her record shows. She was the first woman editor of the local daily paper, and for some time, the only one. Resigning from that post, she went pioneering further a n d. joined a firm of Lady Brokers, whose business-successful business, too, by the way-was to exploit real estate. This firm was the: first in Canada and probably the first in the world, to have all its principals women! We do not feel we: exaggerate in ranking Miss. Grant with the Progressives.

## RANDOM REMINISCENCES

There's Lots of Laughter Lurking Behind the Sandbags in Flanders and Elsewhere and Some of the Boys<br>Back From Battering the Boche Tell of Christmas on the Firing Line

## By PRIVATE GEORGE STEVENS

1HEY sat around the open hearth-a heterogeneous crowd. Around them were scattered (and scattered is the literal truth) the attendant luxuries of bachelordom-or forced bachelordom,
and from them radiated a spirit of and from them radiated a spirit of cheer and good fellowship that was pook at them and not smile; and this, lospite the empty sleeve that was tucked in a pocket and the unruly crutch that would topple from the place assigned it. Despite wheeled chairs and bandaged heads, they were a merry congregation, the group of returned heroes that sat before that hearth fire in one of the fine old city
residences that had been converted into a military residence
hospital.

The Outsider strolled in, in the middle of a yarn The narrator paused.
"Go right on, old man," the Outsider remarked as he drew a chair within the circle - "I've heard many a soldier yarn in my day. I'm not intruding, I hope?" him. "Whe narrator " a dozen
him. "We were discussing," he said, "the apparently ridiculous 'red tape' that attends military move ments, even on the firing line. I suppose most of you have seen Captain Bruce, Bairnsfather's, car coons, 'Fragments From France,' and the rest?"
"Have we? Well, I guess!"
"Then you probably noticed that page whereon he portrays a 'red tape' incident. He shows a Colonel, whose shelter is being blown to pieces by shell, trying to talk over the telephone to Headquarters, who are insisting upon knowing immediately the his (the Colonel's) battalion, last Friday.
but I can vouch for the truth of a similar message,


Poor old Maggie! She seems to be 'aviin' it dreadful wet at 'ome.
or I personally saw it ten minutes after its receipt "t battalion headquarters.
"Part of our battalion was carrying out a bombing be kept open for raid businiess. Well, just when the be kept open for raid busilessa gency," came pounding in.
"It read: 'O.C. -th Canadians, wire at once names one officer four of other ranks attend lecture on 'Christianity in Wartime' at $C$ - Monday.
The Outsider lit his pipe. The glare of the match, on his face threw in relief a visage long used to wind and weather. He leaned his elbow on his knee, cleared his throat as if about to speak, but instead, settled himself more comfortably in the arm chair and kept silence.
A young fellow they called "Short" rose from a chair in the background. while the exchange of yarns continued. posited his crutches against the wall he sank into
a chair and went on. "We had just had our ration ssued and were beginning to eat, when Fritzie took he chance to put over a few shells. Ordinarily he would have missed every time, but as luck would have it a shell struck the edge of the trench and and knocking most of us off our feet. Well, w crambled up again and dug the dirt out of our eye and for a moment I thought that none of us wer hurt. Then I saw the man next to me lying still His face seemed to be pouring blood and he looked most horrible sight. 'Poor Bill's gone this time,' I said, but to my amazement Bill's voice came back to me cheerily. 'You're another,', it replied. 'It's that confounded raspberry jam.' Sure enough we ound that a splinter of shell had struck the pot, breaking it and splashing its contents all over Bill', ace as he bent above it. The man hadn't a scratch." hird man. "I knew one fellow who drove a motor ambulance-a little, dark, thin chap he was, always aughing. The first time his ambulance came into action a shell struck it, all but wrecking it. The man sitting upon the seat beside him was blown to bits-you couldn't find a piece of him as big as a quarter, but my friend never got so much as a scratch. Twice after that the man beside him was killed and he was never touched. He was lucky all right. He used to say he was so thin that when he saw anything coming he turned sideways and split the
"Some men certainly seem to bear a charmed life," spoke a tall dark man, who was marching up and down
the room without ceasing. He was suffering from neutritis, and the torture drew his face into strange contortions as he talked.
"I knew one fellow who went through from the first," he said. "He was in every battle of the war, but when I left he was on top yet.

Once he was in a dug-out and a shell exploded on top of it. The dug-out was blown to pieces and every man in it killed but Mike. When they dug him out of the ruins he looked up at them and said, "Boys, Fritzie nearly got me that time. Then he went Born to be hanged he was. He'll never come to harm otherwise. You'll see, he'll land home at the end of the war with never a wound to show.
"SPEAKING of Bairnsfather," said the youth with the book.
"But we had , finished with Bairnsfather long ago, Short," someone interrupted.
second. "He's a-goin' to read to us, is Short
"Well, what if I am? I'll wager precious few of you tire of Bairnsfather
"Aw g'wan Short, we ain't fer interruptin' yu.'

One of them leaned over to The Outsider. "The youngster's somewhat of an entertainer. He reads to us by the hour here, and if we didn't jolly ,him, he wouldn't think we appreciated him.
"We went into the trenches again on the
23 rd," began 'Short, 23rd," began 'Short.'
"Twenty-third of what?" enquired an aggravating comrade.
"Of December, you boob-is there any other month we bother about dates?" came the retort.
"-On the 23rd. The weather had now become very fine and cold. The dawn of the 24 th brought a perfectly still, cold, frosty day. The spirit of Christmas began to permeate us all; we tried to plot ways and means of making the next day-Christmasdifferent in some way to others. Invita-
tions from one dug-out to another for sundry meals were beginning to circulate. Christmas sundry meals were beginning to circulate. Christmas Eve was, in the way of
Christmas Eve should be.
"I was billed to appear at a dug-out about a quarter of a mile to the left that evening to have rather a special thing in trench dinners-not quite so much bully, and Maconochie about as usual. A bottle of red wine and a medley of tinned things from home deputized in their absence The day had been entirely free from shelling, and somehow we felt that There was too, kind of an invisible intangible feeling extending across intangible feeling lines, which said: 'This is Christmas Eve for both of us-something in common.'
"About 10 p.m. I made my exit from the convivial dug-out on the left of our line and walked back to my own lair. On arriving at my own bit of trench I found several of the
men standing about, and all very

cheerful. There was a good bit of singing and talking going on, jokes and jibes on our curious Christmas in the air. One of my men turned to me and said:
'You can 'ear 'em quite plain sir.
'Hear what?' I enquired.
"'The Germans over there, sir; you can 'ear 'em singin' and playin' on a band or somethin.'
("'Yu ain't got the H'accent, Short, ole man, interjected a little Cockney lad nearest the fire With a glance of noble disdain, the reader went on: the dark shadows beyond, I could hear the murmur of voices, and an occasional burst of some unintelligible song would come floating out on the frosty air gible song would come floating out on the finging seemed to be loudest and most distinct a bit to our right. I popped into my dug-out and found the platoon commander.
'Do you hear the Boches kicking up that racket over there?' I said.
'Ces,' he replied; 'they've been at it some time!' " 'Come on,' said I, 'let's go along, the trench to the hedge there on the, ,
point to them, over there.
$\int^{\text {O }}$, we stumbled along our hard frosted ditch, and scrambling up on the bank above, strode across ne was listening: An improvised Boche band wa ne was histening. An improvis of 'Deutschland Deutschland, uber Alles,' at the conclusion of whic some of our mouth organ experts retaliated with snatches of ragtime songs and imitations of the German tune. Suddenly we heard a confused shouting from the other side. We all stopped to isten. The shout came again. A voice in the darkness shouted in English with a strong German accent, 'come over here!' A ripple of mirth swept along our trench followed by a rude outburst o mouth-organs and laughter. Presently, in a lull here: 'i, out of the darkness shouted the sergeant. 'I'm wo of you,' came back the from the other side
'Well, anyway, after much suspicious shouting and jocular derision from both sides, our sergeant went along the hedge which ran at right-angles to the two lines of trenches. He was quickly out of sight t, as we all hsene in bren heard a spasmodic conversation taking place out there in the darkness.

Presently the sergeant returned. He had with him a few German cigars and cigarettes which he had exchanged for a couple of Maconochie's and a in of Capstan, which he had taken with him. The ouch to our Christmas Eve-some thing a little human and out of the ordinary routine.
"On Christmas morning I awoke very early, and emerged from my dug-out into the trench. It was a perfect day. A beautiful cloudless
blue sky. The ground hard and blue sky. The ground hard and thin low-lying mist. It was such day as is invariably depicted by artists on Christmas cards-the ideal Christmas Day of fiction.
"'Fancy all this hate, war and discomfort on a day like this!' I thought to myself. The whole spirit of Christmas seemed to be there, so much so that I remember thinking, This undiscernable something in the (Continued on page 28)

# PLANNING MEALS AHEAD 

## Time, Worry, Food and Money Can Be Saved By a Little Forethought

 THE WEEK'S MENUS IN ADVANCE
## My Creed

I believe in the Allied cause. I believe that, as a woman in my own home, I may cause that our men are same ing.

I believe in the rights of others, in loving my neighbor, in sharing with him the necessities of this life.
I believe in the Conservation of Food, the Gospel of the the Garbage Can, the Total the Garbage Can,
Abolition of Waste.
I believe in the liberal use of cereals other and the subst able dishes for meat, in order to free for overseas shipment food products.
I believe in co-operation with, rather than in criticism believe in the first direction of my time and energies toward the consideration and accomplishment of my own part in the great work of winning the war.
I I believe in so putting my best thought on the supplying of my table that there shal the new order of things but rather that economy shall be hidden by palatability, substitutions by deliciousness.
And I believe in myself, in
the sincerity of my desire to
help and in the woman's wit
which I shall bring to my aid.

Boston Brown Bread.
Quantity for 5 one-pound baking powder tins.
1 pint corn meal ( 10 ozs.).1,020 calories 1 pint graham flour. ...... 1,020
1 pint sour milk. . . . . . . . . 320
1 cup molasses.
1 teaspoon soda.
1 teaspoon salt.
Total calories. . . . ........2,660
Calories in sha 100 Mix meal and flour. Mash soda and salt smooth before measuring
sift and mix thoroughly with flour Add milk and molasses and beat well. Add milk and molasses and beat well if not moist enough, add a isttle warm drop batter.
Pour into well-greased mold, filling only two-thirds full. Cover tightly with greased cover and steam three hours or boil mold three hours in kettle of boiling water, replenishing, as it boils away, with boiling water.

## Boston Roast.

Quantity for 8 persons.
2 cups dried kidney beans 750 calories
1 cup bread crumbs...... 100
2 cups grated che
1 tablespoon choppe
$1 / 2$ cup water or stock
Total calories.
Calories per person .......1,754
Soak beans over night, cook until tender and water is nearly all evaporated. Put through food chopper, add and bake one hour.

## Rice Muffins.

Quantity for 12 muffins
$21 / 4$ cups flour ( 9 ozs.).... 909 calories 3/4 cup hot cooked rice. . . 204
2 tablespoons melted butter or bacon dripping. ..... 200 2 tablespoons sugar. ..... 100 1 cup milk.
$1 / 2$ teaspoon salt.
5 teaspoons baking powder
Total calories . . ........... 1,57
Calories per muffin. . . . . . . 131

## Cream of Celery Soup.

Quantity for 8 persons
1 quart stock (value varies with strength) $1 / 2$ onion. 1 head celery Salt and pepper Bay Leaf.
Total calories
Calories per perso
In one quart of stoc have no soup stock stock (water if you onion, cut in large pieces, and place $1 / 2$ onion, cut in large pieces, and 2 heads celery, cut small. When celery is wire sieve. Bring one al all through a (with the bay leaf one pint of milk and add this to the celery the boil

## Cereal Pudding.

Quantity for 4 persons.
$31 / 2$ cups of left over cereal 350 calories 1 tablespoon sugar... $1 / 2$ cup apple sauce or
Apple. butter and 1
tablespoons bread crumbs
Total calories
100
20
Calories per person
Put a layer of cooked cereal in bottom of a well-buttered baking-dish, then a layer of apple sauce or chopped nother layer of cereal buttered crumbs and. bake with minutes if made with apple sauce, and one hour if raw apples are used.

## Day by Day

## MONDAY



Dinner

## Broiled Lamb Chop Scalloped Potatoes <br> Squash

 ioca PuddingWEDNESDAY

| Breakfast | Luncheon |
| :---: | :---: |
| Fresh Shredded | Spanish Rice |
| Pineapple, | Vegetable Salad with |
| Oatmeal | Mayonnaise |
| RyeBread toasted | dressing |
| tand buttered | White Bread and |
| Orange Marmalade | Butter |
| Hot Chocolate | Bup Custard |
| Dinner |  |
| Roast Beef |  |
| Potates |  |
| String Beans |  |
| White Bread and Butter |  |
| Pear Salad, French dressing |  |
| Chocolate Blanc Mange |  |


| Breakfast <br> Oatmeal with Dates (fruit stoned, halved and added shortly before serving) French Toast Coffee with Cream and Sugar | Luncheon |
| :---: | :---: |
|  | Vegetable Soup |
|  | Cream Cheese a |
|  | Nut Salad, Mayon naise Dressins |
|  | Rye Bread and |
|  | Cereal Putter |
| Dinner |  |
| Beef Olives | Spinach |
|  |  |
|  |  |
| FRID | AY |


| Breakfast | Luncheon |
| :---: | :---: |
| Bananas and Cream | Pea Loaf served with |
| Corn Flakes |  |
| Graham Bread | Carrots in Cream |
| Sutauce |  |
| buttered and toasted | Corn Muffins |
| Omelet | Peach Marmalade |
| Coffee | Junket |

Dinner
Scalloped Codfish in Rice
Spinach with Hard Boiled Egg Garnish
Graham Bread Graham Bread
Apple Sponge
Apple Sponge
Oatmeal Macaroons
SATURDAY

| Breakfast | Luncheon |
| :---: | :---: |
| Oranges Oatmeal | Fish Timbales with |
| Bran Mufins | Peas and Cream |
| Cocoa | Boston Bauce Bread Bread |
|  | Stewed Apricots |
|  | Tea with Cream and |
|  |  |
|  | Dinner |

Dinner
Bean Croquettes
Fried Apples
Fried Apples
Virginia Corn Bread
Cucumber Salad

## SUNDAY

Breakfast
Stewed Date
Puffed Rice
Dinner
Chicken, Stuffed and Roasted
Boiled Rice Rolls
Mashed Parsnips
Orange and Date Salad
Ice Cream Plain Cake
Supper
Egg Salad
Boston Brown Bread
Stewed Prunes
Cocoa

## Have You a Good War-Time Recipe?

SOME of the recipes used in these menus were sent to us by Win-The-
War Housekeepers in different parts of Canada ar
Each month, we shall ord, we have sent a new One Dollar Bill.
let us have your favorite.
It should be in accord with our national policy of thrift and conser ation and should not have been printed previous to our thrift and conserEach suggestion accepted means assistance to other readers woman's World and One Dollar to you.

Welsh Rarebit.
Quantity for 4 persons.


1 eg
French Toast
1 egg Quantity for 4 persons.
1 cup milk.................. . . 100 calories
$\begin{array}{ll}1 \text { cup mik.... . . . . . . . . . . } & 160 \\ \text { 2 tablespoons sugar. . . . } & 100\end{array}$ 4 slices brea 4 slices bread Total calories Calories per person 400
760

Beat egg until ...... 190 ingredients until light and add other ingredients. Cut bread in half slices, about one half inch thick, dip in fry to a light golden color. Have pan fairly hot and lightly greased.

## Virginia Corn Bread.

Quantity for 6 persons.
$1 / 2$ cup corn meal........ 255 calories 1/2 cup boiling water $1 / 2$ cup bread flour.
1 teaspoon baking powder
$1 / 4$ teaspoon salt.
$1 / 3$ cup grated .
Total calories
204
100

Calories per perso........ 150
Stir boiling water into the corn 118 meal. Add beaten egg and stir in flour, salt and baking powder, sifted together. Lastly, stir in grated cheese Mix quickly and sauté by teaspoonfuls in a hot frying pan, in bacon fat.

Green Pea Loaf.
Quantity for 6 persons.
$11 / 2$ cups cooked peas . . . 420 calories
1 egg, slightly beaten.... 100
$11 / 2$ cups bread crumbs. . . 100 $11 / 2$ cups milk. 1 slice chopped onion. Salt and pepper
Calories per person. . . . . . . . 915
Spanish Rice.
Quantity for 4 persons
$1 / 2$ cup rice..................
juice. . . . . . . .
$1 / 2$ green pepper chopped
2 tablespoons bread crumbs 20
Pepper and salt.
Total calories
Calories per person
488
Scald blanch and ...... 122
Boil rice in salted water green peppers. always boiling ted water, keeping water always boiling to ensure grains from massing together. Lay in layers in tomato pulp and pereading each with taste. Sprinkle with crume seasoning to a golden brown. with crumbs and bake

## Fish Timbales.

Quantity for 6 persons
1 cup raw fish or cooked
fish. ................................ 125 calories
$1 / 4$ cup almonds.
1 teaspoon salt.
1 teaspoon salt.
Few drops onion juice.
Few grains caymon juice. 10
Few grains cayenne.
2 eggs.
$3 / 4$ cup
$\$ 4$ cup milk. .
Total calories
Calories per person....... 955
Add on ion and press through a sieve.
Add onion juice, lemon juice, salt and pepper. Chop almonds fine and add,
When
whites thoroughly mixed, fold in egg whites. Grease small molds, fill with and bake fifter in a pan of water Serve hot with to twenty minutes. with mayonnaise.

## Bean Croquettes.

Quantity for 8 persons.
3 cups cooked beans . . . . . 600 calories
Salt and pepper.
Salt and pepper.
Total.
Catal calories ........ . . . . 100
Calories per person . . . . . . . . . 800
morning until tender and cook next thoroughly with a sieve. Add pepper and salt and crumbs, season wit juice or Worcestershire Sauce Mix thoroughly, flour hands and into flat, round cakes abourm paste thick. Dip in beaten egr and brown bread crumbs and fry golden brown

## Laugh Time Tales <br> "Life Without Laughing is a Dreary Blank"

## SMART

Hotel Clerk: "I found the 'not to Be used except in case of fire' placard those college boys stole out of the corridor.

Manager: "Where?
Clerk:,"


## WAITING

In a fire in a tenement building an Irishman was caught by the flames in a second story room. Looking out of the window he spied a friend, who called "cut to him,
Pat jumped, but his friend instead Pat fell to the ground breaking his ",Whe to ground breaking his leg. "Why didn't ye catch me as ye said iifted him, to which Mike replied, ''Sure, I was waiting for you to bounce."

## THREE APHASIACS

The day was drawing to a close. Judge, jurors, witnesses and lawyers all were growing weary. Counsel for the prosecu
"Exactly how
Exactly how far is it between the towns? he asked at length.
For some time the man stood thinking; then:
me the answe
'You mean as the flow cries!' retorted the man of law.

The Judge leaned forward.
"No," he remarked, ,suavely, "he means as the fly crows.

And they all looked at one another, feeling that something was wrong

## Gi STRA NGE!



Edward was the proud owner of his hirst pair of trousers. On the occasion happened in and was chatting with his father, but, much to Edward's disgust, the all-important subject was not mentioned. The little fellow stood it .as long as he could, then, in a very indifferent manner, remarked: "There

## CRUSHED

A bachelor of considerable wealth was much sought after by many of the most charming young women of the town. A very pretty maiden was sure she had brought him almost to the point of a proposal.
"What was the happiest moment of your life?" she asked, while they were taking a stroll one evening.
The happiest moment of my life," answered the bachelor, with a reminisback an engagement ring and gave me some cuff-links in exchange."

## LIMIT TO ENDURANCE

A Scottish minister in the course of a wet harvest prayed that the floodgates ," heaven might be shut for a season." The weather had never been worse than on this particular Sabbath and just as he concluded his petition a fierce gust of wind and rain down with a crash, which was succeeded by a terrific clatter of broken glass. "Oh," he exclaimed, assuming an attitude of despair," "O Lord, this is perfectly ridiculous.

"Good-morning! I came to tune your piano."
"Piano?, But I didn't send for you:" "No, ma'am, but the neighbors. said I ought to call.'

Robert Bridges, Great Britain's Poet Laureate, relates what he heard at an old English toll-gate when two old "How much is the toll?" asked one the keeper.
"One shilling for a man and a horse." "Get out of the way then, we're Bessie!"

SEASIDE A FFECTION
He: "Darling, I love you.
She: "Good gracious! Why, we've only just become acquainted. I'm only
He: "Yes, I know, but I'm down here for the week-end.

NEVER TALKS ABOUT IT
"You never talk about our baseball club."

No," replied Miss Cayenne.
"Yes. But I make it a rule never speak unkindly about anybody.


Lawyer: "Now, sir, tell me, are you well acquainted with the prisoner?"
Witness: "I've known him for Witness: "I've known him twenty years.

Lawyer: "Have you? I must now ask, ever known him to be a disturber of the public peace?" belong to a band."

## IMPOSSIBLE

The physician was giving good advice to the layman.
"Don't let the little things pass unnoticed," said the doctor. "It's these little things that often turn out to be serious, if allowed to run on withou attention. Even if you have a simple ailment keep your eye on it," cried the patient. "I have a boil on the back of matient.

THE VERY SAME
A Scotch blacksmith being asloed the meaning of metaphysics replied as follows: "Weel, Geordie, ye see its just like this. When the party that listens disna ken what the party that speaks means, and when the party that speaks disna ken what he means bimself, that's metaphysics.

## of COURSE

The mother of the family had been away from home and her eldest daughter had been holding the reins of the she resolved to greet her with festivi ties, so she telephoned to the butcher for a steak
"Round steak?" enquired the butcher whereupon the answer came back to him in indignant tones, "Why no.

## WHY ASK? ??

Mr. Saphead: "On my army appli dition of my mind. Whate the dition of e to nswer? Miss Kutting: "Le

A LITTLE PROBLEM Smith: "Say, Jones, there's three of my neighbors living next door to each other. Now, the two outer ones keep hens, but the one in the middle does laid eri for brealfast has a newly me how he tell Jones: "Robs the hen's nest, I sup Smith: "No."
Jones: "Well,,perhaps he buys them." Smith: "No."
Jones: "Are his neighbors generous?" Smith: "No."
Jones: "Well, how does he do it?" Smith. 'Well, you see, Jones, it's his way; he keeps ducks.


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## When the Child Rebels Against School

## There is Something at the Bottom of It'Pensioning of Mothers' the Solution-?

IAIN'T got no heart for study jest sits here-that's all." The teacher and Jimmy were alone-all alone in the big schoolsignified that Jimmy was "ker that But in this immy was "kept in." server was wrong. Jimmy was "asked in"" for this very special conference.
"But why. Jimmy? Why have you no heart for study. Your last two teachers have told me you were always very bright. Why you passed second in all except English, and you're improving in that.
Jooked off into the other foot and looked off into the distance. He re-arranged the gum he had been secreth but vaguely consio of hi teacher's scrutiny teachers scrutiny
pushed it back
into place and coughed slightly. brains I I ${ }_{\text {s'pose }}$ Least, Mother allus said so."
"Then why not use them, Jimmy?" fact is, $y^{\prime}$ see, fact is, $y^{\prime}$ see,
$I^{\prime} m$ wasting time here. Whatesting time Whatever do you
mean, Jimmy?, mean, shoumy? work." "But your Mo-

The only practicable solution in such cases where the welfare of the child If in jeopardy is Mothers' Pensions. State to stay at home and minister the the needs of her children-needs, to physical and spiritual, the Juvenile Courts, or worse still, the commen general tribunals of justice would see a fewer number of juniors. If they had the proper home influences if their mothers were financially in a position to keep the children out of the work shops, in the schools, and at home-or in its vicinity-during hours of recreation, there would be less disease, fewer accidents, less crime left to their
It is only fair, right and just that some recognition should be given by the State by ther says, Jimmy
that you must go to school. Besides, you want to grow up a useful man.
The last statement Jimmy ignored. it at home that before. He heard week. He was tired replying to italways the same reply.
The teacher
The teacher thought she saw a
suspicion of a wayward tear. Jimmy too, thought she saw it and winced perceptibly as he forced it back.
all on account of Mother on. "It's I must go to school, and so I says I'd must go to school, and so I come. the time I'm here she's out And all herself all to pieces jest to give we the other kids useful. And when we grows up where'll she be-eh? Where'll she be? Dead. That's where
'I Itell yu' I ain't goin' to do it. I ain't goin' to kill her. There's the
younger kids too. They ain't younger kids too., They ain't even got to go to school a while longer anyways. But I know enough to shuffle for myself, I guess, 'n even if I can't help, Mother much, I c'n pay my own way.'
The tear had fallen by this time, and a few others chased themselves down the smudgy cheeks.
baby-'cause I'm not I'm cryin' like a clean through-that's , m mad, mad the amazed superior could mouth, Jimmy had disappeared through the rear door.

## Impossible to $\mathrm{Hel}_{p}$

SHE sat right down and reviewed Jin case.
Jimmy's mother, she knew to be hard working, too hard working for her own physical welfare or that of school-regularly if they all went to school-regularly, if not willingly. They were comfortably and cleanly dressed. But they lacked in every detail that evidence of home training that meant
so much. They possessed inherent refinement possessed a sort of at intervals, but it was sadly appent shadowed most of the time. What could be done?
other children must have fimmy, the and the mother was willing that they should, but at such a cost! She would never accept financial assistance from outsiders-charity, she would call it without limitations.
If only there were Mothers' Pen-sions-widows' pensions!
So the teacher of Grade Three went home much wrought up over the case capped in s family, but entirely handicapped in the way of helping out
$\lambda$ CREATURE undefiled by the taint of the world, unvexed by its injustice, unwearied by its hollow pleasures; a being fresh from the source of light, with something of its universal lustre in it--if Childhood be this, how holy the duty to see that in its onward growth, it shall be no other.'
-Douglas Jerrold.
bringing - rather bringing-of undesirable lack of upher own inclination, her own desire; her own poignant yearning is to rear them creditable Canaces astalwart, healthy,

## A More Specific Case

TO exemplify the need of Mothers Pensions more specifically, to bring that came to notice very may be cited Mrs. H. G. - ice very recently.
widow. H. G.- of Ottawa, was left a widow on January 5th, 1917. Her uncertain income a carpenter with expenses were expenses were paid, the widow had with which to One Hundred Dollars children. They provide for her five eight months to twanged in age from Behind Mr G.
tradition of independence a family reliance-and independence and self-reliance-and a great deal of pride.
Before her, was certain tion. her, was certain want-priva-
Necessity drove he
to work, but public charity.
The two youngest children a kind other children for every day. The went to school and for themselvestion hours-who knowent their recrea-
They lacked wo where?
mother's lacked mother's interest, They caught cotd mother's attentionThe twelve-year old and kept them. he past three old boy became, within police circles; the seven well known in died of pneumonia and year old girl are now fit subjects for medical attention-if the afford it. She, herself, is now a physical wreck.
Local charity authorities?-No-they haven't heard of the case. They won't hear of it. There is no power on earth could make that mother proclaim her needs. She suffers in silence-she and her pride. The shame attending the escapades of her eldest son, she must Bear. She promises he will improve. his steps aright
Do you not also know of such a case? What is the remedy?
Mothers' Pensions
Recognition by the State, by Canada -of the service rendered by mothers; will be used mancial recognition that as the indivil State decrees, and he great, the ne case demands, for patriotic purpose, the Christian, the creditable citizens raising clean, Canada of the next gesuarding th

## In the Realm of Books <br> \section*{What's What in the Newest Literature} <br> O. Henry

## The Dwelling Place of Light By Winston Churchill. MacMillan \& Co. of Canada.

MR. WINSTON CHURCHILL is ing, but in his latest volume, "The fallen into the clutches of that demon of pessimism that has obsessed so many
of our modern authors and has succeeded in giving us a story of squalor
unredeemed by any ray of brightness. That the book is power-
fully written we admit. It becomes thereby the more dangerous. But we cannot admit its
truthfulness as a picture of the truthfulness as a picture of the
life of the average working-girl. life of the average working-girl.
Mr. Churchill may reply to this Mr. Churchill may reply to this that Janet Bumpus was not an morat thankfully assent. Where-
more, then, go to so much trouble fore, then, go to so much trouble
to record the interminable windings of her infatuation. We all know, unfortunately, that such
women as Janet exist, but we women as Janet exist, but we
object to having her paraded before our gaze as a paragon of
nobility and honor. nobility and honor. We fear
that Mr. Churchill will find few that Mr. Churchill will find few
to agree with his calm assumption that there are no longer any fixed standards of right and wrong; himself seems best in such matters, and it doesn't matter very will soon leave this malarial atmosphere for the clearer air of his earlier work. The present volume is one of those
which, to use an expressive Scots which, to use an expressive Scots
phrase, "leave a gey ill taste in your

## The Piper and the Reed

By Robert Norwood.

## McClelland Goodchild \& Stewart.

## $\mathrm{M}^{\mathrm{R}}$

 NORWOOD'S latest volume Reed," appears to us to show a dis tinct retrogression from the quality of his earlier work. We confess that we are heretical enough to hold, against the vast majority of critics, that theauthor's first volume, "His Lady of the Sonnets," contained finer stuff than the much belauded "Witch of Endor" But even the "Witch of Endor", was on a higher level than much of the work contained in the present book. Mr . instances to be seduced from the paths of rhyme and rhythm into the tangled thickets of "vers libre" and we cannot say that the excursions have proved accessfu. But this is a matter of the trodden paths, he falls too often into the flagrant carelessness shown in such a poem as "Matins,"-where he represents the "dim phantoms of the host of hate," as, at the same moment, and smiting him "with harpy wings $u p$ steeps of weird imaginings." Now this is a physical impossibility. There is good, work in "The Piper and the keed as witness the poem from which the volume takes its name, but Mr.
Norwood has been spoiled by too much adulation and his poetry is suffering adulation and his poetry is suffering
from the curse of over fluency.

## The High Heart

By Basil King.
The Musson Book Co. Price $\$ 1.50$. THE announcement that Mr. Basil which had proven so popular a serial,
would be published in book form, was greeted enthusiastically by all devotees of fiction. The book is distinctly
Canadian. It deals with the adventures in the business and social world in the United States of a young Canadian
girl; brings out the two standards of girl; brings out the two standards of
prestige-breeding and wealth. There prestige-breeding and wealth." There
is nothing, in "The High Heart" of the is noblem theme. It is well written, probem intensely interesting and wholly likeable.
Glimpses of Destiny from the Book By Dr. M. Chisholm.


HIS little pamphlet, which is priarticles dealing with the New of articles dealing with the New
Theology and with the revelations of prophecy in regard to the present prope, together with an appendix comsubjects. These three lectures deal
respectively, with "Infection and Immunization,", "The Recoil of Professionalism," and "Advice to Young
Graduates." Dr. Chisholm is a phyGraduates." Dr. Chisholm is a phy-
sician of many years standing and it is sician of many years standing and it is
unnecessary to say anything further unnecessary to say anything further
with regard to this appendix than that he has brought to this task all the powers of ripe judgment and intellect with which he is abundantly gifted.
The body of the pamphlet is taken up by material originally given to the public in the form of letters to the

## The Songs We Need

Myriad singers pour their treasures Sweet, uncertain, minor measures, Trembling doubts and fears.
Why repeat these strains of sadness,
Which but feed our fears? Are there no clear notes of gladness Straying down the years?
Sing of sorrow? All men know it.
Share with them their tears Then-ah! then, forget not, poet,

Sing the Hope that cheers.
Bernard Freeman Trotter in "A Canadian Twilight."
present time and he who inculcates it is, indeed a public benefactor. Douglas Fairbanks book merits a wide reading,
and undoubtedly will get it

## A Canadian Twilight

By Bernard Freeman Trotter
McClelland Goodchild \& Stewart
L IKE Rupert Brooke, this gallant Lhe great sacrifice young poet has made the great sacrifice. He was killed leaving behind him ay, slender sheaf of verses, which in their
command of rhythm and use of nervous and delicate English give token of poetical ability which a few more years would
have brought to a ripe fruitage. have brought to a ripe fruitage. Although only twenty-six years
old when he died, the present volume bears testimony to the fact that in him we have lost
a promising Canadian poet. We a promising Canadian poet.
regret that we have not space to quote his poem, "The Popwo verses below will bear ample witness to his love of nature moods:
"The elm is aspiration, and death is in the yew from Lapland to Per But there's a magic in the pop through
press. These have been republished They request of their many admirers. to until the been enlarged and added sions of have reached the dimenwhich sets forth the views of its aume, upon the subject of prophecy and its relations to the present war and the repatriation of the Holy Land by the people of Israel in a lucid and interesting manner. The many readers who are interested in the Divine ful-
filment of the promises made to Israel will find this pamphlet a most attractive study.

## Laugh and Live

By Douglas Fairbanks.
Britton Publishing Co. Price $\$ 1.00$. D OUGLAS FAIRBANKS, star alike D in the legitimate drama and in the world of the movies, is possessed of the indomitable optimism that gives purpose, "push" and color to life. He
holds the record for the standing broad grin. He has made cheerfulness a habit and joyousness an art: there find him glad that he is alive. Rnd a consequence, there is no more widely popular personality upon the American stage. In Laugh and Live he preaches it with force and efficiency and a convincing belief in its "good tidings" that will go far to make the reader a convert to the doctrine.
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tem requires it. . Real laughter is spontaneous. Like water from the spring it bubbles forth, a creation of mingled action and spontaneity-two essence emotion within us."
The spirit of laughter has never bee nore needed in the world than at the

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And so I sing the poplars, and when I come to die will not look for jasper walls, but For a row of wind-blown poplars against an English sky."
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"A wave with a sea-green base,
A rollicking, wandering, roisterous
With a , crest o' foam and a laughing face.'
and of how the descendants of that man are ever lovers of the wave and "the sea." Lovers of poetry will find in this little volume verse that has the authentic singing note of the born poet.

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> By R. J. C. Stead.

Musson Book Co. Price $\$ 1.00$
$\mathrm{M}^{\mathrm{B}}$ . ROBERT J. C. STEAD of Canadian poets, of a large portion of the hands are the be said that while manner is indubitably that of Rudyard Kipling. True, he is not the Rudyard ven the greatest, sinner in the only, or His fellow author, Robert Service, his earlier work came so strongly under the influence of the great English poet as to be hailed by many as the Canadian Kipling. But why sin at all? While it is probable that Mr. Stead will never rise to great poetic heights, his the Kipling tradition gains way from strength and beauty, as in both in from which the present in the poem its name. This is probably the only Canadian poem that was ever incorporated complete into a telegraphic news service. Later, it was copied by the leading newspapers of England,
was eulogized by the London "Specwas eulogized by the London "Spec-
tator," was reprinted by English admirers for distribution in the army hospitals of the old land and subsequently found its way round the world Stead's poems are replete west. Mr. dian patriotism and are faithfal productions of the atmosphere of the great West. This volume contains all the elements of popularity and, methe best of the season's dollar editions.

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The Leprechaun of Slieve Dearg
down the hill to his frugal supper and T HREE years had passed, and Michwas now a lad of fifteen, small nd slender, but strong and muscular in the cottage that had been so crowded for two years ago the big, silent father had died and the noisy crowd of brothers and sisters had one by one drifted away into the great world that lay beyond the mountain summit and none of mother had the house to themselves now, and very lonely at times they found it.
It was not often that Michael found time for a visit to his favorite spot in these days, for he had to work he sterile parder to gain a which was all they owned. Day after day he toiled, cutting and stacking peat from the bog close at hand to serve them to fence in the few fields that held their scanty crops; or harvesting the their scanty crops; or harvesting the oats, and gathering the wild hay that grew upon the mountain side in order But each day the living was harder But each Misfortune after misfortune fell upon him. The pig died. The ell upon has went The pig died. The drowned in a bog-hole. Even their few hens refused to lay and the foxes ook heavy toll of them, despite Michael's efforts for their salvation, and when at length a blight seized upon the crop of potatoes that he had planted with such high hopes in his heart, poor Michael almost lost courage.
At last, when he went home one night, he found his mother sitting with her head on her hands before the empty fireplace.
"It's no use, Michael, lad," she said as he entered. "Neither bite nor sup so weak with the hunger that I am I can do no more. To-morrow I'll be going down to Dublin to the poor-house and it's you that must go out into the world and seek a living for yourself, as your brothers and sisters
have done before you.
Michael tried to comfort her, but indeed he was on the verge of des pair himself, and at last he crept wearily off to bed, eaving her into the ashes and sobbing softly to herself.
But there was no sleep for him that evening. Hour tossing and turning restlessly, trying to puzzle out some way by which he could earn enough monmother from that fate most dreaded by all Irish people, "going to the poor-house," but turn and toss as he might, not an idea would come into
his head. Towards morning his head. Towards morning, however he fell into a troubled sleep. Even in his dreams, he seemed to be struggling with the load of misfortunes that pressed heavily and still more heavily upon him, till suddenly a gleam of he heard a voice shine upon him and in heed a voice saying, if it is ever in need of help you are, cut a hazel the smallest of the three rocks, and help will come"
He woke with the voice still sounding inking behind a moon was jus tain, and already in the or moun was whitening with the east the sky coming dawn. One the promise of the was shining high up in the dark star sky and as Michael watched it, a gleam
of hope seemed to steal into his heart. He rose and dressing very quietly slipped from the cottage without rousing his mother, who had fallen into a heavy sleep, still sitting upon her chair
He lingered for a moment to cut a stout hazel switch from one of the trees that grew near the cottage, then strode up the mountain towards the three rocks, his heart growing lighter
as he went.
All around him sounded the stir and rustle of the wild woodland creatures, wrown to greet the sun. A little brown rabbit darted past him intent on seeking its breakfast. Further on a lancing swiftly frod softly by, his eyes went, and a lantly from side to side as he whirr and a partridge flew up with a of his feet.
At last he reached the three great, grey stones that stood upon the viry stood looking at a minute or two he recall the words them and trying to that evening which seemedrechaun on "Knock three knoemed so long ago. tone," the little man on the smallest without further husitation said, and ifted his hazel rod sharp blows upon the lichen covered surface of the smallest rock.
What would happen he did not know, nor did he care, for somehow the feeling that everything would turn out for good had been deepening and strengthening in his heart as he climbed, po he was hardly astonished when a part of the rock swung suddenly outward, revealing a long dark passage which appeared to lead towards the heart of the mountain. He stepped in at once, and the rock closed behind him with a dull thud, leaving him standing there alone in the thick darkBu
But he did not stand there long, for, as his eyes became accustomed to the blackness, he saw, far away at the end of the passage, a faint light shining. Towards this he directed his steps, grew brighter and grew brighter and
brighter as he walked, until after half an hour of steady travelling
the passage ended and he found himself in a large hall self in a large hall
whose walls of solid rock were hung with rich silken embroideries and brilliantly lighted from some source that, gaze as he might, Michael could not dis-

AY music was the playing and full of a richly robed throng, who were dancing to its sound. All was colour and light and movement, but Michael's eyes
were drawn to the two figures who sat alone at the upper end of the room. Of carved ivory were the chairs upon which they sat and their heads. One was gold was above and fair and wonderful woman, tal gold was on her head and in her hand she held a golden sceptre ind she gazed out across the multitudes that moved beneath her with a fierce that move. ver her mantle of blue, that was richly embroidered with gold, streamed her long red hair; a great golden collar set with glimmering stones was around her slim, white neck and her eyes were as blue and as cold as ice. By her side sat a dark and splendid man, clothed in at his of fairy green. A great hound lay head knee. Thas it upon its master
(Continued on opposite page)

for a moment upon the shaggy muzzle with a caressing touch. The man's eyes were dark and friendly and he smiled
at Michael pleasantly, as the lad came at Michael pleasantly, as the lad came
slowly up the great hall until he stood slowly up the great hall u
at the foot of the thrones. lad?" he said in a great voice. "罧is long since a mortal has visited the Halls of the Sidhe."
As he spoke the music ceased suddenly, and through all the throng who moved to and fro within the lighted room went a murmur as of the wind that whispers across the face of the waters. and Michael knew that he was looking upon that great Cuchullin, who in his lifetime men had called the Hound of Ulster, so brave and wise and faithful had he shown himself, and who now dwelt forever, a prince among the deathless hosts of the Sidhe.
The boy looked up at him with awed and wondering eyes, and something in his look seemed to please laughter and stretching forth his hand laid it on Michael's shoulder.
At the touch the boy's heart leaped within him and looking bravely up into the strong dark face he told his taleof how, despite all his efforts, he had failed in earning a living and how, if no help came, he and his mother must
leave the old home that had sheltered him from his childhood, and he must go forth into the wide world, away from the mountains and the sea that he had known and loved so long, and bearing
with him the exile's aching heart. He told of the leprechaun's promise, made so long ago, and of how he had come to ask fulfilment of that offer of assistance, as the last hope that was left to him. Cuchullin's face grew wistful as he
listened, for indeed, great Prince as he listened, for indeed, great Prince as he
was, he would have given all the splenwas, he would have given all the splen-
dours of the Dun of the Sidhe for one hour upon his own Ulster hills, with the salt sea-wind upon his cheek, and well liness, far away from home
liness, far away from home.
When Michael had come
of his tale, it was a very kindly voice that answered the appeal. "Go home, lad," Cuchullin said, "and dig beneath the hazel from which you cut the wand that opened the hills to you. There you will find the Good People's promised help. Nay, no thanks are needed; "the people of the Hills do not forget "Who helps one helps all Only this boon the Prince of the Sidhe craves of a mortal." His face changed, so that Michael hid his eyes for fear of
seeing the sorrow that lay upon it, as the thunder cloud lies upon the top of some tall mountain. "If ever you set foot upon my Ulster hills, seek out the green glade of Muirthemne and whisper to its larches that Cuchullin has never forgotten though never may he
see them waving in the wind again But now you must go, lad, and the The deep voice ceased and Cuchullin sat silent upon his throne of gold and ivory, his eyes grown misty with ivory, his eyes grown misty whith
dreams of the past, while the haughty
Queen by his side never' stirred or spoke, Queen by his side never stirred or spoke,
but gazed upon him with cold, proud eyes, from beneath her gleaming hair and Michael went stumbling down through the great hall, through the host of the Sidhe, dancing once again to the sound of flute and pipe and
violin. He passed along the dark violin. He passed along the dark
passage; the stone swung open at his passage; the stone swung open at his
coming; and he was out upon the moun tain-side once more with the first rays of the morning sun shining round about him.
He hastened down to the little cottage, where his mother, who had just
waked, was standing in the doorway looking down upon the roofs of Dublin hat lay so far below. When she saw him, she cried. aloud with wonder at the brightness that was upon his face and then came running towards him But he left them all unanswered, only ook his spade from where it stood leaning against the wall and began to dig vigorously at the roots of the hazel, as he had been bidden by Cuchullin. It was not long that he was digging before his spade struck against some thing that gave forth a dull sound as of metal under the blow, and in another small copper vessel of had unearthed a lid of which was firmly soldered down. Lifting it from its resting-place Michael carriedit insidethe cottage and there, with some difficulty, managed to remove the lid. The pot was full to the brim with ancient coins of gold and silver, tarnished and bat-
tered, it is true, but still glittering tered, it is true, but still glittering feebly from its depths. said joyfully, "there's,", his mother said joyfully, "there's enough there to And so it proved
And so it proved, for when Michael took the coins down to a jeweller in them that he was aple not only to buy all that was wanted for their present needs, but also to replace pig, cow and hens, and to add comfort to their lives for many a long day.
From that time everything prospered with him. His crops were the envy of all the farmers around, his cattle and poultry increased and before long he was known as one of the richest men in the countryside. But he never many years later request, and when far away Ulster hills he sought out the larches of Muirthemne and whispered their Prince's message to them And the larches sighed and murmured in the salt, sweet sea-breeze, as though to say, "We also remember."

## Boy Scouts and the Victory Loan

B $\mathrm{B}^{\mathrm{O}}$ tory Loan must be floated. This was the S.O.S. call sent out at least in
one district on November 10th. In Toronto and surrounding country the BoyScoutswere
granted a three weeks' absence from school in order to
distribute publicity material and in other ways help float the Loan. the many channels in which the Boy Scouts are doing more than their bit to win the England, their services have been inMr. H. G. Hammond, Secretary of the Ontario Provinhis Boy Scouts on ast visit to the Canadian Boy Scouts over. seas, related several incidents wherein the proven heroes. For instance t was a Boy Scout who gave the warning at Scarboro that German battleships ere off the coast. At he Admiralty, in al Office, in the hospital Boy Scouts will be found on duty.


A Hero In The Making

Even here in Canada, Mr. Hammond pointed out recently, the Scouts mave carried out efficient, though not spectacular work. They have aided materially in production. In the city of Chatham they undertook to cultivate five acres, ceptionally well

There should be a bright future for the ada. The military spirit of the times has done much to the hearts of the boys the desire for proper training. Although not a military unit the Scouts are the only organization wherein this training is properly carried out. In addition, there are instilled into the boys the precepts which they are counselled to adhere: manhood and good citizenship, self-reliance, discipline, obedience, neatness and order. The attention to these virtues dewill make for a decidedly better manhalf century.


## Why Gold Dust so quickly loosens dirt

DRT sticks because it is held by grease. But cheer up! "Gold Dust dissolves the grease.'
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## Electrocuting Household Drudgery

## Wherever There is Electric Current at Their Command, Women are Eliminating Heavy Work

By KATHERINE M. CALDWELL, B.A.

SWEEPING Day, Wash Day, Ironing Day-what bug-bears and
oppressors they have always been! But woman is at long last getting the upper hand of them; they are losing their awesomeness, their importance and their capitals. Electricity is giving to woman the opportunity to unrank them, to reduce them to the humblest and most casual levels always a pleasure. For cooking, tooequipped, but enslaving when it rightly fire-building and stoking at early fire-building and stoking at early or electric grill, that will separe a whole breakfast or supper will give to cold, dark mornings (or the hot and hurried oones of summer) an entried
different aspect. To insert a plug (right at the table) and in two minutes have bacon, eggs and toast all cooking, does make life a new thing! No
running back and forward to the running back and forward to the
kitchen but a comfortable kitchen but a comfortable, reposeful
meal and the right meal and the right opening to the day.
One's next table addition is likely to be a percolator-one that will take the responsibility out of coffee-making. Besides the combination cookers that will boiil, fry and toast, there are simple toasters, elaborate chafing dishes, little burners for boiling a kettle and any number of attractive and helpful appliances.


## What of Blue Monday?

W OULD you like to have a machine that would soap, rub and wring your clothes while you sit beside it?
Wash-day can never be made a subject for poet's ravings but the real ack-breaking, spirit-breaking labor can be done a way with.
An electric machine will do a big family washing in a couple of hours and the improved models are so constructed that your delicate fabrics will receive no injury. The principles that govern the workings of the different machines show considerable varietysome have a perforated cylinder that
eevolves, driving the sudsy water revolves, driving es sudsy water
through the clothes, others move the clothes about on smooth, corrugated surfaces to resemble rubbing. But the wringer that is turned by electricity is no small contributor to the tion of laundry ease is reached when you sit on a step-stool and "feed" to the self-turning wringer clothes that have washed themselves!
And ironing day? Does it demand long hours of standing, a hot fire (no matter what hanging of and the constant
such a short time between the heat that scorches and the tepid warmth that sticks?
The ironing day of the distant past! An electric iron is the first appliance purchased by nine out of ten women to celebrate the "wiring" of their homes. The smooth, clean, nickel iron that needs no fire, no rubbing of black and

nozzle for upholstery makes it easy to really keep the dust out of one's
furniture.
A brush to attach to the nozzle for use on woodwork (the bristles fit into and door frames) etting between the cocil nozzle for and an attachment coils of radiators istead of suck in, The last-named is are all real helpers. to blow the dust out of difficult or inaccessible places (against a damp cloth or paper to which it will cling), but most women have another quite personal use for it-to

Anything Her Heart Desires
$T$ A house is hard to heat? 1 A portable electric heater,
threatening surfaces, no smearing with wax, marks a new era when it makes its shining entrance. The home dress"maker greets it enthusiastically, too"pressing" as she cuts and sews becomes a much less irksome task.
Happy indeed is the woman who possesses the big electric iron that has been evolved from the humble "mangle" of ancient fame. Fast as she feeds them, the smoothly padded rollers will take up her table and bed linens, all the flat pieces, and much of the clothing that has no frills and furbelows to be prinked and pampered. Even these are easily finished off, if passed through
the rollers first.

## Spiriting Dust Away

W the same it come from? We ask We same question summer and winter, and each season seems dustier than the last-ceilings, mouldings, hangings, upholstery, to say nothing of our carpets and rugs, collect more dust than any self-respecting housekeeper
among us cares to admit among us cares to admit. Long-hand-
led brooms, dust cloths and led brooms, dust cloths and beatings on the line, were our methods of attackand way back in our minds we always had a suspicion that we raised more dust than we collected, in spite of our best efforts to gather it up and get it
outside. The
The vacuum cleaner has revolutionized all this for us-has given us a sure method of imprisoning the most volaA
A long arm with a wide and hungry mouth will reach the ceiling, picture or plate rails, the tops of doors and winescape, no the dust is swallowed. No place, (dark, perhaps to another resting place, (dark, perhaps, for the moment, errant sun-beam when of catching an is an in-law or a when, perchance, there neighbor visiting us.)
 especially ${ }^{\text {room, will be just the thing, }}$ especially in the morning before the fomfort to your to give the touch of And for the wome evenings. home sewing, there's who does much a motor to there's that archboonShovelling snow is sewing machine. back-breaking is not a much more push, push, pump pation than the treadle of a machine pump, on the The little machine
for you, is not that does all this your favorite teapot and figer than the side of the machine, quite out


There is a little clamp that fastens on the wheel; a cord with an ordinary and a smat any electric light socket, ies on the foot pedal on a cord, pressure on oor beside you; a single machine starts or stops the these littl you have one of you can pe adjustable motors on your put a piece of carpet it for a con treadle and use Both hands ortable foot-rest! handle your quite free to guide it-and material and longer the grinding is no nerve-racking occupation that declares it strongest woman For the wo be.
much, there are who travels little comforts are a host of appreciate tremendously: for instance, blouses, collars, all one's pretties, come out of the best-packed trunk a little the worse for wear and wobbling. A tiny electric travelling iron will freshen things wonderfully without calling sarily hotel valet or unnecesThe bed or a one's hostess. towel will do quite nicely A pmall a breard.
A Agmall appliance not much wigger than a fountain pen,

It is no longer necessary to know the umiliation of seeing a small cloud of dust rise from the big upholstered sofa and has a habit of always is heavy mating the distance to his erestiplumps down rather suddenly or when mall son hurls himself on the sen springiness of the divan. The special
is intended to cord and plug attached, water or milk and will into a glass of boil in a very few minu bring it to the taking Baby on a trip, If you are uch a food-warmer in wou find An electricall the place of a hot wated pad to take attached even in water bottle, can be nd is a wond in your Pullman berth

## The Faith of Paul Duchaine

## CONTINUED FROM PAGE 7 )

" 'Mademoiselle,' said Auguste Dion, if he were not a common furrier, whom no gentleman could stoop to touch, his blood should answer for "'I think that he spoke truly,' answered Mademoiselle with a wry smile, drawing her cloak about her shoulders. 'Take me home, Auguste.' "It happened, Monsieur, that honest Jean Duchaine needed a representative in Montreal to purchase furs; thus when, the next morning, Paul highly teered to go, his brother was highly
pleased. He had not taken kindly pleased. He had not taken kindly gave him brotherly advice, intermixed with shrewd commercial instructions. The tide of immigration was already streaming westward; prices ruled high trade was booming everywhere; and the Indians were still half ignorant of the value of the pelts they carried to Montreal. Jean Duchaine had long wished to break the Company's monopoly; now he saw his chance to become Paul into a sleigh, and before noon the Paul into a sleigh, and before noon the
young man was speeding westward, young man was speeding in westward,
with an abiding bitterness in his heart and the resolution to achieve.
"HIS was in 1813. The power of 1 Napoleon was already crumbling. Defeated and disgraced, he had hurried back from Russia with the scattered remnants of his mighty army, to find old foes springing up all about him. Nations in arms were confronting France upon her eastern frontiers hrough the Pyrenees. Two year hrough the Pyrenees. T wo years Corsican was broken forever. The change in France brought about a new social upheaval which was reflected in Lower Canada as well, many of whose prosperous families still drew their incomes from the mother country Fortunes were made and lost in specu had blindly and credulously backed had blindly and credulously backed his traditions were, lost everything except the house, enough of a pitifu income to provide against starvation and-Marguérite. There were few old families but were hit hard, for most had bowed to what once seemed inevitable and backed Bonaparte. Now they went softly and sadly down the fall were the steps of Charles Thiboult until he died.
"Auguste Dion had lost his riches also and needed a rich bride. All the paiety and mirth of old days was urned to sadness. They had danced Bonaparte's legions across every fron ier of France and danced them home again; now there was no more dancing or their old world had crumbled away
"When Mademoiselle Marguerite had gone home that night, hearing stil in her ears the ringing, scornful tones or the only man her in an agony her, she lay upon her bed in an agony place a thing, this playing with a man's place a thing, this playing wind he had urned on her as though she were a vile woman, and he had called her so. For days she could not bear to leave her house. It seemed as though the entire town was tattling about the insult. She seemed to see sneering faces behind the venetians, decorously When, of the houses on last she emerged from her When at last she emerged from her seclusion she flung herself more wildy into pleasure. More than one life, they say, Monsieur, was taken in her name either by suicide or hostile hands And the routs continued, the balls, ridotti, all the mad revels of Quebe that stood at the precipice's edge And then, at last, the news of Waterlo stunned the revellers into silence
"Monsieur Auguste alone, insinuating and heartless, had continued in the pursuit. Yet, when she summoned him ended and offered him that reward which he had so often asked, Monsieur Auguste Dion picked up his hat, rlanced in dismay about the room tripped of its silver and rich ornaments and, backing, presently found himself backing away down Louis Street, and acing a closed door
"After that, Mademoiselle Thiboul was rarely seen abroad. She stayed home with
Meanwh
Meanwhile Monsieur Duchaine had prospered ars, he was returning
to render an accounting to his brother
Jean. Paul arrived late in the afternoon, and, having won unstinted praise from Jean, left him at his books and went out toward the Upper Town. It was not until he saw the frozen river that he remembered that this was almost the anniversary of his departure. and an irresistible impulse had drawn and an to the scene of his love and his humiliation. He meant to mingle with the throng, if possible to set eyes upon Marguérite, and then to go. The image of the false woman whom he had loved had never left him.
but There was no carnival that year, but here and there, grouped about the ice, a few had gathered, drawn thither by the memory of former days, to warm their hearts at the pale fire of the recollection of earker poys. With shut out the penetrating wind, Paul approached one of the clusters, and presently saw Auguste ${ }^{\text {D }}$ Dion among the
rest. "Paul, though he felt all his old loathing of the man revive, could not withdraw until he had heard Mar guérite's name. It was not long before it was spoken.
"' 'Ma foi, what changes!' exclaimed one speaker. 'Only last year Mademoiselle Thiboult was queening it here and look at her now! That was a bitter fall, Monsieur have hirl had so many enemies, ready to spring up like many enemies, ready to
th 'They are not more numerous th the hearts she broke,' a second said. "Auguste Dion laughed coarsely and hurled an unmentionable insult at her. him 'You lie!' cried Paul, and hurled himself through the group. He raised his hand and struck Monsieur Dion across the cheek. 'You lie!' said Paul, more quietly, again.
"Auguste Dion staggered back beneath the force of the blow; then he strode forward, his eyes blazing. face, his jaw dropped, and he stared blankly at him
"'Diable! The furrier!' he muttered.
"'You have lied about Mademoiselle Thiboult,' said Paul. 'You cannot affirm that lie and live. Do you understand, Monsieur, or must I strike you again?"

The rest had come between them, and there was no love lost for Auguste. them, and not too scrupulous, all felt that Monsieur Dion had been guilty of a worse betrayal than they. ". Well, Monsieur Dion, that was plainly enough spoken,' said the man who had defended, Mademoiselle. 'Surely you understand.
fidgeting with, fidgeting with his hands.
to urge, and led him aside. Aher began to urge, and led aside. A third man approached Paul.
Monsieur Duchaine?' de Dieu, I remembered asked. Grace was a proverb in all our mouths for nearly a week after you left us. Well, Monsieur, the sun rises behind the Citadel at eight. I can meet you there then, just by the western, outworks You have business in town? tomorrow,' Paul answered "'Then give orders that the sleigh be ready at dawn,' replied the other 'I will call for you at half-past seven o'clock, which will be better.' He handed Paul his card
ONG before Paul had returned to L his brother's house the tongues "Jean busy all through Quebec.
"Jean Duchaine, although he was surprised at the eary hour that his made no objection. After all it would made no object part of the be covered in a single day. At half past seven the noise of the sleigh-bell awakened him, and he went down, to find Paul, booted and dressed, about to enter. Upon the seat, where the driver should have been, was Monsieur Gagnon, Paul's friend.
kissing him. 'Thou frere,' said Jean, kissing him. 'Thou must return next year, and for a longer, stay.
and stepped into the vehicle. Thed Paul, and stepped into the vehicle. Then the
horses strained their way up the precihorses strained their way up the preci-
pitous streets toward the Upper Town. "The sleigh crossed the Place d'Armes, skirted Louis Street, crossed d'Armes, skirted Louis Street,
(Continued on page 36)


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A PRONOUNCEMENT by Lord Northcliffe That Makes Every One of Us Long to Grow Some Stock That
Will Mean More Food for Our Men at the Front.
"The very work of a soldier demands that he be the best fed man in the world. "Since the beginning of the war, the ships of the British Navy, and those
attached to it have increased tenfold. attached to it, have increased tenfold.
Added to battleships, destroyers and tuaed to battleships, destroyers and
submarines are thousands of small craft trawlers, drifters, observation ships, and on every one of these, summer and winter, -and do not forget we have a very severe winter in the North Sea and North Atlantic-are men who must have their daily full ration to carry out their work. "Quite apart from our Navy are the men in the air. Can you conceive a man going through that hellish hife 1,0oo feet up, clothea in electrically to enable hin to breathe-can you iriagine hin, doing that on half rations?
"Can you inagine the boys in the renches surviving a week if we had to cut down their pork and beans, and the various things they have to eat?"

## Goats and Goat Getting

GOT your goat?
You will be asking it and I shall be asking it, in all solemnity and interest, if certain half-spoken suggestions that have lately been heard, gather force and form.
And the goat in question will be a neat, dainty-stepping, furred, horned, through government channels and at a stated price, presumably from \&8 a stated
to $\$ 13-$ not $n$ ne the resumably from $\$ 8$
rather indefinable something termed a goat, that is vaguely connected with temper or
duce, that our soldiers may be fed and the war won!'

## Everyone Can Aid Production

W ${ }^{\text {E people of the cities and towns, }}$ when we first read and heard the call for greater food production and conservation, took only the latter to ourselves. We spoke earnestly to our brown breads and wheat savers: we instituted meatless and baconless days; we left no more "morsels for manners, on our plates-good form to-day de mands a clean plate; we scrutinized every consignment for the garbagepail with a relentless eye and wondered the peelings of potatoes boiled in their jackets or for tea-leaves!
As for production-"the, farmers must certainly produce more," we said, with which we relegate duties to the other fellow. Then somebody started back-yard gardens.
So we bent our unaccustomed backs and we dug and planted and watered
and weeded and then we harvested and preserved and stored-oh yes, it was very much worth while and the back-yard gardens gave a vast lot of food to Canadians this year, and helped to liberate a vast lot of the products Cauliflower and raspberries don' seem to bear any very direct relation to a trench bill-o-fare, but the beans bread that we can send across whilst we eat unshippable foods, mean strength and courage and support to our boys. But now "we must have more meat," they tell us from over there. "The

temperament, 'got' usually through ragging or irritating and costing anything from a joke to a disposition). Why ,the sudden eagerness to "get a goat?" an average of three quarts of milk, two hundred and forty days in the year. for an extra seven hundred and twenty quarts of milk in Canada next yearmilk that would not otherwise be here -milk that would cost me, at present price, $\$ 96.00$ ?
The answer has come before the question, in the echoing appeal from Great Britain and ournAllies oxerseas -"Produce! Produce more food! Pro-
supply is getting shorter and shorter and the need, if possible, greater Raise more stock over there in your wonderful, fruitful America

> What Can I Do to Assist

AN we of the towns and village Cagain say "yes, the farmer wil surely heed this call, too, just as he did the call for a great grain crop," and leave it at that?
Emphatically, no! We must look to our own opportunities. We must measure our lawns and yards and ask ourselves, "What can 1- keep-hens pig, a goat?
(Continued on page 28G)


## Why use a vegetable-oil soap?

For that is what Liril Soap is. That means it contains no animal fat whatever. We use only purest vegetable and sweet fruit oils, which are highly beneficial to the most delicate skin-nourish ing and stimulating. It is perfumed with a delight ful odour of Violet Essence from sunny France.

## VINOLIA LIRIL SOAP

is a decided benefit to the complexion, no matter how "delicate" it may be, as well as being an effect ive cleanser. Don't suffer from a harsh or parched skin-get Liril and you will enjoy the peachy com plexion of youth.

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but the Violet Essence changes the colour to a natural brown.
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# The Woman at the Helm 

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situation, Already thousands of stenographers and other typewriter users who never exceeded thirty to to
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in days that ordinary methods will not produce in in days that ordinary methods will not produce in the typewriter itself was invented-already its
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Among the thousands of operators who have
aken up this system are hundreds of graduates taken up this system are hundreds of graduates
of business colleges and special typewriting courses
many were so-called touch writerg- yet there many were so-called touch writers-yet there rebled his or her speed and accuracy, and the salaries have been increased from $\$ 8$ to $\$ 15$ a
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niche method will quickly make your fingers trong and dexterous, bring them under perfect
ontrol, make them extremely rapid in their movecontrol, make them extremely rapid in their move-
ments-how in a few short weeks you can transform your typewriting and make it easy, accurate and amazingly speedy. It also describes, a new kind of
ypewriter-practice which makes the keyboard as typewriter-practice which makes the keyboard as
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₹ no obligation whatever on my part.


## Name.

Name.
City....
Occupation.

bT is even more emphatically true of women than of men, that some are destined to become leaders. Having attained that post, their success, or the duration of their leadership frequently depends upon the manner in which they direct their talents and make use of the inner power that has been the impetus to their advancement.

By sheer force of her executive ability, by the charm of her personality, and none-the-less by her absolute "common sense," Mrs. William Dennis, of Halifax, wife of the Hon. William Dennis, member of the Dominion Senate, has taken a grasp of public affairs in Nova Scotia in the last score of years that has gained for her a provincial-wide vote of popularity. She is undoubtedly Nova Scotia's "leading woman."

Honors have been conferred upon her-many of them. Of these, let us speak later. Let us not think that because of them, she is great; rather, in spite of them, she retains her greatness.
Mrs. Dennis was born in Truro, Colchester County, N.S., and as Miss Agnes Miller, teacher, she manifested in her earlier years the interest in community life which was responsible for her entering more actively into the work of organizations wherein her name is, to-day, synonomous with efficiency, progress, aspiration, achievement.

Possibly the first noteworthy recognition of Mrs. Dennis' capability was in 1902, when the Victorian Order of Nurses inaugurated its finely successful work in Halifax. She was then the unanimous and immediate choice for President.
From that time on, demands that she fill various other public offices were many and insistent. She was one of those called upon by Lady Aberdeen, in 1904, to organize the National Council of Women. She co-operated wholeheartedly, seeing for such an organization vast usefulness. She labored cheerfully with the other pioneers in the movement, and her optimism and faith in it's ultimate success has its reward to-day, when the Halifax Local Council, of which she has been President since it was founded in 1904, is one of the most influential factors in community well-being in the whole Dominion Her associate officers therein attribute the success of the organization chiefly to their President's personality and power for organizing, her moral earnestness and broadly sympathetic outlook.

WITH the declaration of war, women in Nova Scotia looked instinctively to Mrs. Dennis for guidance. They should do something, they knew, but just what it was and how to go
but outstanding, Mrs. Dennis has been honored
started to rally forces for the fight ahead-the fight women must wage at home.

When the meeting for the organization of the Nova Scotia Provincial Red Cross Society was called, it was a foregone conclusion that Mrs. Dennis would be its President. She was the general and immediate choice, and there was widespread satisfaction when she consented to take the office. There was more, there was a feeling of safety, was more, there was a feeling of safety,
of confidence that the affairs of the of confidence that the affairs of the society would be in capable hands.
Into the varied patriotic work of the Province she has thrown herself with passion; with the passion of a patriot for her country, of a dreamer for an ideal, of a soldier for success in arms; with the passion of a mother whose eldest son, Captain Eric Reginwhose eldest son, Captain Eric Regin-
ald Dennis, M.C., sleeps the sleep of the brave -

## "In Flanders fields,

Where poppies grow, among the crosses, row on row."

If we were to comment upon Mrs. Dennis' achievements by mere enumeration, they could be included in a few paragraphs. But if we were to spread them out to several chapters, we might still fail to express their real significance-a significance that can only be gathered, as it were, between the lines.
It is the human side of her characte that all who know her love to comment
acter, through her very humility, leer unassuming nature, that leaves us nothing definite to state. One feels her influence, but she is careful to conceal anything tangible, any evidence of generosity, the knowledge of which would afford us the opportunity of commenting: "This, has Mrs. Dennis
done!" done!"

She was a member of the Greater. Halifax Conference to which the community owes the establishment of the Bureau of Social Service. She is President of the Woman's Auxiliary to the Young Men's Christian Association, and is active in the work of the Women's Missionary Society of the Presbyterian Church, of whose Board of Management she was formerly a member. Her love of her fellows springs from a higher love, and she is a most earnest and helpful member of St. Andrew's Church, Halifax.
When, not long ago, the title of "Lady of Grace of the Order of St. John of Jerusalem" was conferred upon Mrs. Dennis, all felt that there was surely a laurel richly merited, an instance of giving honor where honor is due. She accepted it with full appreciation of its significance, but she has never sought nor courted the plaudits of the throng. the reason for that, alone, may rest at the hands of the public. She has the happy faculty of uniting public spirit.

$I_{\mathrm{ex}}^{\mathrm{N}}$most cities-and Halifax is no exception-there are social cliques, little so-called "inner circles" to which only the élite may aspire. Mrs. Dennis has never allied herself with any "set." She even succeeds in reconciling such conflicting interests. She has the power, the tact, to assemble all women to work for the common good.
Her home life is as unassumingly lived and as effective as are her public activities. Her intimate friends know her to be deeply affectionate, but in no way emotional. She is just that motherly type that is a combination of so many things, and after all-what more than that is there to be desired? In her dealings with humanity as a whole there is, indeed, more than a hint of the romantic, which recalls to us a remark her husband made to an acquaintance only the other day:
"The only romance in her life, was when she married me," said the Senator, proudly.
But, between ourselves, there are some things men don't know about women, aren't there?
"WHO is the leading woman in Nova Scotia?" we asked many people. Everywhere, the instant response was:
"Mrs. Dennis, of course."
And Mrs. Dennis, it is.


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## A Christmas Gift Suggestion



## FREE

To the mothers and fathers who desire to give their children the advantages of a musical education, and a useful Christmas Gift.

BEETHOVEN says, "Where the piano is there is the happiest
home." Very few of us fully realize yet, the actual home. Very few of us fully realize, yet, the actual value
of a musical education to the child. Music is the food of the soul, and should beducation to the child. Music is the food of the
muring childhood It will help them and und bere sympathetic men and women. Music will beautify the character of the child and impart grace
nd refinement. refinement.
Every parent should send for this "Art and the Critic" album, giving the autobiography of the musical great. It is just as neces-
sary to know the life of great artists as the history of politicians.
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P. 0 .


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a romance so charged with interest and excitement that our hearts beat
faster as we read and the persons of the story become living entities to us. loses his a brilliant young lawyer, but the only person who realizes the cause of his failure, is his rival for the head of the liquor trust. To force Echo to marry him, Cameron threatens to publish an old scandal in the Allen as Echo agrees to wed him rendevous, father's honor, Craig is shot by save her breaker. Echo is rushed from a scene by a masked man whom she the lieves to be the murderer and the story rushes swiftly to its climax. All lovers of action and excitement in literature terest.

## Songs of Our Maple Saplings

By Annie Bethune McDougald.

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\text { Musson Book Co. } 25 \mathrm{c} \text {. }
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T
$T$ HIS little booklet has been pubComfort Fund", of the Daughters of the
Empire, of which

## 

## Rest, Holy Child

(The music of this carol is reproduced on the page opposite)
Rest, Holy Child, upon the lowly ground!
Thous hold'st the earth that
holdeth Thee holdeth Thee
Thou hold'st the earth, the
sky, the sea,
In Thine embrace profound
Sleep, Holy Child! Though angels round Thee stand o keep Thy sleep from dan gers free,
Thou guard'st
Safe in Thine Infant Hand
Thy helpless Arm
hold the
Who now so
Thee,
And guards Thy sacred In-
Low in the manger laid.
Rest, Holy Babe, upon Thy Mother's breast
To Thee do all things make
their prayer,
All things in earth and sea
And find in Thee their rest.
-F.A.H.L.

A. W. McDougald, is Honorary Or Quebec. In "Songs of Province of Quebec. 'In "Songs of Our Maple Mrs. McDougald - "War Debt", Langemarck," and "St. Julien." The will, doubtless, baspeared before and ers. The remaining two poems any readthis booklet for the poems appear in volume will be welcomed by all who care for our soldier boys.

## On ths Right of the British <br> Firing Line

By Capt. Gilbert Nobbs, George J. McLeod, Toronto.
CAPTAIN NOBBS has given us, in account of his five weeks' experience on the firing line and his five months of blindness and imprisonment in Germany. Captain Nobbs has many representative for some ying been the the large English firms in this one of and his book should have wide country, tance on this account, as well ascepintrinsic merit of the work itself The writer pretends to work itself. ary ambitions, but has told us in liter straightforward words a story of plain ism under suffering which fills one's which he speaks so proudly. The book is neatly printed and well bound and furnished with a couple of excellent portraits of the author. It should a stidy of the literature of tho make (CONTINUED ON PAGE 52)

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you return (a song for mothers, wives
and sweethearts) Canada for Me
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Words by
(A CHRISTMÁS SONG)
F. A.H.L.

Music by AGNES H. LAMBERT








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 - The Editors.
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"CANADIAN BEAUTY" NEW GRILL
for the "Newly-Weds"; For "just two"; for small families; and for those who muat have an
early brealfast, or enjoy late suppers. This Grill is one of the wonders of electrity broils, fries and toasts. Takee up hardly more room than a dinner plate or electricity, It boils, eges and grills bacon-or broils ateak and toasta bread-at the same time, right on the table, so
you can serve things piping hot.

## Make this a

 "Canadian Beauty" ChristmasPEOPLE are putting a lot of thought and discrimination, as well as love and good wishes, into their gifts this year.
Christmas is coming to mean, more and more, a beautiful day of happiness-not a day of regretful extravagance.


And so, we all of us are choosing gifts for their use, their utility, their convenience.
"Canadian Beauty" Electrical Appliances make such gifts as most women dream about; and long for; and hope that "somewhere, someone, will give me one for Christmas".
Every "Canadian Beauty" Electrical Appliance is guaranteed. We can do this, because every article bearing the "Canadian Beauty" trade mark is doubly tested and examined by experts before leaving the factory.

Most dealers, department stores and lighting companies carry the complete line of "Canadian Beauty"Appliances: If you are unable to see them at a nearby dealer's, write us direct for our new Christmas catalogue illustrating and describing the various articles in detail.

Renfrew Electric Manufacturing Co. Limited Renfrew, Ont.
"CANADIAN BEAUTY" PERCOLATOR

$$
\begin{aligned}
& \text { The great thing about this Percolator is, its simplicity. Nothing to bother you-no frills or } \\
& \text { fancy contraptions to get out of order. }
\end{aligned}
$$ Simply put in the coffee and, water-insert the, plug-and "let her perc". You can't help

aking good coffee with this new "Canadian Beauty" Percolator.

[^2]隹


## 等 <br> 

The Last Word in Christmas Suggestions

RETONNE doilies make most attractive gifts. They may be made from material

$T^{\text {HE }}$ detmona bag hes It makes us by storm. $\stackrel{\mathrm{I}}{\mathrm{X} \text { makes gif. }}$ an irresistible tion on the left cantraprettily carried out in be tural pongee, in rose, blue green or yellow, with tassel and cord to match the pongee silk.
The bag on the right is
of black taffeta, of black taffeta, 111 inches
deep, embroidered in deep, embroidered in steel
beads in any design desirable.
 A knitting is the order of the day, the experienced knitter will turn her knowledge to account this Christmas by expending her skill on many
of her gifts. of her gifts.
This dainty house wrap, knitted and edged with crocheted balls, is a Paris wartime suggestion.

## -

## Homemaking As a Business

## The Young Housekeeper Must Learn to Do Things by Schedule

## By ALICE L. GOOKIN

Formerly Director of the Girl's Vocational School, Lowell, Mass.

NO woman can make a success of, her business unless she knows why she is running it and the
she wishes to follow. The ideals she wishes, to follow. The clearer the woman's ideals the better the home maker she will be."
Every bride looks forward to the pleasure of entertaining her friends at knowledge and skill in cooking. She knowledge and skill in cooking. She may have the knowledge but lacks method of instruction she received. If at school, she may have been assigned but one dish to cook during the entire esson; if at home, she may have relied too much on her mother for assistance As a hostess in her own home she face new proposition.
She learns that her day's schedule allows for recreation hours only when she knows how to plan for them. She too much of her time. She hears "housework is ner time. done" from all sides of her, but with true Canadian spirit she adopts the modern efficiency slogan, "Avoid wasted movements. One of the first ways to do this is to know her subject,-homemaking. Let her begin her education in this seriously giving it as much study, interest whatever and devotion as hers before marriage.
There are lectures books and magazines, on homemaking which are help ul to those interested in home economics. Then there is the help she may get from experienced cooks. Here however, are pitfalls for her. Many experienced cooks ridicule the use of measuring utensils and scoff at the expense of following a cook book hey have acquired way but cook ing in some charmed way but they have to others How frequently a bride eplores the fact that she cannot cook ike her mother! History repeats itself and if her mother's diary could only be unearthed it might reveal some interesting culinary secrets.
All domestic science experts use measuring utensils; a graduated cup of lass, tin or aluminum divided into quarters and thirds is an imperative ecessity. The expert always ds. Many people prefer baker's cake and bread people prefer baker's cake and bread to the home-made product, giving as good. They do not realize that the cause of their being uniformly good is, the baker uses exact measurements.

## A Reliable Cook Book

$A^{S}$ cook book recipes are always A planned on exact and level measurements, it is advisable to own a first class cook book and follow its directions conscientiously. She will find in it no haphazard directions like half butter and half lard; about the cup of ordinary siz
Some of the recipes in the cook book may be expensive but, unless she knows it is le of the science of substitution, the recipe. Ingredients must be kept in prope. Ingredients sutance is in proportion and ine the same amount may not be used. Lard, any vegetable fat, beef fat, or oleomargarine are common substitutes for butter in cake-making. If one-half cupful of butter is called for in the recipe, she may meet the fat requirements by using one tablespoonful less of lard, that is, seven tablespoonfuls, or six and one-half table-
spoonfuls spoonfuls of vegetable fat, or four one-half of a teasponful, provided added in each instance. Oleomargarine may be used in the same proportion as butter.
Bread flour may be used in cakemaking instead of pastry flour, provided she deducts two tablespoonfuls of it from each cup used. Some cooks acquire a flour superior to pastry flour by substituting two tablespoonfuls of of bread flour removed Soda and cream of tartar may be used instead of baking powder, if she uses one part of
soda to two parts of cream of tartar, the total amount of both to equal the amount of baking powder in the recipe. Sour milk or buttermik may be subuses one-fourth teaspoonful of soda she uses. This, however, has the effect per rup. c . reducing the amount of baking powder
one teaspoonful. For instance, if the one teaspoontul. For instance, if the
recipe calls for the use of two teaspoonfuls of baking powder with sweet milk and she uses sour milk, she must use but one teaspoonful of baking powder as the soda used is equivalent to the other teaspoonful of baking powder. Potato or rice water reserved after the potatoes or rice has milk. If she modifies a recipe in order to use a cupful of nuts she must reduce the a mount of fat one and one-half teaspoonfuls, as one cup of nuts is equivalent to that amount of fat. There should be a place in her cook book to note economical substitutions and reliable recipes. Many cooks use the margins of the pages. If a cake recipe is to be added it is written on the margin of a page devoted to cake recipes and the index. This saves number in locating it a second time.
Another method to improve the cook book is to note near the recipe the number of minutes required to cook, the character of the oven heat the quantity the recipe will make and the number of minutes it takes for the preparation. For example, on the margin of the page near the recipe for gingerbread she notes twenty minutes cooking, moderate oven, one-half recipe maration.
prep preparation.
The silent
is that part which makes no mention is the time it takes to prepare a parof the time it takes to prepare a par-
ticular dish. When she has discovered the importance of knowing exactly how long it takes to prepare respective dishes she will have very little trouble with late or hurried meals.

## Proper Utensils

SHE must not overlook the value of $\mathrm{S}_{\text {using proper utensils in her work }}$ The shape and dimensions of a pan may seriously affect the quality of a loaf of bread. A pan $71 / 2$ by $41 / 4$ by 3
inches deep is the best size for bread inches deep is the best size for bread.
Her cake tin, new and shiny, will yield Her cake tin, new and shiny, will yield
"sad" cakes until it is dulled. This is "sad" cakes until it is dulled. This is
done by greasing it with any unsalted done by greasing it with any unsalted fat and allowing it to bake until it has acquired as for baking apples may bc used at first for baking apples or prepar is seasoned, it is treacherous for cake making.
Aluminum utensils take longer to boil liquids than any other metal, but once the liquid acquires the boiling temperature the gas may be lowered to almost the vanishing point. This is of great advantage when using a double boiler. The capacity of aluminum for high temperatures, however, is a handi cap in overate temperatures of more moder
serole dishes.
An iron kettle and its accompanying frying basket are great aids in deep fat frying and a heavy iron pan is the best utensil for frying meat
One-pound baking powder cans may be utilized for making Boston Brown Bread and the open end of a half-pound or quarter-pound can may be appro priate for a biscuit cutter. Tooth picks, buttered, in order to penetrate easily may bs employ will the
deal:-her scoop holds two cupfuls flour: fourteen medium sized a make one-quarter peck; two good sized potatoes, boiled, make one cupful of mashed potatoes; rice swells to five times its normal size when boiled any scalloped dish is more successful with but two layers; pastry is improved by having all the ingredients thoroughly chilled before mixing; any unsalted fat is superior to butter in greasing phould be lowered before adding to ghingerbread or muffin batter, otherwise the batter will be coarse-grained instead of smooth and velvety.


## A Lifetime Friend

THE Big Ben man in the thrifty guarding of your hours. evening of life enjoys "Good fellow, Big Ben, he helped ambition's contentful reward. Big Ben to him is a lifetime friend.
And you, in retrospect, at three-score-and-ten, will thank Big Ben of Westclox for each cheery morning call-his faithful comradeship through life-his me live on time!
Big Ben of Westclox is respected by all-sentinel of time throughout the world. He's loyal, dependable and his ring is true ten half-m
or steadily for five minutes.
Big Ben is six times factory tested. At your dealer's, 53.50 . Sent prepaid on reciitt of price if your dealer doesn'
stock him. La Salle, III., U. S. A. Western Clock Co



VETERINARY COURSE AT HOME


## Our Food Controller Asks Canadian Women to Support a War Measure that May Banish Some Jreakfast Foods and Give Others to Them in Bulk Form Only.

"NO more package cereals weighing less than 20 pounds may progress of the war" rules the Food Controller.
As discussion of the order grows, its objects would appear to be threefold.

1. To effect an increased use of cereals other than wheat.
2. To force a general stocking of all these substitutes so that they will be available to women.
3. To investigate, perhaps, the
prices of some of the packaged prices of some of the packaged foods, to see if the public is paying too much for an idea or a process.
As something done for the relief of conditions, the first inclination of Canadian women is to accept this ruling in a spirit of approval. They
are told it is "a measure to effect are told it is "a measure to effect
economy." Good. It has the aspect economy." Good. It has the aspect
of a step in the direction of lowering of a step in the dire
prices. Good, again.

But gradually, the significance of the measure as it affects Mrs. Jones and Mrs. Smith, as it affects you and me, begins to show itself.
Mrs. Jones lives in a town that boasts of a really high-class grocery store, run by a man who is unscornful of to-day's ideas and to-day's methods. clean, in person and in habit clerks are equipped with the best in habit. He is get and the best facilities he can proper storing of the foods in his proper
stock.
Fortunate Mrs. Jones! She has been in the habit of purchasing her porpackages and has had no taleness, mustiness, inferior or uncleanliness in any form.
Her grocer, however, since he can no longer supply her with these brand ed food-products, will look after her interests as well as he possibly can He will, of course, have to add some new equipment to take care of a greatly increased bulk stock. The old-
fashioned open bin or the inale fashioned open bin or the inadequate sack, will, he knows, never store cereals
well enough to satisfy his customers. well enough to satisfy his customers. He knows, too, that he will have to
contend with mice, (and the cats he contend with mice, (and the cats he
must have, to keep them down), with must have, to keep them down), with
vermin, with dampness, with every de vermin, with dampness, with every de-
teriorating influence to which these teriorating influence to which these
goods are subject: So Mrs. Jones' grogoods are subject. 'So Mrs. Jones' gro-
cer gets him some metal-lined bins, with close-fitting covers, and goes back as efficienty as he can, to the methods of his father, with the scoop and the scale, the paper bag and string.

## Somebody Pays

0Fourse, new fxtures will cost money-so will bags and string weigh and measure and package; and often floor space is more valuable to him than shelf-room-but of course Mrs. Jones will have to help meet these costs. They will all be included in his selling price-with an allowance for the inevitable wastage that occurs when hurried clerks do the packaging.
Is Mrs. Jones, even under these circumstances, quite so fortunate? Her cereals are as fresh as possibleone time better than another-her grocer is buying a good quality of bulk meals, he does his best to give them to her free from dust and contamination and she is getting more whe for her money, so, although repls les angible things she bought with the war times package, still, these are She "falls in.,"
In the matter of flour-she seldom oo she assured of setting the br hardship, be by buying it in the brand she likes, But she knows quantity
just as definite an idea of who, with they want to use an idea of the flou money into it at once-althe so much know that flour, like most other commodities, is cheaper if bought in quantities.

By KATHERINE M. CALDWELL, B.A.

Such women must buy their seven or fourteen pounds of flour in the grocers' package-weighed and parcelled "to order." If he can do so, the ed and proven brand their accustom ed and proven brand.
for package, time and waste charge

## Troubles in Smithville

What of Mrs. Smith? Her town has three grocery shops but they are all oldish, not very progressive, not very up-to-date.
Mrs. Smith has a delicate child of two years of age, who has lately been thriving on a diet that calls for a
finely ground, well-cooked wheatlet

> Mrs. Smith, therefore, tries another grocer; but when (with a word of sympathy for the heavy cold he is suffering from and a private hope that he won't package a vigorous germ with her oats), she follows him to the back of the store where some sacks stand, a big, sleepy-eyed grey cat jumps from the half open top of one of them, and although it is not the sack her meal is taken from, she changes her mind about wanting any cereal to-day! The family eat less- much lesscereal than they used to eat. They demand bacon or eggs or sausage and more muffins and toast-so breakfast in the Smith family is costing much more than formerly, both in money and in work.

## What "Isn't" in a Package?

PRRUNES, rice, beans and fuzzy dirt.
Human and animal hairs, straight and curly, and fibres of cotton and wool dyed green, yellow, brown, pink and grey. Straw and a little bit of bran.
Sand, cornstarch, broken wheat and yeast spores.
Pinewood, and fragments of unidentified other timber.
Tobacco leaf, cigarette paper and cigarette tobacco.
Also the wings and legs of a few unfortunate insects. And of course some raisins!
This was the interesting collection which state chemist Charles H . Lavall named as the constituents of a purchase made by a special agent of the Dairy and Food Commission of Philadelphia. And the grocer had been asked for a pound of raisins!

After the analysis the poor dealer was held at $\$ 400$ bail, says Printer's Ink, which went on to suggest that if it were necessary for each
grocer to maintain a high-priced chemist on his staff the price grocer to maintain a high-priced chemist on his staff, the price of bulk
goods might not be very low!

A sealed package gave Mrs. Smith just what she needed-uniformly exjealous of his good name so his projealous of his good name so his pro-
duct is always up to standard), perduct is always up to standard, per-
fectly fresh and in a convenient quantity.
Other cereals and prepared breakfast foods for her family's consump.
tion, she has been buying in handy package form and has taken as a matter of course, their good quality fine flavor and freshness. The members of her family have always liked porridge-made of oats, wheat or corn-meal-and they liked the prepared foods also for variety. She finds a ready-to-serve cereal very convenient, even in winter, on the morning that she gets up early to get the laundry under way for the wash-woman and on other days when getting the children off to school takes more time than usual. The kiddies like these tasty grains, too, for their early tea, served with hot milk
"No more package cereals, Mis' Smith-sell you rolled oats or wheatlets by the pound. No, can't get the a baby food-mebbe the druggist has baby food like 'em."
Vaguely troubled, Mrs. Smith buys some bulk meal for the family and and what she has it is not so even as what she has been getting, so it does not cook so nicely; but on the Whole, it is not too bad.
But wo weeks later, the oatmeal the it feels soggy to the very "specky" and son eats very much of it. Bessie, who is growing too fast and whose appe tite is a little bit finnicky, demand a boiled egg, to be cooked in a hurry So the rolled oats go back, to find the grocer rather indifferent. They are just what he bought, can't be much wrong with 'em-he hasn't any metter.
Mrs.
Mrs. Smith tries some corn meal, instead. It seems oo be alright
The next time she orders rolled oats, they are not musty, but they are flat and flavorless and not very
popular in the mornings.

$\Upsilon$

## To Consider Ourselves

found sourself-perhaps wou have assuredly clean cereals and of fresh, keeping them sweet and flavorful-or you may have a good idea for effecting variety with the fewer materials at your disposal. If so, do pass along your suggestions-Canadian women, mothers of growing children, whose catering problem is never a light one at best-will welcome your light one,
I-well, I am busy madeas. adjustments. I shall fit making my jars with rings and tops, to ho glass somewhat larger quantities of cereal I shall have to buy at a tim of cereals an opportunist who has a time. I know ing establishment-just a little grindman, grind-to-your-order a little one have been getting a variety where I for our war-breads-and $I$ of meals very well. He and his shop shall fare lously clean; his containers are scruputically invader-proof; he has no prac hostler, to alternately pat no clerk and put up my foodstuffs. his horse cities and fewer towns have But few like this to fall back on-and as ang ittle shopman becomes better as my
hings may change a little there
Also, I am busy comparing
and just what I can get for my prices and what I will get for it, when mon competition with package when, the moved, bulk goods prices are re onger indirectly controlled by no package price. Perhaps, however the food controller's department has the prices. planned to keep down thos Hither
Hertain unmerto, have cheerfully paid for handed my grocen things when 'A package of cereal," many cents for I bought wherea
goods of certain quew would be ufacturer's next quality. The manpend on that-a me would deand takes due pains to he recognizes I bought cleanliness meet. through many large plants and gone seen grain hoisted from great have tors that held tons of it; I have seen
it cleaned and recleaned, sorted according to size, rolled or roasted or toasted or puffed, poured into cartons lined with waxed paper, weighed and sealed-without ever being touched b a human hand, clean or unclean!

## Concerning Profits

HAVE talked with big manufactur ers of food products. I have learn ed that they need not depend for their profits on any increase which sellhas over selling thal, in bulk, at a price, has over selling that same quantity, plus the additional cost of packaging it, at a price that will show a greater percentage of profit. That profit should be no larger than the margin on the bulk article allows. Such a manufacturer is financially successful because he gets and holds customers. His good name, the success of his product, depend on a steadily me stakes standard of excellence duct and depends hitation on his prober of his depends on the great num The man who sells to your. an unbranded sells to your grocer stuff, assumes sack or barrel of foodthe dealer. no responsibility beyond might not be able to find out who he
is.
His goods may be kept in open conably on Piss may curi up comforttamination be, eaving hairs and conmouse is ever with us -and where could she find a better place to rear a family, than a better place to rear
food-sumht by the source of food-supply?
of course, if the dealer knows of he will throw out being a decent man, that the rest is a handful-and trust
Keeping one's eyes open is truly
a bit hard on one's appetite, at times -but it does one's appetite, at times sensitiveness pay. No use allowing unattractive and a dislike of crude, So for a lacts, to blind us.
So for a pleasing sureness on such
points, for the better preservation of points, for the better preservation of my cereals, for their uniform good cheerfully paid a few cents, intra for my packaged groceries cents extra for from my pudding at night, if necessary, to add to my norridge in the morning.
But now we have a war-measure to we wor-and if it is to help matters the women will do our best to mee we are assur and deal with them. I for are assured prices well-controlled change a standion and reluctance to packaged standardized price, have kep hand), that will prices pretty well in heasure for whil compensate in some Or if we are what we must give up for articles we being charged too much be glad if their know and like, we shal If the measure trices can be lowered age cereals will to do away with packbearing on the food problem, we will
help. help.
But every woman of us will look again the the day wen we can get package safe, sure and sanitary food fair sum

What
What Tomorrow May Bring Forth
F course, at the time of writing, we do not yet know just what packages may still inse under which If the voice of the be sold, will cover. man-is regarded consumer-the wo ber of these grants will be a num have bought, have Women have liked, manufacture of, a encouraged the fast foods." Are variety of "breakof these products to be ordered to
close close down the factories that have mand supplying a definitely-voiced debe handled of those products could package is essentiol bulk-an airtight that is a carefully Again, a product with medicinal value, might mise its itricky ity entirely, at the might lose its trioned dealer. Mr. Hanna has championed industry and the has cham


## For the Motorist's

## Christmas

POR a year $=10 n g$
Christmas for the motorist-give him a Goodyear Tire-Saver Kit.
It is peace of mind in a package.
It is adequate prepar=
edness against tire trouble.
He may not have tire trouble but there is always the fear of it. Until he puts the Good= year Tire=Saver Kit in his car.
It contains all the nec= essary things for making repairs on the road-tire putty, self= cure tube patches, inside and outside protection patches, cement, talc, friction tape, pressure gauge. All are neatly packed in a handy canvas roll. The cost is trivial in view of the peace of mind it brings.

## The Goodyear Tire and

Rubber Co. of Canada Limited

Buy the Goodyear TireSaver Kit where Goodyear Tires are sold. Look for the tire with the big diamonds.

What's in a Package? (CONTINUED FROM OPPOSITE PAGE) channels of trade." Is this ultimatum consistent?
And those cereals which can be shipped and sold in bulk-will this measure increase their consumption? Will the "Idea behind the bomb"-to increase the consumption of cereals
-other than wheat-not be defeated by their decreased attractiveness to fastidious housekeepers?
Or the enforced economy represented in this measure-can Canadian women not be trusted to know,
themselves, whether they have money themselves, whether they have money
to spend on daintiness, flavor, scrupto spend on daintiness, favor, scrup-
ulous cleanliness? The woman who feels that she cannot afford to pay for these things has, even now, the option of purchasing the bulk goods. They are obtainable everywhere, we
are assured by wholesalers. So it are assured by wholesalers. So it comes back to this: What will this measure cost and what will it do?,
It would appear, however, that the It would appear, however, that the
present aspect is not by any means the present aspect is not by any means the
final aspect. Mr. Hanna, non-committal final aspect. Mr. Hanna, non-committal
though he be at present, sometimes though he be at present, sometimes
moves in a mysterious way his wonmoves in a mysterious way his won-
ders to perform. He has set out, determinediy and definitely, to secure for the patriotic. Canadian housewie, the cereals she should be using and, so thimum price, to make them available to her in bulk form.
This is as it should be.
If the package, for all its merits, is keeping the cheaper bulk products from the consumer, if the grocers throughout Canada stock the handy carton to the exclusion of the bulk
goods-then Mr. Hanna will assuredly goods-then Mr. Hanna wil
But now that the manufacturers and merchants are being given an opportunity to take the matter up with the
Food Controller, they fo show him th, they may be able secure the brown flours and stap cereals in bulk, in any desired staple cereals in bulk, in any desired quan
tity.
It must be considered that, when Mr. Hanna started the "Save the Wheat" campaign three months ago, he created news. He outlined a naWherefore, every publisher in the land Wherefore, every publisher in the land caught up the slogan and "Save the
Wheat" echoed from the Atlantic to the Pacific. Women's Magazines and the Women's pages of general papers, translated the cry into practical terms by publishing no end of recipes for war-breads and new uses for those cheapest of foods, the cereals.
Such popularizing of the movement, associated with the idea of doing something to help, moved the nation's mand for hitherto little-used flours and meals doubled and redoubledto the utter confusion of the grocers of the land.
For the edict went forth just in the hot season when no grocer had stocked whole wheat and its kindred, because the weevil and moth would
flourish in them flourish in them.
It took some time also, for the small retailer to realize what had happened -that there was a demand which bade fair to be both large and constant. But eventually, he "woke up" and sent an order to his wholesaler. He, in turn, appealed to the mills.
Delay, again-for the millers were months behind on their orders.
Supplies were started as soon as possible, and gradually, women have
found them available.
Meantime, however, they have not been idle or silent. Very rightly, they have appealed to the brod controller
-"Yes-we will use brown flour and oatmeal and corn-meal-if you will make it possible for us to buy them." If he cannot do it otherwise, Mr. Hanna is now out to buy them, if sible for them not to buy them, if We hope, however, that such drastic measures will not be necessary
With proper co-operation between the food controller, the producers and stuffs, surely they can be made available to women, without altogether depriving us of free-will in the matter -without taking from us entirely the right to judge whether we will buy the package and all it means to us or the open goods.
We will assuredly welcome all improvements in distribution or in price that the Food Controller can effect for be bought at a smaller price than the surrender of our well-liked package.

"Canadian women can help make our

## VICTORY LOAN

a great success. One third of the American Liberty Loan was taken up by women - we can do as well."

This space was donated by
THE COWAN COMPANY, LIMITED
ORONTO, CANADA
High Grade Chocolate and "Perfection" Cocoa




Royal College of Science $\overline{709}$ Toppadina Ave. ${ }_{\mathrm{Miss}}^{\mathrm{Mrs} .}$

## MUSIC ${ }^{\text {Taught }}$ FREE By the Oldeest and Yourt Rome Musiciale in Amer icas-Establibled School of

 Music in Amer ica-Establibhed School ofPisa,
Piano.Organ, Violin, Mandolin,Guitar, Banjo,etc.
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"You"ll Like Home-Made, 'Whole-Wheat Bread"
 Recipe by Mrs. Ida C. B. Allen Domestic Science Expert and
uthor of Mrs. Allen's Cook Book



 in buok. Bake fity minutes in moderate tive enouble
stand with oven door open and gas turned out ten

## Wear-Ever"

Aluminum Bread Pans


Northern Aluminum Co., Ltd., Dept. 48, Toronto, Ont Send prepaid, 1.gt. (wine-measure) "Wear-Ever",
stewpan Encoosed is 30 in in stamps to be refunded
if not satisfed. Offer good until Jan. 20th, refir only.
Name.



## The Hanna Family and Patriotism <br> An Incident That Reveals Home Application of the Food Controller's Doctrines

FOOD Controller, W. J. Hanna has carried his doctrine of greater production even at the expense of limited profits right down to the farmers themselves. At a convention in Toronto he urged upon the producers of Ontario the urgent necessity for greater individual effort, greater thrift and closer conservation right in the home. In some subtle way, however, his audience seemed at first unable to strike the keynote of his doctrine. Throughout the early session there was remarkable a faint, almost intangible atmosphere of antagonism. There was an unbridged gap evident between speaker and audience. Each seemed to stay on his own side of the fence rather than venture upon common ground.
One farmer arose, just as a speaker took his feet upon the platform, and interrupting, asked "What is being done in Mr. Hanna's own home, or by Mr. Hanna's own family to win the

The audience applauded the heckler.

## National Opinion

## As Expressed by the Individual

A FEW letters picked at random that out of the thousand or more our new magazine "Rural Canada," tell a tale of appreciation and satisfactell a tale of appreciation and satisfac-
tion better than any effort to do so on our part. It is noteworthy that these are post-marked at all points from Vancouver to Halifax. Some of these we reproduced in previous issues They all make interesting reading
"I am very much pleased with your magazine and think it is the very best for its price that I have ever seen. It is a paper that farm women need. On the farm the mother very seldom has much time for general reading, and she needs something that gives her the most information and pleasure in the few spare moments she has.
Your magazine has something interesting and helpful for each member of the family, and I am sure it will create in each one a desire for the better things in all the avenues of occupation and leisure of farm life: and the fulfilment of the ideas suggested in it will do much to make farm life both more remunerative and more attractive. Where can the attractions of either town or city compare with the real pleasure and joy in the hearts of the boys and girls trained as in your article, "'How the Children Are Leading Them?'"
Your magazine also contains much of splendid educational value, bringing the farm homes in the isolated districts of Canada into touch with the educated minds and experts in the various departments. It gives also many useful suggestions for carrying out the economy that is so much needed now, and also for the economy of the mother's time, that she may have more time to give to social and intellectual duties and to be her children's best companion. Wishing you every success with your new magazine, Yours respectfully,
Mrs. W. J. Dooley, Wawota, Sask."
"A Magazine that will bring joy and happiness; that will make life easier and better and will give that uplifting power and brightening influence to everyday life, especially in the rural communities, by treating so successfully problems of such inso successfult, procial, moral, domestic, religi-
dustrial

The genial Food Controller is seldom fiery, seldom roused, but this was too much. He sprang to his feet and spoke as a father who could point with pride to his children's own patriotic sacrifices "My boy-my only boy," he rasped in short staccato utterance, "is where France.' Twice he has somewhere in $\nabla^{t}$ twice he has returned to his post. That is where I hope and expect him to be until the day hostilities are done!" My elder daughter," he continued, "is nursing, caring for returned soldiers. Not until the need for further service is over will she resume her interrupted picked fruit on a farm this summer daughter is now stuying domestic science and Guelph. She is just fifteen.'
It was enough! The tide turned with a rush. Applause rose high, from every father present. In an instant they were with him-ready to do all in their power to help in his plans. The common ground had been reached; the ice was broken.
ous, and national value, is sure to be a beacon light to lead the people of Canada to brighter, nobler and higher standards of living and thinking, and better fit and prepare us to do our part in the great struggle to "Win part in
the War.'
the War:"
Only the magazine "Rural Canada," full of articles of human interest between its attractive covers, could measure up to these requirements.
My very best wishes, therefore, are for the successful launching of the first one hundred thousand subscribers for Rural Canada.

Yours very truly,
Allan G. Peirson, Weston, Ont."

## The Passing of the Christmas Chost

 (CONTINUED FROM PAGE 5)phosphorescence, emanating on a dark night from the rotting wood of the wainscoting.
Or worse still, if it were decided that there really was something in it then the society of Spookical Research or some such body would take the matter up. A delegation would "sit" on Sir Everard and reduce him to cold evidence. A talented lady-medium at ten shillings an hour, would "call up" Sir Everard and make him explain himself: It would be reported in the proceedings of the society talented medium, Miss Babble, in the presence and under the inspection of Professor Piffle, F.R.S., of whose honesty there can not be the faintest astigmatism of a doubt, had been in communication with Sir E- DBaronet, who passed over to the other side about the year 1660 ; that Sir E- D-had said that he was very happy and that where he was it was all bright and beautiful: asked if it was true that he stabbed his cousin Ronald Digby with a poignard, Sir E- Dwas silent for a while, but on being pressed said that he might have, but was not sure it was a poignard: but that over where he was it was all so bright and beautiful that a little thing didn't matter
With which the whole legend would have/vanished and been transformed into the plainest of plain prose without a shadow of romance about it.
like the Ghost itself, has Ghost Story chimney. We m.
writers invent some new kind of cher
ful terror for writers invent some new kind
ful terror for Christmas time.

## An

## International

 Daily Newspaper> excellent daily nerwspaper could go into every home in the country, for it it not only a daily newspaper but in fact a daily magazine of ing feature of the Mhe most striktime is its woonderful foreign at this giving exclusive information and articles in regard to the situan in Europe." ${ }^{\text {.egard to the situation }}$
> (The Dayton, Ohto, Jourmal)
> Published daily in Boston, U.S.A. The Christian Science Monitor circulates the world over

The Monitor conducts its own news gathering bureaus in all parts of the world, and because its news of the world war and of all great diplomatic affair of the nations is said by other newspapers to be the most complete in the world, its news is "news" whenever received by the subscriber
It omits entirely from its columns the sensationalism which makes up so usually seen by the news of the day Advertising colum public. pletely censored.
A single article is devoted ach dater to a discussion of Christian Science for those who are interested.
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general sale throughout the world general sale throughout the world
at news stands, hotels and Christian Science reading-rooms at 3c a copy. A monthly trial subscription 75 c , a sample cein the world for THE CHRISTIAN SCIENCE PUBLISHING SOCIETY
U. S. A.


## It takes a Joint of Beef <br> to make a bottle of

 BOVRIL
## Bovril contains the goodness of the beef

There has been no increase in the price of
Bovril during the War


## Where Everyone Can Help <br> (Continved from Page 2)

Eggs are scarce and very dear; milk the same; bacon is needed more and yet more. for eight months in own milk supply helped a little; if I can grow a pig,take a young pig in the spring and have
it it ready for the butcher by fall (for a a pig takes but six months to mature
for for market) if 1 can keep enough chickens to supply me with eggs and perhaps have a few beyond my own needs am I not helping?
"But," we say, "it seems so foolish -there has always been enough foodit is just the very
make the trouble."
Here is the point to which years of plenty have brought us. We cannot comprehend a world-wide food shortage. We cannot grasp what it means
to have the Great Russian wheat to have the Great Russian wheat fields cut off, the Bulgarian and Rumanian crops in the hands of the Germans, abnormal conditions ruling Great Britain, France and Italy and too few ships
to permit distant Australia and South to permit distant Australia and South
America to help very much. We America to help very much. We
cannot realize, even with Belgium cannot realize, even with Belgium
before us, that before us, that no amount of money
will buy food, if the food simply is not there to be bought.
What a tremendous responsibility this situation throws on Canada and the United States!

## Let Us Create New Customs

$\mathrm{A}^{\mathrm{RE} \text { not such critical, such changed, }}$ such almost unbelievable conditions enough to jar us out of the little ideas and habits that living in an orderly world of peace and plenty has given us?
Can't we institute some new custom that will suit the times and the need Why not "
"I've got a "Got your, goat yet?" or exchanging the news of the day? Pigs instead of pups. Chickens for kittens. Goats instead of rabbits squirrels, white mice and parrots Let the children look after themconsider them pets-and know at the same time that they are helping Big Brother or Daddy who is fighting. Of course, they will require a little other food-the pig will need a little chopped grain feed, the goat, a little hay and the chickens some scraps and waste from the kitchen. But they will far more than pay for their fodder themselves. And to get back to the supplies and money idea, th cost must stay in second place.

## Germany Leads

IN Germany, there are four million pigs per annum raised in the towns and suburbs. Four million urban and suburban pigs. (And let us remember Germany is one of the cleanest and healthiest countries in the world declares he believes he remembers seeing pigs living on the fire-escapes.
Without going quite to the extreme of herding swine on our window ledges, we could raise many more domestic food animals than we dream of doing, in the population centres of this country. In the towns and villages, the lots on which homes are built are bigger than the proverbial pocket-handeller a back-yard of the city-dweller A pig or two, or a few hens or a goat,
could be kept without difficulty.

## Where Can I Get Me a Goat ?

 TRELAND has goats and to spare. 1 Switzerland abounds with them. A goat-a good milch-goat-is wortover there from one to two guineasfrom $\$ 5$ to $\$ 10$.

\section*{It costs \$2

## the Atlantic.

}The ships that ply back and forth are filled going over-they have plenty of room on the return journe

The Canadian government some tims ago found a simple way of getting a milch cow to the farmer the West who wanted one proper it not be arranged with the proper department of the GovernBranch of the Department of Agri-culture-that each person desiring to obtain a goat from across the sea, place an order with the Canadian Government?
Your goat could be delivered at your Noor. her, get acquainted with her, milk She will provide the milk and amusefor the children, novelty, a sense of helping, and a saving of money, for Assuredly, the more $I$ think of it, the more I Want My Goat!


## Wouldn't you like to have these Sletropolitan Stars as your Christmas Guests?

W OULDN'T it be a pleasure to be able to sit down amidst the comfortable surroundings of your own home and listen to Anna Case, Marie Rappold, Margaret Matzenauer, Arthur Middleton, Thomas Chalmers, and the other great singers of the world? That would be a privilege, wouldn't it?

We said would be a privilege. But thanks to the genius of Thomas A. Edison it is a privilege which is now within your grasp. So far as the enjoyment of their voices is concerned you can actually have this distinguished group as Yuletide guests. You can sit in your own home and revel in the beauty of their magnificent voices.

## The NEW EDISON

"The Phonograph with a Soul"
reproduces the human voice with such fidelity and accuracy that no human ear can detect a shade of difference between the living artists and the New Edison's Re-Creation of their voices -or instrumental performances.
You will, very naturally, feel skeptical about so strong a claim. But before hundreds of audiences we have conducted our famous "tone tests" in which the instrument was pitted against the artist and invariably the verdict was the same; no difference could be detected. In a "tone test," the artist sings in his natural voice; then suddenly ceases, leaving the instrument to continue the song alone. Thirty different great artists have made these tests.
More than one million people have attended the tests and not one of them has been able to tell, except by watching the singer's lips, when the living voice left off
and when the New Edisor، began. With the lights lowered not one could tell when the change took place. 500 unprejudiced news paper critics who witnessed the recitals unite in this assertion. In this new instrument Mr Edison has actually succeeded in re-creating the human voics.
We have never heard of any sound-pro ducing device whose manufacturer dared to risk so relentless a trial. Until the New Edison was perfected such an achievement was un dreamed of.
The actual photographs reproduced on this page depict five Metropolitan Opera Star singing in direct comparison with the New Edison's Re-Creation of their voices. No lisener could detect the slightest shade of difference between the living voices and thei
Re-Creation.

## A ROYAL GIFT It Means a Richer Life

As a Christmas gift what can surpass this wonderful instrument? It is like a permanent pass to all the operas, all the concerts, all the music of the whole world.
does actually add something real and vital to life. does actually add something real and vital to life. family gift? Nowadays many families are eliminating the smaller individual presents to one another and are pooling their holiday funds for the acquisition of "the phonograph with a soul,"

We believe that you'd find our literature of interest. it's different from the usual catalog style. Drop us a ine and we'll send you copies of our musical magazine Along Broadway," of the brochure, "Music's Re Creation," and of the booklet, "What the Critics Say. Or call at the nearest licensed Edison merchant in your vicinity and recelve a demonstration of the New

THOMAS A. EDISON, INC., Orange, N. J.

## THE STEPPING-STONE TOWARDS BEAUTY <br> Physical Culture as It May Be Applied to Every-Day Life <br> By MURIEL P. JOHNSON

F you could do a movie "flash-back" Finto legendary days, and have just ne wish in regard to your own person, what would it be?
The reply that a number of women gave to this, almost in one breath was, The wisdom of it! Health as well The wisd
We can have it too, but as in everything truly modern, we pay a price. And not in dollars this time, but in effort. Investigations and the piling up of much data have proven that if Physical Culture had its legitimate place in our
educational propaganda, it would not educational propaganda, it would not
only startle our school administrators, only startle our school administrators,
but put a stop to the appalling mortality but put a stop to the appaling morta
resulting from preventable diseases.
There are such numbers of men and women pressing on in life with an unquenchable desire to accomplish more, or, often, with that haunting more, or, often, who looming up a head. Jaded frames, weary brains, langour and drooping spirits are playing worse
havoc than the prolonged march, short rations and the trench.
So often one hears the objection to
exercises-"But I am pretty well, you exercises - "But I am pretty well, you, know, and really I have not the time." Well, perhaps you havent, but
ometimes you have just got to take
time to be ill. And are you going to be content to live on a low plane of vitality, physicaluy as well as intellec meter fore speedo meter register, and what CAN it tragedy of a speed-up call? The power is not taken into account reserve extra strain comes, as it inevitably does We don't want strength so much stamina. Do you feel bright, brisk vigorous? Do you ENJOY your work Do you feel like tackling the tough spots, riding down impossibilities, and by the sheer force of you, turning you mbitions into actual achievements?

The Rationale of Home Gymnastics
IN the business world to-day, we stand at attention and a machine does the work. In every home labor-saverssome women call them life-saversare welcomed and installed, with the result that muscular activity ha decreased seventy-five per cent. in the last twenty-five years. Furthermore it is an incontestable fact that city life is strikingly more sedentary in habits than rural life, so that city families on generations without the addition of
country stock. Everywhere we observe that the men rising to the top in our great industrial system are the strong,
virile men from our country homes. virile men from our country homes.
Serious facts! Serious facts!
Anatomists tell us that the skeletal muscles (those attached to the bones) comprise three-quarters of the actual the perfecting of our mechanical inven the perfecting of our mechanical inventions is resulting in the stiffness and atrophy of these vital parts of the old days of laborious work
But Physical Science steps in with a
decided-NOI Manual labor will not decided-NO! Manual labor will not effectively and constructively exercise all those muscles. No wonder we fall short of our three-score years and ten, and so very far below the old Roman and Grecian standards of physical perfection. How they would have gymnasia. All you need is an apen gymnasia. All you need is an open By raising the physical standard of the individual, like results will be accomplished for the race. It is therefore a positive duty to conserve and increase our bodily and mental powers. eating and Culture is as necessary as eating and sleeping. Above all, it is
the stepping-stone to Beauty.


This Nordheimer Miniature has been aptly described as "a large piano in a small case." One marvels
at its Grand Piano tone heretofore not available in a piano of its size. The development of such a tone would have excited wonderment in a large piano, but to produce it in so compact a case is an achievement that is arousing the enthusiasm of musicians.

## Cbe TLordbeimer <br> SIIInínature Olpright <br> A NEW AND GREATER PIANO

Price $\$ 400$, East of Ft. William
Distinctly a piano for "the Home Beautiful" and for those who appreciate a glorious tone. A
Piano that arouses your pride in Piano that arouses your
when musical friends call.
The purchase of a Nor
The purchase of a Nordheimer is not a specula-
tion. It's a sound Investment. tion. It's a sound Investment. Our 78 years of
leadership-supplying the best pianos to leadership-supplying the best pianos to the
best families of Canada-your sure best families of Canada-your sure guarantee of
satisfaction. Your whole investment is satisfaction. Your whole investment is safeThere are only two other pianos in
There are only ywo other pianos. in our judgment, made on this
actinent that can compare with this Miniature upright acknowled de their right to sime with chais. Miniature upright. We
makes and would cost from $\$ 200$ to $\$ 30$. but both are America makes and would cost from $\$ 200$ to $\$ 300$ more in Canada than
we ask for ours. So far, no addance in Nordheimer prices. Your money has
100 furchasiny nower. Act पuickly, as we can give no guarantee
of price remaining as asome, beyond $J$ an

Write for Design Book E; containing full particulars. CORNER YONGE AND ALBERT STS

## You will need DREADNAUGHT CHAINS

in a spot like this

The illustration shows a dangerous hill on the Hamilton-Guelph


## Going Home For Christmas!

GOING Home for Christmas! There hearts thrill to the sound of them, especially if this is the first flight of young wings from the home nest.
And it is true Christmas weathe an eager air." bright-"a nipping and crunch beneath our tread as we walk home from the station, a hand tucked twinkling s arm, the steel-blue stars blade of moone us and a scimitar And then at swung low in the sky. sparkle of the road, the doorway and trom window and that lies before us glad home welcome Going Home fo
very train has for Christmas! The of the words as it roarsht the infection and the rails click out the sentence over and over again.
man has somat jolly, fat, white-bearded man has somewhere a host of children The pretty grandpa's Christmas visit. looks up with in the seat before us eyes, as we blunder parcels as we go up the aisle, oozing armful of Christmassy- too, has an -but she has been wilooking bundles embransigned them all to the capacious bag, the very brown and white string in the cupboard of our which hangs the city, having of our little room in as far too countrified rejected by us we wish that we had use. Now the fle, as we scramble been more the floor of the car colle round upon various belongings.
the familiar calls the name of gather up our station. We hurriedly to find, our impedimenta and alight, beaming a we expected, father's face the walk home then comes ing pine-wood through the whisperwarmth and light the sudden rush of wide; the aroma of door is thrown mother's outstretched Christmas goodies; cry of welcome; the hands and glad home faces-oh, but crowd of dear
Fo once more, in the good to be Follows much laughter queries the life of the great city, eare queries for this one and that- eage counted tenings of the home to be re we go up to eager ears. But at last ucks us into own old room; mother has done so bed once more as she wink into dark in the past; the lights sleep descends tion of gifts next day! What distribu marvelling at the cle family! What we have anticipated thess with which Little member of exact want Little brother's exultation household. up for they skates more then over his par the chocolates and sundaes we the purched ourself in order to make gold-rimmed. Father is wearing his hangs enched eyeglasses proudly. Mother that her soul low above the misty laces And ourself!
that our everself! Fondly we declare -that our cup desire has been fulfilled together, pressed down and running the imposs look with tenderness upon body and butterfly, with its purple much gore from wings stained with us "a fingers in her arder's unaccusmyself," Weally truly penwi make for at least, We are ready, for the all by of art unsurpar that it is an object of all the arpassed by the masterpieces with the little it is the love that moes their transcendents that gives them that nowhere on value-the love stored up for us earth is gathered and e here in the heart
And th
Christmas bells, the sound of the behind Frank and drive to church horses that we have knit, the old grey hood. We kneel known from child to that our hearts the Christmas snowy fill first Christmas going back realization of Bethlehem with ang the the world of all the day has meant to hundred centurough the flight of two And then hom.
mas dinner and again to the Christ dance and laughtistmas games, the of the day, consecre jest and jollity hose moments whated for us now by altar, we gave then, kneeling at God's mat given us all the for the Birth Ras. Resolutely we joy of Christ thoughts of the morrow, put aside all are forth into the world we must nest shall ontil, a twelvemonth hear home we with joyful more be looking forward Christmas,


According to the most optimistic opinion the war will last until the end of 1918. Should it end then, Canada will have piled up a staggering debt amounting to over $\$ 3,000$ per family of five. Taking into account greatly increased revenues from tariffs, there will remain an annual interest charge averaging from $\$ 50$ to $\$ 100$ per family.

To meet this heavy burden each and every family will have to pay a
ect Tax into the Dominion Treasury. Direct Tax into the Dominion Treasury.

When that time comes, Canadians will take a real part in Government.
Canadians will be jolted into thinking nationally.
They will demand to KNOW how the nation's affairs-their affairs-are being administered.
The High Price of Citizenship will compel National Thinking. And with National Thought will come National Power.

This country will need then, more than ever before, publications of a national nature. For the broad national view is formed by what the people read.

Is it not highly desirable that the periodicals most widely read should be Canadian in tone? Should not the Canadian view, the Canadian spirit, Canadian ideals, breathe through the literature that enters our homes? Should not the men in power encourage the publication of magazines for national distribution?

YET, IN CANADA, IT COSTS LESS-MUCH LESS-TO DISTRIBUTE FOREIGN PUBLICATIONS THAN THOSE OF CANADIAN ORIGIN.

Everywoman's World has battled against all precedent in gaining a Canadian-wide audience. According to the highest independent auditor of publications it has more subscribers in Canada than any other magazine either Canadian or American.

Among the English-speaking families one in every seven receives Everywoman's World each month. It has become an educational factor that has done much, and will do more and more to stimulate united thought among the scattered peoples of this vast nation.

But this magazine like other great Canadian publications suffers under a peculiar handicap. The state of our raw material markets, and our customs laws, is such that Everywoman's World could move to Buffalo, issue identically the same magazine, circulate it in Canada AND SAVE $\$ 25,000.00$ PER YEAR; this in duty alone.

Consider, that the publishing houses of Canada occupy an important position as industries. Aside from their educational functions they are manufacturers of magnitude.

Everywoman's World, alone, pays out.annually to Canadians over $\$ 300,000.00$-wages, materials and postage. In addition to the money directly distributed the national magazines CREATE large postal revenues. From letters addressed to Everywoman's World, alone, in the past 12 months, the Government derived a revenue of approximately $\$ 15,000.00$, for Everywoman's World received 500,000 letters.

16,000 Canadians helped to place Everywoman's World in over 9,000 cities, towns and villages-a total subscription list of $\mathbf{1 2 5 , 0 0 0}$ Canadian homes!

In view of the important place National Magazines have now assumed in National affairs, it is expected that the handicap under which they are issued will be removed. If it is, further impetus will be given to the publishing of magazines in Canada. Greater thought will be given to develop interest in Canada's nationhood; to spread Canadian sentiment; to arouse ambitions for Canada; to raise Canadians above local and provincial ideals to the consideration of the country as a whole;
-To Encourage NATIONAL THINKING.

# The One New Idea in Phonographs 

The "Organola" Model of our "Phonola" is the only really new
idea - the only radical improve-ment-in phonographs in years.
Into this model we have built tone control pipes, carrying out the principle of the church organ. The tone result is remarkable and marks the "Phonola Organola" as the supreme achievementin phonograph construction.


The "Organola" cabinet is superbly finished. The winding crank is concealed. The motor is noiseless. It is an instrument of real distinction.
Other models of the "Phonola" from $\$ 18$ up. They play all makes of disc records.

## 7 Phonolaz

The Pollock Manufacturing Co., Limited Kitchener, Canada
2nata (ex dex

# WOMEN APPRECIATE 

the satisfaction and attraction of having bright eyes, red lips, clear skin, a buoyant step and lively manner. Only well women possess these charms, for they are the outward signs of good health. If your skin is sallow, the eyes dull, the steps heavy, and you feel depressed you certainly need

## THEGOOD EFFECTS OF

Beecham's Pills, a tested remedy for weak and rundown conditions. They have a prompt and beneficial action on the organs of elimination, relieve headache and biliousness, tone the stomach and restore appetite. These pills are made of medicinal herbs, without admixture of any harmful drug. They are safe, gentle and effective. For over sixty years women of many nations have been helped and strengthened by

## Beecham's Pills

## Directions of All Druggists, 25c.

"The Largest Sale of Any Medicine in the World'

## 

## Random Reminiscences

air, this Peace and Goodwill feeling
surely. will have some effect on the surely will have some effect on the
situation here to-day!' And I wasn't far wrong; it did around us, anyway,
and I have always been so glad to think and I have always been so glad to think of my luck in, firstly, being actually in
the trenches on Christmas Day, and, the trenches on Christmas Day, and, a unique little episode took place. the curious affair of the night before we suddenly became aware of the fact that we were seeing a lot of evidences of Germans. Heads were bobbing pet in a most reckless way, and, as
we looked, this phenomenon became we looked, this phenomeno
more and more pronounced.
A complete Boche figure suddenly about itself. This complaint became infectious. It didn't take 'Our Bert' long to be up on the skyline (it is one This was the signal for him off it). anatomy to be disclosed, and this was replied to by all our Alf's and Bill's, until, in less time than it takes to tell, half a dozen or so of each of the belligerents were outside their trenches and were advancing towards each other in no-man's land.
"A strange sight, truly!
I clambered up and over our parapet, and moved out across the field to look. Clad in a muddy suit of khaki Balaclava helmet, I joined the throng about half-way across to the German trenches.
" T all felt most curious; here were these sausage-eating wretches, who had elected to start this informal European all into the same muddy pickle as
themselves
"This was my first real sight of them at close quarters. Here they were the actual, practical soldiers of the German army. There was not an and yet, on our side, not for a mom; and yet, on our side, not for a momen them relaxed. It was just like the interval between the rounds in friendly boxing match. The difference in type between our men and theirs was very marked. There was no contrasting the spirit of the two parties. Our men, in their scratch costumes of dirty, muddy khaki, with their various assorted head-dresses of woollen helmets mufflers and battered hats, were a lighthearted, open, humorous collection as stolid appearance of the Huns in and grey-green faded uniforms, top boots and pork-pie hats.
"The shortest effect I can give of the impression I had was that our men, superior, broadminded, more frank, and lovable beings, were regarding these faded, unimaginative products of perverted kulture as a set of objectionable
but amusing lunatics whose heads had but amusing lunatics whose heads had got to be eventually smacked.
sort of lieutenant, I should think, and sort of lieutenant, I should think, and
being a bit of a collector, I intimated to him that I had taken a fancy to some of his buttons.
"We both then said things to each agreed to do a swap understood, and wire clippers, and, with a few deft snips, removed a couple of his buttons and put them in my pocket. I then gave him two of mine in exchange. of guttural ejaculations emanating from of guttural ejaculations emanating from
one of the laager-schisters, told me that some idea had occurred to some one.
"Suddenly, one of the Boches ran back to his trench and presently reappeared with a large camera. I posed in a mixed group for several photo-
graphs, and have ever since wished I had fixed up some arrangement for getting a copy. No doubt framed on some Hun mantelpieces, showing clearly and unmistakably to admiring strafers how a group of perfidious British surrendered unconditionally on
Christmas Day to the brave Deutschers. Slowly the meeting began to disperse; a sort of feeling that the authori-
ties on both sides were thusiastic about this fraternizing en ento creep about this fraternizing seemed parted, but there was athering. We friendly understanding a distinct and Day would be left to finish in tran quility. The last I saw of this little affair was a vision of one of my machine unners, who was a bit of an amateur hairdresser in civil life, cutting the unnaturally long hair of a docile Boche
who was patiently kneeling on the crept up the back of his neck." WTriour T a word of commen it up on the mased the book, threw peared through mantelpiece and disap"Funny youngster, that," one of the
crowd broke the silence " make you re-live it, in the "Can sort of make you re-live it, in the telling, eh?' swered. F agreed, but no one an for days off and Christmas was but a few home, in such varying all home again-Then-"I remember conditions!
experience I had," laughed one, "though it didn't seem, laughed one, "though Rather a tragedy! It was me then Eve and we expected to Christmas Christmas i $i$ Rest Billets behind our ine, but we were unexpectedly the into the trenches. How we did moved The air was blue with it.
We had no dug-out, and raining hard. We had no dug-aut, only a little shelter frear . You couldn't light a fire for fear of Fritz spotting it. So ou beef and hardtast consisted of bully dinner was hardtack and our Christmas Well, late in therdtack and bully beef in my pocket half a dernoon I discovered soup-not Oxo, some veget squares of it was. So we, some vegetable soup macintoshes and lighted a little trench heater, filled a billy full of water and dropped in the whole hall dozen squares. had two mates, a big fellow, whom we called Long, and a little bit of a wizened up Scotchman. We watched that thing boiling and thought how hot soup. I tell going to enjoy the nice enly. Then, just as we smelled heavtake it off, what does were going to upset the whole pot of it. Weng do but even save a drop. We We couldn't couldn't help it. The We laughed-we face would have made a on Long's But he never smiled a cat laugh. He went round for the next four hours looking so gloomy twentymade us all miserable-and I tell you we didn't need it. It rained for seven what it en and none of us knew The worst of be dry all that time. any more sous that we hadn't imagine what a tablets. You can put in!" what a pleasant Christmas we All this
smoked. Everyone Outsider sat ans wondered who, or what, on first sight but somehow, he what he could be, they, in true fraternal to belong, so questions.
Suddenly, he leaned forward in his
chair and "pointed his pipe at in his deep and he said, and his voice in his direconant. Everyone turned worth hearing. expecting something "I had one.
ence myself. Youe pretty exciting experithink you get all fellows in the army tell you it isn't so the fighting, but Until the last
I have been foreman or four weeks horses and mules across boat running for the use of the Allies the Atlantic hort holiday just now, I'm taking a before long to be off again. I I expect ve or six uneventful voyages, had mad through quite safely, but the and come did me for hold and the last voyage horses on bor sord little time. We had for Gen board for Brest, France, and way over Italy. Dead calm all the "We deliverede made fine time. eft there on our horses at Brest and ing, with two hoious summer morn board to steam to C horses still on off the Italian to Genoa. Ten miles o'clock in the foast, at about fou below to my bunk for a sno i had gone been up all the previous nighte. I had some sick horses and I was doctoring tired. I dropped asleep as sood and struck my bunk and first thin as deck. I lay half there was dead sile the meant and wake wondering what it all that there wresently I began to feel the motion of something funny about " 'Bill, old the vessel.
u were getting on says I, "It's time

## " SO I

the first thing I left my bunk and horses screaming. I heard was the hear that sound? Say, did you ever hundred battlefields. It's worse than a I've been there. I fought on land
before you boys.

## The Great Movie Mystery!



## "THEY'RE COMING SOON." WHO ARE THEY?

(1.) I PARCK MY FORD 6. ROAM OR DIE 2.) A FOUNDAGLASS BRIK 7. FUN MUST DRAIN 3. MAKER A CUTER GIRL 8A LETS BEN CHEW 4. A BAD HEART 9.NEVER LYE BABY 5.) WET A SATIN RAT (10I PREACH ALLCHIN


Here's a Problem that Kept an Entire Audience Puzzled a Whole Evening. Can You Solve It?
IT'S so interesting that you will get an hour's stimulating mental took the names of the players and so mixed up the letters in each name that 1 exercise from it and no end of amusement. You see the owner they spelt out the funny sentences you see above. Time and time again this of this particular Movie Theatre was very proud of the excellent character audience fare still trying to solve only to be demanded back. Many of the of the plays he produced and each nigh be appearing in his pictures. But on If you are not familiar with the names of the best known moving picture
of the famous players who would soon be mather and
this particular night the operator, wanting to play a little joke on his audience, actors and actresses the list below may help you. this particular night the operator, wanting to play a little joke on his audience,

## Two Magnificent 1918 Motor Cars and $\$ 373.00$ in CASH PRIZES for Best Replies



PROBABLY you know the names of most of the merorous players but just to refresh your
of the most montion below the names. of a fel the most popular players.
Charilie Chaplin, Hazel Dawn, Francis X. Bush-
 Ward, Max Linder, Dustin Farnum, Alice Brady,
Theda Bara, Witton L.aclaye., Doushas Fair:
 Doro, Pauline Freetericic, Robert Warwick, Anita
Stewart, Olba Petrova, Norma Talmage, Lou
 Mary Pichford,
Hearl White. All the purzle names can be re-arranged to spell
out the correct names of one of the great stars.
So sharpen So sharpen your pencll, put on your thinking cap
and when you think oun have the tight names,
send your solution promptly to us.

WHY WE ARE AWARDING

Movie Contest Editor, Everywoman's World, Continental Publishing Co., Ltd., 1 Continental Bldg., Toronto, Ont.


CHRISTMAS letters and acknowledgements should be written
French Organdie
the stationery which has that much desired touch
of refinement. of refinement.
Ask your stationer for it. French Organdie packed in handsome papeterie form (as well as in other styles) and would make an accept-

## able Christmas gift. <br> Barber - Ellis Toronto, Canada - Brantford, Vancouver, Winnipeg: Colgaty.



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48


## Skin Blemishes Removed

Whether disease or neglect has left disfiguring marks upon your face,
our treatments, perfected by 25 years experience, will positively cure
or, in confirmed cases, greatly improve porition or in connirmeed cases, greatly improve conditions. We successfully
treat Pimples, Wrinkles, Redness of Skin, Blackheads, Blotches, etc. You should have our Princess Complexion Purifier, \$1.50; Princtess
Skin Food, $\$ 1.50$; Hiscott Hair Rejuvenator, $\$ 1.00 ;$ Princess Nerve
 SUPERFLUOUS HAIR permanently removed by Electrolysis. Con-

HISCOTT INSTITUTE, LIMITED
61E College Street
Toronto, Ontario

## Those Flowering Bullbs for Winter

$W^{\mathrm{Hy}}$ baid it we we fore have eave bad luck' with bulbs after we
get them safely planted?" we asked Professor Wafely planted?" we
at the asked Professor Wm. Hunt, the florist
at the O.A.C. early in October, when we were going through his greenhouses and we noticed him planting or potting and Chinese hyacinths, daffodils, tulips and Chinese lilies.
And he replied:
bulb after depends on the care of the neglected and thrive. Place the por, it will not at once in a co pots or boxes away temperature of 45 . to $50^{\circ}$.
"A cool, damp cellar is the best place the floor, with sand, light soil or coal ashes, so


One of the most attractive of the indoor
plants is the White $H$ 俗
that they are buried about an inch in
depth. soil shath covering of sand, ashes or pots. If this packed well around the be well watered "If a cellar or
able, the pots or basement is not availcupboard, or may be placed in a dark close box, so as The reason for caring foruct the light. way, is to secure a good development of starts

## Develop Root System

T
E development of a good strong starts, is one of the before top growth impatient culture of bulbs. points in the appear. They will weeks or more will need three or four forth a good stron the bulbs to put eight weeks before root, and seven or Keep the earth moist top appears. with water. Frost must not reach the
bulb. "To determine whether the bulbs hav been in the celler long enough, turn the
pot upside dow across the down, placing the fingers intact, and top so as to hold the earth ball of earth. If earth in the pot is there to be filled with fine whe pot is ready for be no doubt that the bulb is wise plan is next stage. Then the place them in raing the pots up and them in a semither a cool room. Set shoots have turned green place until the

## Getting Tall Spikes

"O produce strong, tall flower spikes, over the planes of paper or cardboard the corrugated or if they can be had, spikes to the thing to cause of bottles Water grow up above the fower period appre abundantly as flowering care the approaches. With very little quickly and the stems will shoot up "It is blossoms soon unfold. pots in saucers fille plant to keep the saucers are gacers filled with water. The window through and soiling floor or "There is that is all
a little tray boarder plan than to have lonc, the tray stones with. If the pots are set on water will escape sadicers the surplus tion, and the . quickly by exaporathan when gre bulbs will thllve better


## Your Victory Bond

## Questions You May Have Asked About It

QUEstion:-Just what is a Government Bond? Answer:-The Canadian you have lent them a stated sum of money and assumes an obligation to repay that sum of money to the holder of a Government Bond, by a certain specified time, with a specified rate of
interest to be paid half-yearly interest to be paid half-yearly
Question:-What is meant by interest on the Bond?

ANSWER:-The interest is the amount willing to pay for the use of your money during the
period of the loan. period of the loan.
It will be paid twice a year-a certain amount on each dollar you

Wuestion:tory is the Victhe People's Loan? Answer:-We expect bonds in de${ }^{\text {nominations }} 50$ of $\$ 50, \$ 100, \$ 500$, and $\$ 1,000$ will be offered to the public, so that able to take be and all share in the loan will not have to be confined to those who have large sums to
Question:-For what length of time am I asked to lend my money?
20 Answer:-For terms of 5, 10, or 20 years.
Question:-To whom do I lend my money?
da. Answer:-To the Dominion of Cana-
Question:-What
for my money?
Avswer: All
ANsWER:-All the holdings of the Dominion of Canada are massed as security for the money borrowedCrown rights to Canada's tremendous mineral wealth, Government railways, public buildings, all sources of Government income, (such as customs revenue, Postal revenue, revenue from Fisheries and other departments), and all taxes collected by the government.
Question:-What shall I receive in payment for the loan of my money? Answer:-It is anticipated that $51 / 2 \%$ per annum will be the interest rate $\$ 100$ the new loan-that is for each 100.00 which you invest in the the ory Loan, you will receive from Government $\$ 5.50$ a year, or $\$ 2.25$ every six morths.

Question:-- How shall I collect this interest money
Answer:-If you buy a coupon Bond, you will just have to cut of a will give every six months. Your bank ate) $\$ 2.25$ for a coupon off a $\$ 100$ Bond, or a proportionate amount or any other, or your coupon will will be accepted just like cash anywhere. If you prefer to own a "registered Bond, you writ not have any coupons Bond will be registered at Ottawa and you will receive a cheque for the amount of your interest from the Finance Department of the Government.
Question:-Supposing I need cash at any time, is my money irretrievably tied up in these Bonds?
Answer:-Ahy bank will lend you money more readily on a War-Bond than on any other security you can almost Also, you can borrow money (Compre the face value of your Bond. assessed the whe whe the can borrow on real estate).

Question:-Can I sell these Bonds outright, rather than borrow on them?

## Answer:-There is nothing to pre- vent your disposing of them at any time.

Question:-Is a Canadian War Bond a safe investment for my money? Answer:-There is no safer invest ment in existence.

Question:-What does the Government do with the money raised? Does it go out of the country
Answer:-The money is kept in circulation in Canada. It is used to purchase Canadian wheat for overseas shipment
to purchase munito purchase muni-
tions or supplies, tions or supplies,
to pay the hosts of people employed to turn them out. Thus it is Canada. At the same time, such a sum of money guarantees us a
market for our products.
QUESTION:-
Is the War Bond subject to the income tax? Answer:-It is the only security
you can have on you can have on which no incor
tax is levied.

Is not another $\$ 150,000,000$ a large debt for Canada to assume?
Answer:- Not when her National crops alone are estimated as being crops alone are estimated as
worth more than a billion dollars.

Question:-Am I safe to pay over my money to a stranger who comes to sell me a Bond?
ANsWER:-You can make no mistake if you will give in payment a cheque made out payable, to the "Credit Minister of Finance." It can
then be cashed only by the Departthen be cashed only by the
ment of Finance at Ottawa.
Question:-Why is the war being financed by money raised through the sale of these Bonds, rather than by the levying of general taxes?
ANSWER:- So that the expense of the war will not fall on those who are ill able to afford it.

By the "War Loan" system, everyone who can do so is urged to help. As we all know that this is our war, yours utmost to win it. That we are repaid in real money, at a high rate of interest, is our great good fortune in belonging to so prosperous a country

Question:-Has not the entry of the United States into the war lessened our need of raising money?
Answer:-There are other nations of the Allies to whom financial assist-
ance from the United States is so ance frome urgent, that it is better for us to call on our neighbor as little as possible, in order that she may be able to open her purse where help is vital.

Question:- Is there any definite advantage to Canada in our domestic Loans over a loan from another country? Answer:-Decidedly. A debt to another country is heavier to carry than a debt at home. It calls for payment of interest and principal, in better utilized at home.

## The Nursing Sister's Xmas

You want to make some Nursing Sister's Christmas, a real "merry" one - Well you can

Well, you can. hear's subscription to Send her a y year's subscription to
EVERYWOMAN'S WORLD. Send it immediately so that it will include this Christmas issue.
She will welcome it. Very few of us over here, in the centre of the Canadian feminine world realize how our nurses abroad yearn for news of us, our public movements and achieve ments.


Link Economy<br>With Production

These great fertile lands of Canada are playing and will play an enormous part in
"The kitchen must help as well as the work shop and the trenches"-Lloyd George.
winning this world war. With their won derful production and resources the Allies are dependent on them to a large extent for
food supplies. Be careful then food supplies. Be careful then and econo table suitable economical Buy for you food value. Eiiminate waste and study thrift rull o oood ralue. Eiminate waste and study thrift. Don't
overook the fact that Cocoa has great body buil'(ing
propensities. It is nourishing d propensities. It is nouristing ard s sutaining and with
in the reach of every purse. For the best reaulte be
sure to ask for this great food drink.

For the safest and best results
order this special brand.

B-29

## Victory Loan

## Why You Should Support It

Every citizen should buy at least one Victory Bond.

Not only as a patriotic act but in the interest of Canadian labor and business generally.

The money you thus lend the Canadian Government will be used to pay Canadian workmen and not one penny will leave this country.

Buy and see that your friends buy.

# "SALADA" TEA COMPANY 

Packers of the Finest Tea in America TORONTO MONTREAL
New York, Boston, Chicago, Philadelphia, Pittsburg, Detroit, Buffalo

# 34 <br> Everywoman's World For December, 1917 

## The Wonderful Mission of the Internal Bath By C. G. PERCIVAL, M.D

D

you know that over five hundred<br>itality resulting from such poisoning is are at the present time seeking free dom from small, as well as serious ail

ments, by the practice of Internal Bathing?
Do you know that hosts of enlightened physicians all over the country, as well
as osteopaths, physical culturists, etc., as osteopaths, physical culturists, etc.,
etc., are recommending and recognizing this practice as the most likely way now known to secure and preserve perfect

Ther
There are the best of logical reasons these reasons will be very interesting to

In the first place, every physician rea lizes and agrees that 95 per cent. of hu-
man illnesses is caused directly or indirrectly by accumulated waste in the colon; this is bound to accumulate because we of to-day neither eat the
kind of food nor take the amount of kind of food nor take the amount of
exercise which Nature demands in order that she may thoroughly eliminate the That's the rea
That's the reason when you are ill the physician al ways gives you something to
remove this accumulation of waste be fore commencing to treat your specific trouble
It's ten to one that no specific trouble accumulation of waste in there were no And that's the reason that the famous Professor Metchnikoff, one of the world's greatest scientists, has boldly were taken a stated that if our colons were taken away in infancy, the length ably 150 years. You see, this waste is extremely. is extremely poisonous, and as the
blood flows through the walls of the colon, it absorbs the poisons and carries them through the circulation-that's what causes Auto-Intoxication, with all its pernicious, enervating and weakening results. These pull down our powers of resistance and render us subject to almost any serious complaint which may be prevalent at the time. And the worst feature of it is that there are few of us who know when we are Auto-In-
toxicated.
But you never can be Auto-Intoxicat ed if you periodically use the proper
kind of an Internal Bath-that is sure. It is nature's own relief and correct It is nature's own relief and correcto -just warm water, which, used in the its entire length and makes and keeps it sweet clean and pure, as nature demands it shall be for the entire system to work properly.
The
The following enlightening news
article is quoted from the New York article is quoted from the New York
Times.
"What may lead to a remarkable advance in the operative treatment of
certain forms of tuberculosis is said to certain forms of tuberculosis is said to Briefly, the operation of the 's Hospital. the lower intestines has been applied to cases of tuberculosis, and the results are said to be in every way satisfactory. are she principle of the treatment is the removal of the cause of the disease Recent researches of Metchnikoff and others have led doctors to suppose that
many conditions of chronic ill-health, many conditions of chronic ill-health,
such as nervous debility, rheumatism, such as nervous debility, rheumatism,
and other disorders, are due to poisoning set up by unhealthy conditions in the large intestine, and it has even been
suggested that the lowering of the
cer and tuberculosi "At the Guy's Hospital Sir William plan of removing the diseased the heroic child who appeared in the final stage o what was believed to be an incurable form of tubercular joint disease, was
operated on. The operated on. The lower intestine, with
the exception of nine inches, was rethe exception of nine inches, was re-
moved, and the portion left was joined to the smaller intestine
week's result was astonishing. In a wll their normal functions and resumed weeks the patient was apparently in
own pu undoubtedly know, from your unfit to work or think properly, biliousness and, many other apparently simple troubles make you feel. And you probably know, too, that these irregularities, all directly traceable to accumu-
lated waste, make you really sick if perlated waste, make y
mitted to continue
You also probably know that the oldfashioned method of drugging for these complaints is at best only partially if continued, and finally they cease to be effective at all.
It is true that more drugs are probably $r$ human ills how universal the trouble caused by accumulated waste really is-but there is not a doubt that drugs are being
dropped as Internal Bathing is becomdropped as Internal Bathing is becomFor it is not possible to conceive, until you have had the experience yourself what a wonderful braser an Interna Bath really is; taken at night, you a wake in the morning with a feeling of light ness and buoyancy that cannot be de scribed-you are absolutely clean your appetite is better, your brain your appetite is better, your brain is
clearer, and you feel full of vim and confidence for the day's duties.
There is nothing new about Internal Baths except the way of administering them. Some years ago Dr. Chas. A. yrrell, of New York, was so miracumethod then in Internal Baths his special study and improved materially in administering the Bath and in getting the result esired.
This ,perfected Bath he called the "J.B.L." Cascade, and it is the one which has so quickly popularized and recommended itself that hundreds of .
Dr . Tyrrell, in his practice and researches, discovered many unique and interesting facts in connection with this
subject: these he has collected in a little subject; these he has collected in a little of Internal Bathing," which will be sent free on request if you address Chas. A Tyrrell, M.D., Room 444, 163 College St., Toronto, and mention having read this in Everywoman's World.
This book tells us facts that we never knew about ourselves before, and there is no doubt that every one who has an interest in his or her own physical wellbeing, or that of the family, will be very
greatly instructed and enlightened by greatly instructed and enlightened by
reading this carefully prepared and reading this carefully prepared and scientifically correct little book.

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## Benger's Food is appetising and delicious. Even the fresh ne

ilk used to prepare it is made lighter and easier to digest
In the tin one food may look like another, but there the

## (BAICAR Food ?

in a way different from others ! Fresh new milk is always
used, and in a few minutes (see directions) both the Food and used, and in a few minutes (see directions) both the Food and
the milk become blended into a dainty cream by a gentle first the milk become blended into a dainty cream
process of digestion, self-contained in the Food.

To this, and to its great nutritive power, Benger's owes its unique position as "the Food the Doctor orders.

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## With the Help of Pandora

china asters seemed to have been re
dipped in brilliant hues. in Nature seemed more Everything vivid than ever before. The woman looked into the deep head was a single mass of almost over clouds, andeeven as she looked it seemed to form itself into the shape it seemed ship. . "Jack," Anne Pennington air mured. "A message from my Jack.
and she turned and walked bet Edna Jarvis asters into the house Edna Jarvis was more than awe struck; she was shocked when a few
minutes later she came mother calmly preparing her simple mother calmly preparing her simple "Mrs. Pennington!" she gasped. "Is
there-news? I saw Mr the road, and he told me-that-
The older woman a letter.
drew a deep breath, almost chin and she were inhaling some loved as though
"There was a letter from Otta wa. They
say that my Jack is dead.'
in her hands. "I knew buried her face in her hands. "I knew it," she sobbed Bolton's face .. . and yet,", she she Mr . the words indignantly at at," she flung nington, "yet you can eat your lunch!" silent under the passion to lose was She looked again into the deep blue sky to see fleets of clouds assembled over the row of poplar's under which yonder, she knew yonder, she knew that her boy was
flying. She picked out (from the a partiçular cloud and knew he would float forward of his companions would
"I don't believe the letter," said Anne Pennington, quietly. "Of course, there has been some mistake. He will
come home as he said."
$T_{\text {ano neighbours gathered at ane }}^{\mathrm{HE}}$ her. They said it was a blessing that her mind should have been aftected in so merciful a manner. If they wer slightly outraged because she did no swathe herself in mourning, they tried very little protest when she set to wa thristmas cake and pudding to b
"It's pathetic,"
"II's pathetic," they said, "but after all, some poor fellow will enjoy her She waite
She waited by the letter box as Jim Bolton had mail for her-small bulky envelopes, splashed her-small Censor's strips and red post marks from the field. But they were written before that other letter came and told of terrific air battles with the Hun, "I , ought to be a Mason, Mumsy
dear," Jack wrote in the last one "33rd degree .... For I got my one. Fritzi-plane to-day! Gee whiz, but duck shooting is tame compared with
this sport and I ' m afraid that I'll be this sport and I'm afraid that I'll be
some spoiled boy when I come home." ome spoiled boy
Then silence!
Ah, yes, it was hard to bear, for the nights would shroud their darkness in which to think ... and think and wonder if
And September flamed into October,
and October withered and and October withered and crept grate-
fully under the snows of November and s'ill Anne Pennington's faith shone strong. She knew her boy was coming home. have a plan," she said to Edna
"arvis one bitter day early in Dece Jarvis one bitter day early in Decem-
ber. "I have written to the Militia Department and through them to a a Returned man in or holidays. There are certain Christmas boys sent home just about that time be able to get to their own peopn't especially those who live out west." Christmas cheer, mis year in the way of Christmas cheer, this year," Mrs.
Pennington went on, "but I idea that I could make it seem like home to--to a boy back from the
$\mathrm{N}^{O}$ one denied that it was owing to so gay, in spite of heart aches, and a Iim Bolton's mail wag might be in Jim Bolton's mail bag. Mrs. Penning-
ton's boy, and what could be done for him, occupied a a goodly portion of of
people's thought. Speculation was rife
as to what he would be like; some spiteful person even started the rumor her rose poplin on purpose . . . There was some disappointment
when the Hospital Mrs. Pennington formally notified expect a Returned Soldier until Christmastpoe, but after all, it simply meant postponing the festivities
"The trouble is that I don't know whether he will be sick or well, wounded or fit," she said to Edna. "If he is ill, him to ted want to do anything but put he is oll bed when he comes. But if party., And there's the matter of
food-.
She worried a good deal about it till Edna thoup stairs and dow解 next her own prepared the spare roon greens and red bells and putting little
silly loving gifte would be sure to find them where hal day she had bric fo and mince pies all ready to heat. Jack
But dinner came and no soldier on the road and Edna ate with one eye the latch of the an ear cocked to hea slipped over the snow clad country and supper time drew near country A roaring fire blazed in the dining bring him right inght it was cosier to et with an extra place. The the everything stood in readiness to be Eed.
Eight o'clock chimed noisily through the silence and as the last note died leaped the two restless pairs of eyes eaped to meet, and stared into one another unseeing.
bells sounded on the frosty road sleigh "They are
Anne Pey are coming here," announced her faith ennington stubborn as usual in "It soun the county had though everybody in It did, indeed. Shouts, snatches of song, three cheers for Mrs. Pennington
and noise and noise, just noise, accompanied the cheery jingle of sleigh bells. A dozen voices admonished the horse to stop,
and then there "You there was silence.
Pennington, to the door,", said Anne quite unable to trust herself. She the soldier and arm chair all ready for with her hands covered her white face She heard
thought she the door open. She giggling from the rord whisperings and Edna strangled road. She knew that lowed by a kiss. Then some one strode "They told and stopped.
the Dey told me about, the jolly mess "A in the intense still awful mix-ups sometimes. Heard of Colonel who turned killed. Elaimed to have seen him killed. Everybody along the road
thought I was a ghost brave, darling a ghost thing $\because$, You, poor
grew husky, It, get I'll crush you to pulp if I yever She opened
sprang the light ther eyes. Into them hood, of Sacrifice, of born of Mothersprang joy no man hath; into them sprang joy and thanksgiving and praise
of God. Anne Pennington was looking at her
son. Suddenly he seized her and swung unprotesting chair. He carried he squeezed her until she room and he
arms. Then hed in his against wh and which he had Jarvis still leaned "Collowed raucously ' to close
going to have girls and boys! We're cheery, old time Celebration, a rea pretended his voice broke and he this other Returgh. "We'll eat up all 'I love, to see my Soldier's food, for dear old Mothe Pennington first time in her life Anne tell him to put hot scold him and and whispered toward Edna Jarvis

We will ha
presents in the spare change all those
Jack's is quite


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rew rewards, or cash, are in addition these the
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zling pictures. Tell us what
Mary planted in her To help you get rightly started. Pic-
ture No. is Caulifower (aill-eye-flow-
er), and picture No. 8 is Beets (Bee
Eats. So you sor 8 . Eats. So you see how to study thee
pictures. Can you get them all right?
Try! RULES Please observe these simple rules;

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paper, with your furl paper, with your full namennd address
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upper right upper right-hand corner. Anything
other than this must be written on a
separate sheet. Remember Ruly over 14 years may compete. onty those
a Qualified entries will be judged by
a committee of three outside whommittee of three outside judges
wecene decisions will be as inal.
act $2==5=0$


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## Get the Genuine and Avoid Waste



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## The Faith of Paul Duchaine

Mont Carmel, and traversed what is now Ste. Genevieve. And now the
bare and shot-furrowed citadel was seen. It towered above
cher of the citem was seen. It towered above
them toward the summit of the mighty fortress, till Quebec dwindled in the the glacis the slear the summit Monsieur Gagnon sleigh stopped, an seat. 'They are already sieur from his sieur Duchaine' ' "Paul stepped moment the edge of the sun that frosty air in an citadel, bathing the light. It cleared Paul's bran had sudden advent of the situation he had nod his faculties, and all night he had lain in a stupor, incredulou fight foch joy was to be his as to stood his heart. But now he under and that clearly that it was true lives of himself and of Auguste Dion was to be put to the proving.
that was lieur Gagnon saluted the part At Paul's feet was a twelve paces away
groove in the groove in the soil; Paul stepped behind placed in his hand. 'Aim hist,' whis
pered Mol pered Monsieur Gagnon. 'Fire at the but yours is firm hand is trembling sieur,'
firm,' There is more need that mine be "'He could see the whites of Auguste mouth; eyes, and the wavering pisto carriage was could see also that a Street, far beneath him, and making for the gate. The him, and making seemed to grow larger momentarily, as "hey sped up, the hillside.
'you will understand a tall surgeon, 'The seconds had -
and had takends hard seen the vehicle said Messieurs, no time must be wasted,' are meddlesome persons in Quebec the word You are ready? Will you give ". 'One,' counsieur Gagnon! over the carriage bounded furiously left the citones and boulders. It had
its course bind and was directing its course almost vertically directing
toward thard loward the Citadel. Thertica upward and wo,- and th destinatio and stopped, and the carriage drew nea at the mouth of Auff of smoke appeared a swelli watching it suguste's pistol, an him, obscuring that rolled toward and that of the the faces of the seconds Marguérite ared the hooded then out shaken with Thiboult, and her body outstretched hrief, and her groping, was disclosed, clear, and the bare hillside on his face. 'Monsieur Duchaiselle's hands found Paul's. was for me uchaine! she gasped
ward Auguster aside gently and strode was turning hime. The tall surgeo passed through his over. The ball had G Monsieur Dion,' Gognon sternly ion, said Monsieur Paul. 'Iuguste lifted his pale face toward Monsieur,' will tell yasped. you the truth, ' 'It is not
from you," sat necessary, Monsieurhis heart, leaped Paul. And suddenly knew at lasted up with joy, for he
believed in that he had net her where he though doubts nor noubted 'Mademoisell he had believed. her his arm.
The carriage and the sleigh w carriage step both side, but at the into each other's eyalted and looked there that which mayes, and each read
no more no more. In that instant Paul under-
stood every seemed everything, and all the pas seemed like the whirling all the past
from Auguste-clouds through which his Dion's sistol-mouth and pure. which his love shone radiant
"Paul placed her in the sleigh and
ork the reins. about her. Lightly, wrapped his cloak "B lips met. The horses first tim them, stood the inctaring incredulously after bare hillside. Before lay group on the the future, and the life Montreal and doubts, and hothinged victorious




HE hectic flush of excitement has gone out of the clothes question for the
moment. The Canadian moment. has now finished the task of assembling the real necessities of her autumn wardrobe and is enjoying a breathing spel before attacking the more vital winter problem. It is just in this breathing spell that she should take unto herself a few hours for the consideration of the winter Designs
before she attempts to buy. Des of more than usual attraction have been manufactured by and imported into eading Canadian fashion depots. Very few of these have, it is true, come direct from Paris. War-time shipping resrictions are rather drastic.
Rut the adaptations of French ideas by designers on this continent have been very cleverly worked out and are, indeed, more practicable and useful in our present day social life than the originals. We have progressed so far siashions that we can take the French silhouette, a peculiar kind of material sleeve, and concoct a salad of our own special make, from these ingredients that is more delectable than the rather extreme, ultra-modern ideas of the creative designer.
The stress of war naturally lessens the social pace and women of all classes of society will require fewer clothes than in other years, but it is obvious that they should be of g
becomingly designed.

Silk and velvet
sik and velvet weaves fulfil so many varied services according to for this reason they offer the best investment for most women. The one-piece dress worn with a top coat will fill a greater number of occasions satisfactorily than a coat and skirt costume, though to be sure the latter has never been equalled for
The exploitation of velvet and satin for afternoon wear, indoors and
is hailed with universal approval.
In examining the fabrics themselves nn examining the fabrics themselved of themer the market for silks and dyes had experienced any irregularities, so beautiful are the weaves and so glorious the season's favorite colors. Foreign and domestic manufacturers assuredly deserve much praise for their spind in
efforts in providing womankin efforts in providing woman of fault-war-time with such an array
less fabrics, ideally adapted for present styles. Satins, silk weaves and Silik ing drapery effects are achieved, but so cunningly manipulated that the slender silhouette is still maintained. Moreover, these silk weaves are so exquisite in themselves that they require little trimming, relying on their own beauty and the lines of the gown for distinc$\mathrm{F}_{\text {EARFUL }}$ lest the narrow skirt former times, designers have regaled us with every variety of drapery effects it known that they have kept the flight of their fancies well under control, for draperies of this season are all suggestive of clinging, subtle grace.
Onc-side drapery effects for skirts and for tunics or overskirts are having pronounced vogue. Long lines drop to the ankle on the right side, rising a little higher in the centre, until whe stil!, however, follow the silhouette. Draperies reach their most complicated
lines at the sides and back, where they cascade and frequently form the much talked of new bustle. Just a little trick or two under these, placed at the right angle for balance and beauty, and there is the bustle effect, with none of the old-time terrors of whalebone, canvas, wire and dear knows what else forming this grotesque bit of artifice.

Plaits have not had strongly to the draperies have that more than one draped skirt is indebted to deftly laid plaits for its grace and beauty.
Plaits employed this season are narrower and laid more closely together. The all-round plaited skirt has given way to plaits that drop somewhere below the sides and a back panel effect for the sides and a back panel effect. exclusive shop in one of our large exclusive shop had its sides and back in plaits, its front plain, over which dropped a shorter tunic. In an imported collection, a gown of sapphire satin had its short yoke and back panel in one piece, laced up the back, while the front dropped over plaits that carried a band of chiffon on the
edge.
Among the amazing quantities of new rowns quantities on month there are so many waistcoats that appear to be substitutes for blouses that no one can miss them. If one should happen to be overlooked, the mannequin who parades in the gown whe slight coat and back the slight coat and slashed pockets of the waistcoat, to draw the
attention of the onlookers.
They are fashioned after the manner of sleeveless sweaters, these new vests, and they may be found in tan colored jersey cloth, apple green ored suede, midnight ored sueduroy, velvet and satin in white. They are worn only with coats that can drop open in front. Many of them have little belts across the front, which look as though they belonged in the back. They are narrow, with merely a con ventional mannish buck These waistcoats are single breasted and some of them are cut to the neck and then flare upward above the chin in a collar of their own fab-
ric. Buff colored corduroy with flat gilt buttons is the kind of waistcoat that has been taken up with the colonial blue one adds to such Washington hat with modilored brim flaring back over the its colored imaginative onlooker sees a symbol of the "spirit of ' 76 " in which our American neighbors take such pride. The difference is that these feminine Continentals are not in "ragged regimentals." They're wearing very smart, very expensive and very well-cut new clothes.
Because women are now working harder than ever before does not mean that they are lounging with any less ease and grace. There is a good reason why the robe universally into wedged its widea of conserving popular poor word is being worked that just now, but it has its placethe street suit of wool and of fabulous cost must be conserved or the day is lost for the women. And into their ives, as an instrument of Providence, has stepped this gown, in time to be donned the minute their feet have and to be clung to until the last minute
before they pass again into the street. Like every other economy that has
been sprung on us, it has its healthful been sprung on us, it has its healthful
side. How much better to dress according to the temperature of the place occupied!
When
friend's you enter your intimate friend's apartment, you may find her not the tailored woman you left rerooms, but medern portrait of Madame de Pompadour, a charming Greuze maid, a laughing Yo San, a
Mme. Recamier or some mediaeval Mme. Recami
are told in the
shops that pur-
shops that pur-
vey to dainty
women that the
women that the
boudoir gown
department has
become very important. One buyer is noted
for the fact


One of the newest of the
neatly tailored winter suits
that not only does she buy lovely indoor frocks for her department, but she also designs them
herself and has them herself and has them direction. Of negligees, the oldfashioned affair of ribbon and lace and ruffles, and soft, plaited silken folds holds an unassail-
living, and perhaps the most satisfac tory boudoir cap worn is one of crepe
de chine. It is picoted at the edge de chine. It is picoted at the edge
where the frill falls over the face and is pleated into a head size by the simple medium of a series of French knotsone on every pleat. An infinitesimal is the sole trimming.

FROM negligees to furs is a big jump. Now that America seems to be the fur market of the world one sees on every hand the most beautiful coats and wonderful chinchilla coats fur cannot be as scarce as it was last winter. Ermine is made up in a fashion that fits it for the most exclusive taste. One does not see so much sable, but there is plenty of its near relation, Kolinsky, which is really the old-time red sable, made into the most luxurious and with tails.
The new thing about the animal scarfs, fox to the fore, is that though still flat they are shaped to curve a little like the cape about the shoulders instead of straight, as they were last winter. Lined with the same colored satin as the fur, they also have a double fold that extends a bit beyond the edge, fand really protects the fur, besides making it look richer and thicke
A really new thing is a bunchy collar of fur that will go on over any
coat or dress and look as if it belonged to it; for this, we are told, we are indebted to Callot. It is really a big shoulder cape but can be bunched up into folds about the face, and is cut so over. A hat with crown of fur, large or over. A hat with crown of fur, large or
small of brim, goes always with this collar; the same fur hats look like Russian officers' caps, and the aviator's cap is also new.
In furs, both long and short capes fashioned of one or more kinds, finished with a fringe of tails in the more ex-
pensive designs, are worn. Ermine is pensive designs, are worn. Ermine is
now favored above all other furs for now favored above all other furs for combination with mole, sealskin, broadtail, Persian lamb and other rich, short haired pelts. It is employed to enliven ingly, appearing as collars and recomthat reflect directly on the face. Mink, too, is greatly in vogue, as the illustration above will demonstrate.
Capes appear as part of the new long coats of cloth and velvet. These are the shoulder style. Capes are splen didly adapted to wear over one-piece dresses, no matter the hour of the day or night. Furthermore, they are fea tured in the new sporting togs in heavy Theres ispervous to sun or storm new cape models-though there is thil ample room for physical freedom The outline is narrower, conforming mor to the increasingly, popular idea of the slim silhouette
man at any time, in almost any place, looks well in a drapery of this sort, and every woman knows it. She is not obliged to study her style to tie herself down to certain lines and types. of accordion pleated azure blue crepe de chine and an overdress of a most beautiful pattern of Spanish lace, reaching just below the knees, where the huge roses of its pattern showed to the best advantage.
Where pastel blue chiffon was draped over pastel pink charmeuse, and the whole strung together at an Empire waistline with a band of
mixed pastel-colored ribbons-there was mixed pastel-colored ribbons-there was a
negligee that defied a description of the way negligee that defied a description of the way of loveliness; it must have been put together by someone in a most dazed moment of inspiration. Of this class of modern art house gowns, there is a great deal to be said, for one looks on at their development and wonders whether they will not be permanently adopted by women, they are so entirely comfortable. The beauty and
be denied
be denied.
Boudoir caps have their place in the world, no doubt, and while they are not so prominent as they once were, they still have a strong hold wherever women's intimate clothing is displayed. Even here, in the shadow of the boudoir, sim-



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No. 9549. Tie-On Bodice, 34 to 42 bust
 Soft, lustrous satin is the material that makes
this gown, and the trimming portions are of Geor.








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 pretty to make the do not care or of a different material
with a little border of of Geore the fur, it would be
For the For the medium size will soutache bratid and to embroider
44 inches. wide. Price 15 be needed, 534 around the edges No. 9540 . Dress for Missents.
years. This is essentially a season of the dromen, 16 and 18
can be made available for
that are ape that are applied overe the various use dress and this one
bodice make a novel The box plaits
There and but There is a fitted novel feature and buttoned up onto poraits
joined and the
 wide, with $1 / 2$ yard for the collar. Price material For the 36 inches 16 and 18 years. ${ }^{\text {No. }}$. 185 Dress for Misses 15 cents. There is no model better dress than this onel better liked for the simple one-piece
tially youthful and girl- is laid in box plaits. with singular success.
sort, chifike and it len lends its. It it is essen-
there are proadcloth is make le perse a useful to service there are poplins that make pretty treated in in frock of this the
can use the same
thing handsomotel for chat can use the same model for up most artarmatratively why while and
thing handsomer
will be needed ${ }^{\text {or }}$ more dressyeuse if you want some will be needed, 5 yards of dressy. For if you want some-
$5 / 8$ yard 36 for the cor the $16-$ year size No. 9558. Dress collar and cuffs. Price 15 wide, with effect at the front hangs at the sides to 42 bust
the season has to offer. The is one of the giving a panel
made sleeveless over best liked that hint of the jacket effect thed foundation to give fies it is arm seams. The undervisibly at so much lo liked this just a
medium size whe shoulder medium size will be needed, 6 yards of pieces. For the
wide. Price 15 cents. No. 9546. Dress for Misses and
18 years. This is a model that you can Women, 16 and short sleevesternoon und and and which as it is here to be
heading that extends skirt shin can make adapted to dinners and to over thirred to form a witth
dances. It is a very bedice, to bitle dances. It is a very and to the thearming titre and to become
a simple one that any girl
straight skirt is and tress and to simple straight skirt is simply hemmean sew can and it is sule
little bodice allows you hen
that are illustrowe and tuch it. The sleeves in bell shape. short puffed sleeveren the s.eeves, plain
these
the soutache the that the sutache braid that the illustrates and threses, those
which appears upon so the so which appears upon so many of very generally trimming is
costly models. Fiked and
yards of material 44 the 16. year sinandsomest yards of material 44 inches wide. 16 -year se will be ne ne moded most
Price 15 cents.

[^3]
## Smart Models for Indoors and Out


 Irtis is one of the petetist posisile


 charmane of oted sita，If you
 You ouid rot do beter thar to usi it for the foundation of thice and bodice of a differ－
make the tunic
ent material．This year，there are so many combinations of materials and easy to remake without the annoying
problem of matching Blue is beauti－
ful with black and with sand color and with the new shade known as Demo－ with sand or brown with tan color． with sand or brown with tan color．
The little cape that is attached to the
surplice closing make a very novel surplice closing makes a very novel
and a smart feature．For the 16 －year
size will be needed， $31 / 2$ yards of mater－ ial 44 inches wide for the bodice and
tunic， 254 yards for the skirt and trim－
ming．Price 15 cents． $\begin{array}{lll}\text { No．} & \text { Ons2．} & \text { One－Piece Dress for } \\ \text { Misser } \\ \text { years．}\end{array}$ Perforated for Tunic． 16 and 18
 In the costume illustrated，two pat－
terns are combined，the dress that has
been cut off to form a tunic and the plain，narrow skirt worn beneath．If you like you can utilize the pattern
No． 9532 for this purpose and also No． 9532 for this purpose and also
for an entire dress made wwithout the
opening at the front，and either with the big collar or without it，with long long
sleeves or with elbow sleeves．As you see it here，it is adapted to every－day
service．If you make it in the way
just mentioned and of satin or some
such material with just mentioned and of satin or some
such material with trimming of a lit－
tle embroidery you will have a very tractive and charming afternoon
costume．in For the costume illustrated，
serge．is handsome in combination serge is handsome in combination
with satin or with velvet or plain
serge in combination with plaid would
make a good effect．In the picture， make a good effect．In the picture，a
dark blue wool jersey is shown in dark ble wol jersey is shown in
combination with the same material
in a sand color．If you are making an


No．9535．Surplice Blouse， 34 to 42 bust．
There is scarcely a design this season that cannot be treated in a variety of ways．This costur a skirt
sists of one of the new tie－on bodices and a that can be made just as it is here with and a panel front or with an undicated in the smal view．It is one of the prettiest models for an after－
noon gown and incidentally，it is an exceedingly noon gown and incidentally，it is an exceedimgle he gown without the least little bit lapped in the surplice sty ble that is loose fitting and lapped in the feature of the sea－ son．You can leave the sash ends plain or you can an finish them with fringe across the ends，for ringe is being extensively used as trimming upon how the and most attractive mat makes an import nt feature of the season．Here，the collar is o Georgette crepe with filet lace making the finish yards of material 44 inches wide，with $5 / 8$ yard for he collar．For the skirt will be needed，illustrated． Price 15 cents for each
$\begin{aligned} & \text { No．} 9536 \text { ．Coat with Detachable C } \\ & \text { and Small Women，} 16 \text { and } 18 \text { years．}\end{aligned}$
Every
$\begin{aligned} & \text { Son and this one with the cape is among the new－} \\ & \text { st and smartest that could be offered．The cape，}\end{aligned}$
however，is quite separate and is attached with
lay is cold and omit it when the day is mild．As
cloth in a soft shade of brown with trimming of
natural beaver that is so popular，but you mater－
make the coat from any seasonable cloakn and to the
relours cloths that are so much liked，to broad
$\begin{aligned} & \text { cloth and to serge．The for trimming is eminently } \\ & \text { fashionable and always handsome．bッt there are }\end{aligned}$
very beautiful fur cloths that are being extens：vely
$\begin{aligned} & \text { used this season and which can be substituted with } \\ & \text { good effect．Or you can leave the cape plain and } \\ & \text { ise only }\end{aligned}$
$\begin{aligned} & \text { see only the collar of fur，or you can finish the } \\ & \text { cape with soutache braid applied over a simple }\end{aligned}$
For the 16 －year size will be needed， $31 / 2$ yards of
$\begin{aligned} & \text { material } 54 \text { inches wide with } 7 / 8 \text { yard for the cape．} \\ & \text { Price } 15 \text { cents．}\end{aligned}$
atterns are 15 cents post paid．When ordering write very plainly，give name and address，number and size pattern wanted，and enclose our Pattern Dipartment，EVERYWOMAN＇S WORLD， 62 Tem－ parment，EVERYWOM
afternoon dress with the full length
singl，it would be pretty co omit the belt and use a narrow girdle in
its place，for such use，extending the trimming that finishes the V－shaped俍
its pinge，below the waist line to give becoming lines．
openill require $23 /$ yards of
For the 16 year size the tunic length illustrated will res

No．Coat Dress for Misses and Small Women， 16 and 18 years．
No．9503．Cono as the coat dress or the dress that is closed in such What we know as the coat dress or the dress that is closed in such man－
ner as this is one of the seares of the sen，and is a model that you will find desirable for every material from velvet to serge．It would be very
handsome made of velvet，and very serviceable made of serge．If ye handeloth or poplin or charmeuse satin you will have a dressy and attrac－ ive dress that will take an intermediate place，therefore，the pattern is an
exceptionally available one．Here，the collar and cuffs are of a contrasting exateption but a great many girls，will like to use the same material and to braid with soutache or to use a heavy worsted thread couched over a
braiding design．Such trimmings are eminently fashionable，they mean very braiding design．Such trimmings are eminently fashionable，they mean very
little lator and little expense，yet they give an exceedingly good effect．
lroandoth and serge are very attractive treated in such way． little labor and little expense，yet they give an exceedingly good effect．
Broadeloth and serge are very attractive treated in such way．Velvet would be handsome wat a satin collar and cuffs，and if you tike you can
edge the collar and the cuffs with a bit of fur．
For the $15 \cdot$ year size will be needed， 334 yards of material 44 inches wide，

$$
\text { Ith } 3 / 4 \text { yard } 36 \text { for the collar and cuffs. Price } 15 \text { cents. }
$$




My Dear Housewife：
Christmas－tide again and with it the
happiest days of the year， And the longest，to Co ．for it begins shine and children shout and shake the
laden branches of the Christmas tree． hen the Christmas dinner comes and at its close a good old－fashioned
Knox Plum Pudding there is nothing more to be desired． 1 suppose you
know the eccipe．Thousand of house－ know the ecipe．
wives do，but am printing it so that
thousands of others may enjoy it this thousands of others mayy enjoy it
year and in the years to come． In this somewhat personal way I pass along to yourwhy personal way 1 pass
thank you for your maintecined and thank you for your maintained con－
fidence in Knox Sparkling Gelatine fidence in knox Sparkling Gelatine
throughout all these years．Extending
to you the season＇s greetings， I am． Very sincerely yours．
Mus Chates IS．Thand
FREE RECIPE BOOK
 never used Knox Sparkling Gelatine en－
close c c for enough to make a dessert or KNOX GELATINE


A BOOK THAT NEVER GROWS OLD Of Two Thousand Valuable Proverbs and
Holpul Sayins that Everyone Should K Kow THEY CONTAN－The Seeds for True Success：The
Golden Buds for Noble Manhood and Womanhood： And the Silver B．
This book should be found in every Home for the welfare
 and happy The pry it within reach of all．Price，$\$ 200$ post paid．
Tlonk with this book will be kiven Free a character reading of your future possibilities，as told from the
tweeve tribes of Istae，it may mean thousands of collars
to you，your happiness and blessing the readinus alone to you，，our rhappiness and bessing；the readings atone
are worthere rrice uoted．Those sending for the hoorks
be sure and fill
 separate for Adults，\＄1 00；Children from one to eivht
years old． 25.5 ．．Mothers will find these tittle readings
very helpful to them in rearins their Cle possib e advantake．For books and readings address sour
envelone to MRS．Fi HOWES， 1211 COLLEGE ST．， COUPON $\qquad$ cannot be estimated．Do no
foolish fortune telling scheme．

Age．．．．．．．．．．．．．Birth Dato


## Gurnbull's

## PERFECT FITTING UNDERWEAR

and buy it for my "Hubby" and the kiddies, too!
It is so clean, soft and well made-in fact I have never seen better knittingand it fits so neatly and comfy that one's clothing always looks well.

Of course, Turnbull's have a reputation 211 over Canada as makers of GOOD underwear for 59 years.

You just try it once!
Most good dealers sell it.
Made only by
The C. Turnbull Company of Galt, Limited


Winter Suggestions for the Juniors


For the 12 -year size Bilted Coat, 8 to 14 years.

 the 12 -year size will be needed, 3 years. For
material 44 inches wards of the blouse, collar and cuffs. Price 15 yards 26 for No. 9245. Child's Night Drawers 88 . For the 6 - year size will be needed, $211 / 2$ years. f material 36 inches wide. Price 10 cents. No. 9588. Girl's Dress, 8 to 14 years. the 12 -year size will be needed, $21 / 2$ yards of
material 36 inches wide for the material slenches wide for the upper por
tion and sleeves, $11 / 2$ yards 44 for the
 (Nos. $9502,9577,9503$, 9534 material 44 sine will be needed, $33 / 4$ yars. For Patterns are 15 cents each, post paid. When ordering, write on page 52)
address, number and size of pattern
be obtained fro
be obtained from our Pattern Department, End encliose 15 very plainly, give name and
Street, Toronto.

## Gifts The Men Will Welcome

There is Still Much Need of Knitting for the Heroes Overseas

AGAIN, as Christmas draws near, comes the cry: Give
us suggestions! Tell us what we can knit."
And, again the reply is: "Don't look And, again the reply is: "Don't look
for novelties. Knit the necessities." The men on active service still need the warmth and the comfort they needed in the first year of the war. The lapse of time has only accentuated their discomforts.
will be more accept you can think of will be more acceptable than those outlined in the accompanying illus-
trations. Each design has explanatory directions that should be followed faithfully.
For the benefit of the woman who has not yet learned to knit, and who wants to begin on these articles, it may be said that not one of these garments is complicated, and the most necessary, the sweater, the wristlets and bed sock represent
the A, B, C of the knitting art.
the $\mathrm{A}, \mathrm{B}, \mathrm{C}$ of the knitting art.
In regard to the yarn-you may
别 have to give a little more time to the
knitting of the rough yarn than to the knitting of smooth yarn, but that time will be well spent because you will be conserving material as well as providing the garment. When you buy be sure you buy the full quantity. It is well to have a little over because sometimes a beginner will make a mistake and be apt to run out, or a little closer knitting will mean more yarn
than the looser ones.
 as well as the number of stitches to
be sure of the correct garment when the work is done.

## It's a Pleasure

$K$ NITTING is really a fascinating K work. It is not irksome. It is restful and has a c
In spite of this, many women have tired of it after about two years of endeavour. They seem to forget that it is still all-important. Take, for


Sleeveless Sweater

instance, the sleeveless sweater as "It is one of the greatest blessings we have yet received" writes one boy
to his mother. "The other kind always made our coat sleeves tight and bulky and uncomfortable.
And similarly do they write of the other garments. They expect them-
a number of them this Christmas Let's not disappoint them.

## Helmet

One and one-half hanks of yarn (3/8 lb.); 1 pair needles. The helmet is made in two parts, which afterward are sewed together.
Front of Helmet: Cast on 48 stitches ( 11 inches), knit plain for 25 stitches ( 6 inches) and knit 2, purl 2, for
ribs 35 rows. On the next row the opening for the face is made as follows: knit 2, purl 2 , knit 2 , purl 2, knit 2 , knit
and bind off loosely the next 28 stitches and purl 1, knit 2, purl 2, knit 2, purl 2. Run the stitches before the opening on a spare needle and on the stitches ${ }_{2}^{\text {at }}$ other side of opening knit 2, purl end at the opening, and at that point end at the opening, and at that point
cast on 28 stitches to offset those bound off. Begin at the face opening of stitches on spare needle and knit 2
purl 2 for 12 rows. At the 12 th row continue all across to the end of other needle, when there should be 48 stitches on needle as at first. Knit 2, purl 2 for 24 rows. Top of Helmet: Knit 2 narrow (knitting 2 stitches together), knit 14, narrow, knit 14, Purl the ent 12 . next row. On the next row. knit 2 narrow, knit 13 , narrow, knit 13, narrow, knit 11. Purl 4th row. On the 5 th row knit
2 , narrow, knit 12 2, narrow, knit 12 , narrow, knit 12 , narrow, knit 10.
Purl 6th row. Continue to narrow in tinue to narrow in
the 3 places every plain knitted row with 1 stitch less between narrowings until 9 stitches are left.
Back of Hel-
met: Work in MET: Work in same manner as for ront, but omit the ace opening. Sew
the stitches of upper edges together with joining stitch. Sewupthe side seams, leaving the plain knitting at shoulders open.


## Sleeveless Sweater

$21 / 2$ hanks of yarn ( $1 / 8 \mathrm{lb}$ ); 1 pair needres.
Cast on 80 stitches. Knit 2, purl 2 sweater measures 25 inches plain until stitches, bind 25 inches. Knit 28 loose. Knit 28 stitches. Knit 5 ridges on each shoulder, cast on 24 stitches. Knit plain for 21 inches. Purl 2, knit Sew up sides, leaving. inches for arm-holes. 2 rows single crochet around neck and 1 row single crochet around the arm-holes.

## Bed-Sock

4 Needles, 1 hank yarn ( $1 / 4 \mathrm{lb}$.).
Cast on 48 stitches on 3 needles, 16 on each. Knit plain and loosely for 20 inches. Decrease every other stitch by 12 stitches and 12 stitche
together.



## The End of $a$ Perfect Day

There is nothing like a brisk day's sport on the ice rink or the bob-sleds to develop rosycheeked, clear-eyed youngsters.
There is nothing like"Vaseline" Camphor Ice for protecting them against chapping from cold winter winds.

## Vaseline Camphor Ice

A little "Vaseline" Camphor Ice applied before going out and after coming in keeps hands and lips soft, smooth and healthy. Good for boys and girls-and grown ups

too-the simple, natural skin pro-too-the simple, natural skin pro-
tection against the hurts of frost and winter. No one who is fond of winter sports should be without it Write for new illustrated booklet. Free on request.
Insist on "Vaseline" Camphor
Ice. Put up in tubes and boves Ice. Put up in tubes and boxes, 10 cents. Chemists and Depart-
ment Stores everywhere. ment Stores everywhere.
Chesebrough Manufacturing Co. 1880 Chabot Ave. (Colsolidated)
4 Wract (4)

## You Get Better Cough Syrup by Making it at みome

What's more, you save about $\$ 2$ by it.
Easily made and costs little.
You'll never really know what a fine cough syrup you can make unti remedy. You not only save $\$ 2$ e-made pared with the ready-made kind, but you will also have a more effective and dependable remedy in every way. It overcomes the usual coughs, throat and chest colds in 24 hours-relieves even whooping cough quickly.
Get $21 / 2$ ounces of Pinex ( 50 cents worth) from any good drug store pour it into a 16 -oz. bottle and fill the bottle with plain granulated sugar
syrup. Here you have 16 syrup. Here you have 16 ouncescough syrup that money can buy-at a cost of only 55 cents or less. It never spoils.
The prompt and positive results given by
this pleasant tasting cough syrup have caused it to be used in more homes than any
other remedy. It quickly loosens other remedy. It quickly loosens a dry,
hoarse or tight cough, heals the inflamed
membranes that membranes that line the throat and bron
chial tubes, and relief comes almost immedi ately, Splendid for throat tickle, hoarseness, bronchitis, croup and bronchial asthma.
Pinex is a highly concentrated compound genuine Norway pine extract and has bee ased for generations for throat and chest ail Avoid disappointment by asking your drug-
gist for $21 / 2$ ounces of "Pinex" with full diections, and don't accept anything else. A promptly refunded goes with this prepara tion. The Pinex Co., Toronto, On


## Contest Closes Soon-LAST CHANCE to Receive $\$ 100$ in Christmas Prizes

## WHAT PRESENTS ARE IN THE CARS 


$\mathrm{S}^{\mathrm{O}}$ that we may become acquaint ed with more young people this Christmas, we are giving you this urain loaded down with Christmas presents. Each car contains one
kind of present and the car but the man who painted the name got the letters all jumbled. Worse still, the man who coupled the cars got them
in the wrong order. in the wrong order. Now, can, you
straighten things out and re-arrange the letters in the names of the presents in each car and put the cars in their right
order behind the locomotive? Car No, 6 , DOES ILL, Car No. 6, DOES ILL, contains "Dollies." The
other cars may contain gloves. candy, baseballs,
animals, bicycles, building blo cons animer cars, bicy meles, buailding bloves, candy, base, skippeballs,
ning ropes,
nine pins, engines, skates, Noah's Ark, perfume,
lanterns, tools, footballs, nine pins, engines, skates, Noah's Ark, perfume,
lanterns, tools, footballs, games, or something else.
It is for you to find out. Should you get the cars behind the locomotive in
their right order, you will find that the first letter
of the courect nater ot wheor ece narke of each Christmas present in
 O Ccans.


 may be the happiestes yyou have he everer had:

## The Big Cash Prizes




 or Bicece and many other fine prizesin an and caant
contest even more interesting that this one Write your answers in pen and ink, wising only
one ind of he paper.
Pute your name, address and

## Send Your Answer This Very Evening!

T

 you like a Shetland Pony and Cart or Bicycle? These fine prizes will go to our young friends and we
would like you to get the tand
 HETHER you want durable LONGCLOTHS, sheer NAINSOOKS, fine MADAPOLAMS the very best FLANNELETTES, SHEETINGS, made-up PILLOW-CASES and SHEETS,

## ask for and get "HORROCKSES"

HORROCKSES' name on the selvedge is a protection for you


DOM
MONEY
ORDERS
There is no better way to pay your out-ofown accounts.
Get them in all Dominion Express offices $\$ 5.00$ costs 3 cents.


## Part I．

In winter，when the Snow－Queen
And all is bound by frost，
The Bunnies don＇t go out so much For fear they might get lost．
The Bunnies could not go to school Like you do，so I＇m told They had their lessons right at home To save them from the cold．
And there they learned that three times eight And also six times four， Are just the same a twelve times two
And not a fraction more
And four and twenty Bunnies Sat quietly in a row，
While good John Bunny taught them all

They learned that beets and carrots Both grew beneath the ground And where the choicest woodland
Mlants
They also learned that foxes
Are fond of rabbit pie
And all were warned to stay at home When Mr．Fox went by．

業
John Bunny to the black Said he，＂You must re－ member
That there are one and this thirty days， This month，which is December！
And thirty of them you will find Like other days to be！ All but the twenty fifth，which you Will please describe to me．

Then up rose all the bunnies， （Their manners were most shocking） And each one had a lot to say Relating to a stocking．

John Bunny cried＂Sit down，sit $\xrightarrow{\text { down }}$
I don＇t want so much noise， You＇ll deserve no Christmas toys．

## Part II．

He called on little Fluffy To make a little speech For a modest
Christmas wish
It surely was a＂peach
Said Fluffy＂I would like to get A little wooden fox，
A train，a boat，a painting book Some candy in a box
Some Bunny Dolls，some woollen mitts，
A ball with colours bright，
A box of blocks to build with，
Somie carrots and
A baby－carriage for my doll，
An india－rubber pup had to stop
But here poor Fluffy hat But here poor Fluffy had to
His breath was all used up．圖

## UNCLE PETER＇S MONTHLY LETTER

## DEAR BUNNIE



The very first thing I must do this month is to wish you all，Bunny－Boys and Bunny－Girls，Bunnies big and Bunnies small，Bunnies very good，and Bunnies only fairly good，als of you，wherever you may be，
A Very Happy Christmas． A Very Happy Christian children may consider your－ selves very fortunate this Christmas．Living in a country which is at war，we are all none the less
able to spend our Christmas Day in Peace and security in our own homes，almost as we would if there were no war at all， though many of us will miss from our firesides the dear faces of the brave men who have helped to make this security possible for us．
So，although our joy will be tempered and restrained by many sad experiences，we can all be thankful for the blessings we are able to enjoy，and we can all look
forward and pray for the coming of peace，on that forward and pray for the coming of pace，on that
day we keep in remembrance of the birth of the One $\sqrt{8}$ day we kep into
who brought into
And how well the Bunny－Club Motto will work into

$\pi$this Christmas Day．＂Contentment with our present blessings，and＂Effort＂towards making this day and the days to follow as cheerful and happy as we can for ourselves and for our friends．

There were a nice lot of entries for the Bunny－Club Competition in the September issue．Six Bunnies have won prizes， and you will find their names on this page．I hope that you have all gone in for the big competition in the October issue．Those of you who have until Christmas Day．Hurry up，Bunnies，those of you who
have not already sent in your Gour affectionate Bunny－Zncle， answers．
Again wishing you one and all
he happiest possible Christmas．
Zngese peter．


## Competition

Bunnies，here is another new kind of competition for you．It is quite different to anything we have had before，and I hope you will like it and be able to send in the right answers to it．
Each of the following sentences stands for something you know quite well．Take this one for example：－A swimming match． If someone asked you to show them what a swimming match looked like，how would you show them？Why，you would take a saucer of water and drop a match into it，and at once you would have a swimming match．see way．There will be six prizes given for the can describe in correct descriptions according to age，as usual．All answers most correct descripto Uncle Peter，Bunny－Club， 62 Temperance must be addressed must reach me not later than January 20th． Here are the sentences，see what you can do with them：－

The Lost Soul．
An absorbing subject．
Pillars of Greece．
Drawn from Life
A Perfect Foot．
Ruins of China．
The Black Friar
A Morning caller．
The Peacemakers．


## Bunnies！Be Careful！

A Bunny once wanted to stay up all night，
Some one might come through the mocause He would not go to bed，for to catch Santa Claus That poor little Bunny got left，Santa Claus That poor little Bunny got left，Santa Claus
Passed him by！

## The Smallest Man in the World

Say，Bunnies，what do you think？We had the smallest man in the world to see us in Toronto one day last week．Don＇t you think that was a great experience？Of course，you want to know just how small he was．All Bunnies want to know everything about everybody．Well，here＇s the answer
＂Two feet in his boots！＂
If you don＇t see the joke in one second，just pinch yourself to make sure that you＇re awake．

## The Bunnies＇Christmas

（Continued）
（I＇m not quite sure that Fluffy asked For just the things I mention，
I may not have the story right Though such was my intention． John Bunny laughed．Said he＂ You all to have your say The list by Christmas Day，get ＂To－night，my dears，is Christmas So I may safely guess， To－night you＇ll hang your stockings The bunnies ALL said＂Yes．＇

When late that night

5John Bunny
To the children＇s room did go children＇s room Four and
ings Were hanging in a row．

Said Mr．B．to Mrs．B．
＂Are all those Bunnies sleeping Or are some rascals shamming sleep And through their lashes peeping？
Said Mrs．B．＂They＇ve gone to sleep Too fast，there＇s something in it！＂ John Bunny said＂I have a plan Just watch me for a minute

## Part III．

He seized a little table Which was standing by
And on the middle of it placed
A glorious bag of candy．
Now when John Bunny went to bed He did not lock the doors， He left the way quite clear，of course For good old Santa Claus．

The Bunnies did not hear him come， No Bunnies ever do！
And yet he came，and so he＇ll come I hope，to each of you！

And early in the morn As up in bed they sat As up in bed they sat，
Those four and twenty Those four and twent Were very，very fat．

I can＇t say what was in them，
But this I know＇s a fact， Those four and twenty stocking Were very soon unpacked．
And hour by hour the Bunnies Enjoyed their merry play，
And that is how the Bunnies spent The Bunnies＇Christmas Day．

## Attention Bunnies ！

Here are the names of the six Bunnies who won prizes in the Sep－ tember Bunny－Club Competition： Miss Irene Pollard，Windsor，N．S．；Mis．
v．Miron，Miron，P．O．Miss Helen lier Con，Miron，P．Q．；Miss Heen Bonti－ lier，Cape Breton，N．S．；Miss Kathleen G
braith，Todmorden，Ont．；Miss Alison Ki lam，Weymouth，N．S．；Master Harry Nelson， Kapuskasing，New Ontan

New Bunnies who join the Bunny Club will find that thes competitions are very interesting．




## For You---a Beautiful Fur Coat-- ${ }^{-160 \text { Brings It }}$

 Here is just the coat. That is if you wanta coat that will wear well, look well and cost little. a coat that will wear well, look well and cost little.
The choicest grade skins from Canadian muskrats were used by our expert designers in making thiskrats weau-
tiful coat. The coat has a deep shawl collar slash pockets, cuffs and belt. A clos shawl collar, slash to extra full ripple skirt. It is trimmed with
Hudson Seal. Hudson Seal. The most exacting care was
taken by our operators in order that this woat might be a worthy example of their skill as
furriers. The coat is furriers. The coat is carefully lined with
beautiful quality silk. Length of the coat is 45 inches. It will pay you to consider this delightful Can adian Muskrat Coat. gain. Order by it Our Guarantee
Protects You
Here is our guarantee which covers purchases made Read it carefully. "If, on receipt, you find that the
furs for any reason are not satisfactory,
write your name and address on the outside of the package and return them in ten days in good condition, stating
why the goods are returned, and we will pay the transportation charges money in full before you ship the article you notify us. We make no exception with any goods. Our policy is to give you complete satisfac tion. Therefore we do not wish you to keep any article that will be in any way unsatis-
factory to you,"

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postcard to-day.

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11565-Gent's Fur-Lined Coat, shell of $=-24$


## 1663-Marmot Neckpiece, made fro


1850 - Natural Alaska Sable Scarf over shoulder; finished with
tails; best quality soft silk
linings ................. $\$ \mathbf{4 0}$
850-Hudson Seal Coat, 42 ins. long fine quality Alaska Sabbe; deep culfs
slash pockets; sealbuttons, slightly fitted
asis. yidicicituewtiat $\mathbf{2 8 5 0 0}$ 664-Alaska Sable Neckpiece, a ver smart cosy fur made from
best quality skins; finished
with head, tail and paws.. $\mathbf{\$ 2 5 0 0}$ 1843-Ladies' Fur-Lined Coat; shel made from bust quality imported
broadcloth,


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 start; townships most convenient for you to work in can

## $\$ 25.00$ for $Y_{\text {our }}$ Xmas Bills

$I \mathrm{Na}$ few evenings a week and 1 your other spare time you can easily earn $\$ 25.00$ or more. The idea is simple, $\searrow$ ou write us and we will have you renew for us many of the orders for Everywoman's World in your neighborhood. Peopleyouknow or who live in your community. Send a postal to

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A vast new land of promise and freedom now open for set-districts-in others Free. Thousands of farmers. sponding to the call. Here right at the door of Southerr Ontario a home awaits you regulations and railway rates to
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The Child's Teeth And Xmas Goodies A PROMINENT SPECIALIST

Children! Do you want to be able to eat your Christmas sweets this year without toothache Then join this ten-minute clas with me and let me tell you how.

IAM going to begin my talk with you by asking a question. I would hem because it is easier sometimes faces many of you washed you faces before going to school this morn Well, that is good. All of you to ask you faces. Now I am going our-heart-truth, How many of about
eeth before many you cleaned you ing? Well that is school this morn quite a number of fairly good, but Now, I think if you are did not do so one of those cleanings you had better clean your teeth and let your faces go dirty. But I would not omit either of them if I were you for if you do not wash your faces they will look badly will be bad for you in your teeth it
mumber of ways. Now for you in a number of How many of yother question! the
toothache? Well, if you harly every one of you! it is not necessary had the toothache Is not nice. It hurts. But maybe what makes you some by the teeling you you can keep from having it. Nobody likes toothache, do they? Is there any one of you that would like to have tooth-
ache? do not ache une. Well, you know teeth So, first I want to toy are decayed. them decay. Let us suppose the left the meal is over. Every one has things away. and mother is clearing
meat and here is a nice piece of meat and here are some good fried
potatoes and is some nice strawbutter and here all good to eat and mother wants to
keep it until khe , put it? tomorrow. Where does box.,") That is right. (A vice, "In the ice the ice box. But why does she it the back icebox? Why not put it on would get at it? (A voice "It wrould spoil or decay.") (A voice, "It would
would would rot or decay if it is right it in the sun and rain
stays in your mouth the food that or decays there. mouth does. It rots anything a little food is time you ea he teeth and around the between the teeth, and as the mouth is warm and moist, after a while the food rots and decays just as the food from the
table would do if he back steps if Mother put it on When it deps.
are formed which in the mouth acids They dissolve a tooth just tike teeth. will be dissolved in lemonade, only not so quickly. For a long time it it will hurt a little som, if any. Maybe take a drink of cold water but it does
not ache.
$\mathrm{B}^{\mathrm{U}}$ at the tooth keeps on eating away getting bigger and bigger, until keeps on everything. And aches and aches like teeth decay. And that is the way Now another question! When the
week's washing is all away, Mother pill ready to be put ings and runs her hand way dowr stockto the toe. Sometimes she finds a
little hole there little hole there. When she finds a
find a hole, whes find a hole, what does she do? does voice, "She mends it.") That is right;
she mends it. Now, if that little hole and mother misse that litts on again and wear those the next time becomes a big one and 'Oh my! I wish I her sees it she say mended it while it had found that and been getting biter intle for it has now it will take and bigger and to mend." take a good deal longer
holes the acid makes way with these They keep on getting bige your teeth It is much easier and better to mend them when they are little holes than to
wait until they ait until they become big ones.
Now, here is somethe Now, here is something I want I have told

## Christmas Customs and Superstitions

SNCE that first Christmas Eve so many centuries ago, there has gathered around the Christmas Festival a mass of old customs and teresting and some horrible, but all inextricably bound up, in the hearts of the people who believe in them, with the celebration of Christmas Day.
Among the prettiest of the customs s that which is still observed in the west of ,England, of "greeting the rchards." In certain towns and villages of England, as late as the year Eve for was the custom on the head of Eve for the clergyman, at the head of his parishioners, to waik in processincipal orchards of the parish. In each orchard one tree was selected as the representative of the rest; this was saluted with a certain form of words, which had in it the form of an incantation. The tree was then sprinkled with cider, to ensure its bearing plenifully in the coming season.
In other places it was the custom for the farmers and their servants only to assemble on this occasion and after immersing apples in cider to hang them upon the tree, which was then sprinkled plentifully with cider, after which the refreshed returned to the ho copious draughts of the same beverage.
In Cornwall a few of the household took out a jar of cider, a bottle and a gun to the orchard and having be trees they filled bough from one the cider and stuck the bough in it. They then repeated the following incantation:-

Hail to thee, old apple tree!
Hats full, packs full, great bushel bags full!
Hurrah, and fire off the gun.
Then small sugared cakes were laid on the branches for the robins to eat, as without this the charm would have no effect. All over the west of shines the belief holds that if the sun through the apple trees on chrop of fruit the ensuing Autumn.
In most English speaking countries, it is held as a token of great good, but
to be born on Christmas Day, a mong the Greeks this is not so. Those who are unhappy enough to have their birthday at this season are accursed, because they thus impiously mimic the beginning of our Lord's life upon earth. They become what the Greek Islanders call "Kallikazari," curious monsters combining the worst features of were wolves, vampires and satyrs in their own single persons. According to toren old writer, such Christmas chy the are not born as infants, but bye full grown of Beelzebub the or take them some other shape." They remain on earth for twelve days, until the Epiphany, for upon that day the whole earth was made holy by the baptism of our Lord and all demons must, depart from it. The "Kallikazari accordingly flee away.

## Italy's Superstition

CHRISTMAS Eve is considered to be divost particularly favorable to divination and the Italians have a the devilion that whosoever a mirror, becomes a witch and is endowed with all the evil powers peculiar to these weird people.
In Ireland at the present day there exists a curious custom called "Hunting tied in a bush Aren is caught and boys of the country side go from house to house, demanding donations of food and money and singing a song appropriate to the occasion.
In "Silly Suffolk" the owl and the squirrel take the place of the wren to believe that this custom bears a most intimate relation to the game which is familiar to all of us as "Blind Man's Buff," but nevertheless this is so. According to a famous antiquarian, Me game was first known as ", Bin Mumm or "Blind Mask, and was sacrificial rite, entailing the sacrifice hunted. The Christmas Mummers, who were so popular a means of entertainment with our forefathers, were a variant of the same rite.
Of late years, however, the meaning and many of these rites has been lost cent pastimes, helping us to enjoy the Christmas revels.


## Read it in the Faces of the People You Meet

The Irritability, the Worry, the Gloom, the Despair of Nerve and Brain Troubles. The Blood is Watery, the Nerves Are Starved.

This is the age of nervous troubles, of brain fag, of heart failure, of paralysis and bodily weakness. You can read it in the faces of the people you meet.

The business man, the factory hand, the professional man, the woman in the home, all find their nervous systems giving way before the terrible strain of modern life and keen competition. Nervous force is consumed at a terrible rate, and the blood which must make good this loss becomes thin and watery, lacking in quality as well as quantity.

The whole secret of preserving health and curing disease in all such cases is to supply an abundance of rich, red blood. Stimulants may drive the heart at a more rapid pace for a time, but the breakdown will come with greater force.

The blood demands nourishment, the nerves cry for sustenance. They call for just such help as is supplied by Dr. Chase's Nerve Food, the great blood builder and nerve restorative.

In many, many thousands of cases of this kind Dr. Chase's Nerve Food has proven exactly what was needed. In using it you are not experimenting, but are supplying to the system the very ingredients from which Nature reconstructs the wasted nervous system. For this reason its cures are both thorough and lasting.


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Send for Style Books, enclosing 25 c . for a sample collar. Give your size and say the kind of collar you prefer.

## Arlington

The Arlington Company, Limited
OTTAWA, ONT.


Random Reminiscences (CONTINUED FROM PAGE 28)
When I got on deck there lay a German submarine at a little distance, watching " iShe had struck us all right and we were sinking. The boats were off and away. They had forgotten me in
their hurry and I had been so fast their hurry and I had been so fast asleep that I had never even felt the
shock of the torpedo. Well, I found a shock of the torpedo. Well, I found a board, I swam for all my might. It water that the old ship went down. called to them to pull me aboard, but the men on deck only laughed and shouted back at me in their infernal lingo which I don't understand. Then they turned and scuttled off and you had better believe I cursed the brutes to some purpose. The beggars! How I hated them! But the German is an uncivil beast even in peace and he is a million times worse in war.
"I spent the next couple of hours slipping off a thousand slippery planks and trying to get a little nearer to ther and the water was warm or I wouldn't be here now. Then, along came an Italian fishing smack and rescued me and took me into Genoa. I must say they treated me well. The United States consul there, who by the way is an Italian, gave me a suit of his own clothes and ten pounds in Englon money and they shipped me to London as a distressed seaman with my pockets past. From London they shipped me back here and as my money is nearly gone again, I suppose I shall be off once more before long, and getting torpedoed again. The boats? Oh, they all landed safely, though one was three days at sea, but we lost all the horses, poor brutes.
"Have any of you seen anything of the war in the East?" he went on. "I had one voyage to Salonika, and Ictel you there's where you see the picturesque side of the war. We stared just past Malta to go to Salonika.
past Malta to go to Salonika.
"How am I to describe one of the most talked of cities in the world to you who have not seen it?
"Crawling up the side of a mountain - like a picture from the Holy Landcamped in by English and French soldiers, modern to a dot-punctured with the minarets of Turkish mosques, ancient to a degree-flanked by the walls where Saul of Tarsus drove to the hard his amazing novel Macedoniansfor this is Thessaly and this the Thessalonica of the Acts.
"I wish I could show you the beauty of it all-the great grey French gun boats in the bay the sliding sub-marines-the ghostly, grey, venomous torpedo boats; all the pomp and wickedness of war as it never struck me before. Over the peace of the night or the glory of the morning in the Aegean sea, night and day, never ceasing, the low ominous guarding the the British guns sounded, giles away. If Serbian frontier fifty miles I realized thever realized it before, tell you Britain wins!' He looked round him with flushed cheeks, as if ashamed of his sudden enthusiasm.
"Well, I must be going," he said. "So long, boys."
He stuffed his pipe in an inner pocket He stuffed his pipe in an inner pout.
and with a nod to the crowd, went out. and with a nod to the crowd a discourHis departure seemed to they hobbled
aging effect. One by one, they aging effect. One by one, directions. From the rear came a voice, irresistibly musical:
"Here we are, here we are, here we are We beat you on the Marne and we We beat you on the Aisne
We kicked you out of Armentieres and here we are again."
'What's the noise out there?'
"Oh," came a voice from under blankets, "it's that disturbing Irishman, 'Short,' with his 'Dublin Fusiliers' anthem, again."
After much persuasion, the singer was subdued and a stillness seemed to take possession of the place. The lone The only non-resident left, the Private who tells you this,
himself together and lost himself in the night without.

[^4]


## Best for Baby

After many years' use by parents of all classes, in Royal Nurseries and humble homes, Moore's a thoroughly reliable food for infants.
The experience of parents, nurses, and medical men all goes to show that babies do thrive remarkably well on this famous food, that its use prevents infant ailments, and that it builds up ant in later life. You may therefore bring up baby on Savory \& Moore's Food with the assurance that you are doing the best you can for your child. MOTHER'S GUIDE FREE Savory \& Moore's little Book, "The
Bat Baby," is full of useful, and contains on Infant Manage, Teething. the Toilet, Infant Ailments, and many other subjects. It is just what a young mother needs, and will pree Copy may be obthe home. application to Savory and tained
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Shetland Pony. I WANT YOU to have an Shetand chance with every boy and girl have an the names of bright youngsters they know.
equal
I will enter the name for my intellivent and equal chamily in Cavada who takes this paper
every farl. I want
to BOYS AND GIRLS should send their own
names. Fathers and Mothers should send the
names of their children. clever Shetland Pony for Boys and Girls. No matter where you live, on the farm, in the village or town, send in your name and
address quickly.

## Given to Boys and Girls

Upon receipt of your name and address, I
will write you a letter and send you complete
information on how you may win this dandy will write you a letter and send you complete
information on how you may win this dandy
ittle fellow that Don't wait a minute, send in your name and address quickly.
Parents:-Look at our captains of industry,
our leading men and women. our leading men and women. They look
mighty big and important-don't they?--yet they were boys and girls once-and many of them did not have the opportunities that boys and girls have now. Help your boy or
girl to a good start now. Let them try to girl to a good start now. Let them try to
win out.-Let them have our interesting business training now. Your boy or girl can
earn money and win a pony. There are no earn money and win a pony. There are no
insurmountable difficulties. No matter where
yout live your you live your boy or girl can make good. Boys and Girls:-You can stand just the
same chance and can win this little pony if

I will send you all particulars as soon as you send the coupon properly filled out.

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RURAL CANADA for Women,
62 Temperance St., Toronto. Please send me full information as to how I may
win the clever little Shetland Pony you are offering Enter my name for the Pony pony you are offering.
onportunity of wining it. opportunity of winning it. same chance and ca
you really want it.

## The Gift of Freedom is bought with Blood, but Money will help preserve it.

Let this great truth burn itself into your soul---the Gift of Freedom cannot be bought with money, but money will help to preserve it.

From the four corners of the earth those who love Freedom have united to defend it from enslavement by Germany.
Millions of free men have already sacrificed their lives on Freedom's altar.
Still other millions stand ready to make the supreme sacrifice.

Noble women have sent loved ones to Freedom's service with an anguish harder to bear than death.
Still other millions have yielded their entire resources in service or in money to the need of their countries.
Canada proudly claims her full share of these noble souls. And now, for their sakes, asks her citizens (men and women) to support with money Canada's part in the mighty efforts of the free peoples of the earth to save themselves from the ghastly crucible into which the Hun would pour and then remould mankind.
To prevent this, brave men are giving their lives. Will you hesitate to lend your money?
Canada must raise more money in order to continue to play her great part in the prosecution of the war.
This money must come from the people of Canada. Outside financial markets are closed and it is in the interests of Canada that as much as possible of our war indebtedness should be held within the Dominion and interest upon it paid to our own people.
The money is here. The only question is, will Canadians, now that they know the need, respond magnificently to this appeal? They will!

## Get Ready to Buy in November Canada's Victory Bonds

# What To Give HIIM If He Drives a Car 

## Chritsmas Gift Suggestions That Will Help You Solve The Old, Old Problem



AN electric lantern-bright, steady, clear-is a fine thing to have for roadside emergencies or ine the garage. A new version of the will burn steadily on the same principle, a light that wat base to stand in a lantern that is equip.
on, or a ring to hang by.

The old-time danger of coal-oil leaks is completely done The old-time danger of coal-cause sensisitive flickerings away with. A draft will serenely through the wettest rain and your light will gurn off, press a button-no danger storm. . o round the gasoline or being caught matchof matches round in time of need. Another portable lantern comes less in time of an con be connected by just putwing in a plug.
$\$ 2.00$ to $\$ 4.00$.

A simple device is offered to motorist

## "As Through a Glass

 Brightly that does away with the discomfort and danger of a clouded wind-shield. A temperedspecially prepared rubber, is steel bar over seven inches long with an insert of specially prepared rubber, is curved over the glass, leaving a handle inside. and left to clear the glass promptly. No stretching round, (while the snow blows up one's sleeve) to wipe the outside of the glass with an inadequate cloth. The Price is $\$ 3.00$.


You have decided to give something useful, of course. Why not make your present one of those neat, tire-repair kits? They contain an inside protection patch for blowouts or side breaks in a casing; an outside protectionpatch that laces around the injured spot, giving an empe; gency repair; a generous roll of adhesive rubber patcha can of tire putty for filling tread cuts; a can of epairing ing cement; a dozen "self-cure" patches which acts as tube punctures; a tube of French 1alc, whe tire-pressure a lubricant between tube and casing, and ergency. Such a guage-in fact, first a id for any est things an autoist repair kit as this is one of the harry and costs but $\$ 4.50$ and $\$ 5.50$.
can car

Cold hands while driving cease to $b$
A Hand-Warmer on the Wheel
Means Great Comfort a habit, if the steering wheel is fitted with

Means Great Comfort the new warming equipment. Two grips onto the wheel wherever desired. made of copper and covered with leather, lace onto the whattery or if your car is
When wired up, they will be heated from the storage bater a Ford, from the magneto. The current used is very trifling,
very important. They cost, complete, from $\$ 7.25$ to $\$ 11.00$.

is not the car that requires to be pampered and It is not the car that winter-it is the engine. Its cajoled, summer auring the cold months, is for heatsecial demand frozen water in the circulating a cold engine and frozesirable. A small quota of system are equally undesirable. A heat entirely devoted to the smoothly on an instant's cient to keep it ready olution is made possible by a notice. This happy solution hung under the hood, mall electric heater that heat to keep the most and radiates quite temperamental engine happy and active. $\$ 3$.
temperamentared you for $\$ 3.00$ or $\$ 3.50$.
If the Garage is Cold

A new type of automobile goggles comes
New Goggles That are Safe
in the Face of Accident to the motorist with a claim that wins
lass, with a layer of celluloid his prompt attention-that of almost totalical glass, with a layer of celluloid
indestructability. Two thin layers of optica indestructability. Two thin layers of the manufacturer says even a hammer will not break." If the unusual does happen and the glass is are absolutely protected in not throw break every way.


The right time all the time-without the man The right time ang to move in order to see it! This pleasant arrangement is possible when you have, fastened right on the steering wheel, a little have, faste that is as outspoken by night as by day. Radium-touched figures and dark or look glow frankly through the darkest dark or look like any other watch-face by day, make possible this most convenient arrangeme. The moderate every driver of a car will appreciaty of such a timeprice too, adds to the gopt-it costs about $\$ 4.50$ piece as a

Every tire-maker recommends the pressure
Sureness That Means Long
Life to a Tire at which his tires should be kept, but with ife to a Tire the best intentions in the world, it is diffi- his advice. It assuredly pays us cult to know just how far we are living be much less susceptible in
to do so, for the tire will live longer anflated to the correct degree
of punctures and blisters, if it is kept inflated to to a good one may be
The only way to effect this is to use a pressure gauge-a bought for

WE are such slaves to our physical comfort, that many pleasures are almost spoiled for us by a relatively small inconvenience. The bug-bear of motoring in winter, is, of course, cold. Given warm wraps and a footwarming rail, however, and Jack Frost becomes a pa
rather than a spoil-sport.

A foot-rail, comprising a tube $21 / 2$ inches in diameter and a perforated metal shield to protect one's feet or the robes from burning, is a source of unlimited warmth and comfort for winter motoring. It is fitted by a length of flexible metal hose, onto the exhaust pipe and when the controlling valve is open, the gas from the exhaus will heat it in a couple of minutes. It is made to fit any
car and costs from $\$ 7.50$ to $\$ 15.00$. Easily adjusted and with no expense of upkeep to consider, it is a great addi tion to any car.

Foot-Warming Rail

A lens that will throw a clear white ligh A Gift That Borrows Timeliness from a New Headlight Law side light that will illumine the road blinding glare, and at the same time cast side light that will illumine the road to left and right, is the lens that is in demand light the path of the man-at-the-wheel-in fact, after January first, the law will demand some such lens to modify any lamp of more than four candle power. Price from two dollars upwards.

Regular chains are as unpopular as they are superfluous, for smooth driving in good weather. But the best of apparent conditions cannot always guarantee the road against a slippery pavement or a bit of heavy going. A set of eight small chains that will snap quickly into place, is the saving of many a muddy situation. On each rear wheel, four chains are adjusted circling the tire and
clamping firmly into place; the engine is clamping firmly into place; the engine is
started and when the first chain strikes the sticky clay or too-smooth surface, it will grip at once. Such a set costs from $\$ 3.50$
 upwards.

## A Chain-Jack Can be Some <br> thing of a Pocket Hercules

An easy way to raise even a heavy car is yours if you have a chain jack. A sturdy and a chain wheel. You stand erect and pull $n .1$ the chain-much less tiring and a cleaner methect and pull $n .1$ the chain-much less tiring and a puncture on a muddy day. Six dolla - will purchase one for any size pleasure car.

A fold-up pump that will tuck away in the tool-chest, is one of the first accessories a car-owner needs. It assures him air at
any time or in any place and freedom from any time or in any place and freedom from A small pump that will supply a high pressure can be bought for $\$ 6.00$ without the gauge, $\$ 7.50$ with it.
Just supposing one should puncture one's spare wheel on an icy "down-below" day with a brisk wind blowing, fumbling with an oldfashioned pump would be something to avoid. With this invention, however, a tire may be inflated of trouble and exertion.


Hot and Cold Drinks May be
Yours When You Want Them A hot drink is ever with us-if we have a thermos kit or bottle. On long winter trips, comes, it will keep cold drinks at an icy temperature for hours. The bottles cost anst complete addition to one's motorin . The motorist who contemplates runnin is car through the winter will appreciate the luxury of such a present.

A small, portable vulcanizer that can be called into action on short notice and in any place, will save its price the first time it is called into use in some out-of-the-way spot, far from the expert and his
charges. The car-owner who has one of the handy charges. battery or the lighting system and put to work on the puncture, is happily independent. The sim plicity and ease of operation are surprising-there is nothing intricate or difficult about it. Two to five dollars will purchase a vulcanizer that will do all this work on your car.


## Inspiriting and Gay Are the Little Silk Automobile Flags

It has taken war and a lot of it, to make Canadians forget that they had never been fly flags-our own and our allies'- wherever and whenever we have To-day, we tunity. The man who drives a car will be delighted if Santa Claus leaves opporthe new flag-holders for him, with a complete set of silk flags of the seven one of The price, complete, varies with the size of the flags, from- 80 cents to $\$ 1.00$.


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## 

## The Magpie's Nest

(CONTINUED FROM PAGE 12)

"Thank you," said Miss Curtis,
obviously surprised, and perhaps a little obviously yrprised, and perhaps a a little
grateful. "ITm free lancing; I don't have to rush off anywhere. Do you live
here? You must be a millionaire."
her They were approst be a millilinaire
"Indeed I'm not.
It the hotel. cheap here but of coursenishingly
move. Tell me where for a rom. me where I ought to look
Where
I haven't the least idea. Where do you live?"
"You wouldn't care for it," said Miss Curtis. "I pay two dollars for my room-downtown. I have no heat, and
the window looks on a blank wall "Ugh!" Hope shivered frwall. ungh", Hope shivered frankly, and unlocked her door. Her own room
looked very comfortable, after that "I can't stand comfortable, I've had too that. oood." Whe till I tell them to send up She telephoned, and resumed in Bohemia. I'm not Bohemian; I'm "No," said Miss Curtis simply "I not Bohemian; I'm just poor," and she miled again. "Newspapers are usefu o keep off the cold; I wear them under meagre breast, She put her hand to her meagre breast, and Hope heard a slight "But-but-oh, no,"
ot really! I've been she stammered
"Ah, well, I'm one of the unsuccessfu go back-I used rather starve here than she said.
"But so was I, in a way; it wasn't as bad as that," protested Hope. She did not quite realize that she was, after all one of the capable ones, born to survive intellectually independent but economically adaptable, ready to use either her head or her hands, and to make the much she might protest matter how much she might protest and demand Evelyn Curtis was a visionary. The story of her life, as she told it in a dozen sentences, was a better thing than she would ever write; it touched the deeps of simple tragedy. Materially she had teacher, but the mental drudgery of it
ter had grown more than she could bear; was equally intolerable. She loved was equally intolerable. She loved
books, and failed to grasp the fact that an appreciation of literature by no an appreciation of literature by no

IN fact, she could not write. Authors worshipper. Evelyn had set out on a pilgrimage She had sat at the feet of most of the prominent living authors, but even tha failed to cure her. And after travelling all over the Old World as cheaply ảs possible, she had come back content in her own way and hungry in the natural order of thing
"My goodness," said Hope, overcome
when the recital closed, "what does when the recital closed, "what does
anyone want to meet an author for? Or a painter, either, or any famous Or a painter, either, or any famous
person? You've got all the best of them, in whatever they create; I'd as soon want to meet the cook because liked the meal. This is rather good cold beef, isn't it? Of course the cook might be interesting-" Miss Curtis was laughing heartily, rather as if unused to the exercise.
"But isn't it true?" insisted Hope. "The interesting people are quite of ten
just interesting; more likely to be just interesting; more likely to be
critical than creative. And I am fond of books, but I don't see what one can get out of them without actual experiyou wanting to see the world. But you really went to see certain. But whose lives and gifts you envied? Wanted to stand around and live their lives with them, through them. It
"Pannot be done." very clever and cruel. Why are you "To discipline my soul, I suppose," said Hope, grinning. "I could feel the dry rot creeping over me, doing the There must be some mere nearest queer old religious terms, don't you think? I came on instinct, hoping to find a fight, I believe. Something in to was trying to turn over in its sleep having a nightmare. Maybe there is get any meaning at all out of what I'm get any meaning at all out of what I'm bright, over-intelligent eyes answering If there isn't-I'll go on. I may stub my toe over it-the whatever it is-
some day while I'm rushing madly not because I didn't try. Or-quien imagination." said Evelyn, musingly

BOOK TWO. CHAPTER XIX.

Hwhat one says her nose. "That's neither rich nor woman wh she said. "But it's netter beautiful," me clever. Thanks. But than calling o-morrow I may bore you to you, do myself, quite often,", you to death "No," insisted Evelyn, laughing ortunes because I have none people's hope you yarry againpaused, rather come by her gau"but you're too," said Hope piously should I marry a nonsense. Why sufficient but too much Enough is It sounds poseé, but much is plenty I have met millions of them. m . left home I have walked a lomg Since I road, like a Devonshire lane, between solid hedges and banks of men. Makworld s own living means entering to take them. It was my sad mistake followed them seriously. Since we've to be good sports their lairs, we ought I intend to. It am and let 'em alone. belong not contradicting myself. I adventuresses, new order of honorable life-Madam Columbus continents in New World - gold and looking for the much fame, you know, treasure, and a black and the Drakes went the Ral I'm out of out for slaves husbands of breath. But don't talk women only me; I intend to cultivate am a great genius me instead that I the Academy and and will be hung by politan Museum." "ought by the MetroColumbus w
Indies," Evelyn reminded for the how me your work anded her. "Bu esy." Hope, with good-nat will proph ations, dived headforematured lamen runk and emerged with ast into he Evelyn. for a long pored over them attentively for a long time, and Hope suddenly a got about her. A quick book and for roused her. asking. are these!" Evelyn was bed "Which!" Hope tumbled off the my Moon them. Mary Darls and I did forgotten Alice in, Wonderland, to them, like landlady's kiddies. They're ame our Throw them away-noy re nothing. sick, and wondered whe suddenly homeMary again. Evelyn, with a rather sly story," said Wertainly; take sly manner. Wait, that one's all torn; I'll you like. a new heading." Hope took up you sketching block and busied herself her fifteen minutes. "There, these are your godchildren, 'specially made for your say the same of to do! I wish I could yawned, looking my other work." She the ashen tint of suddenly older with reluctant, and surveyed the Evelyn rose, jacketul air as she buttoned roo "You're tired," apologetically " shaculdn't have stayed so logetically. " mind wanted you," said Hope
There's somooks; that's New "Don' t's harsh, like hard bones feel old. Will you dine makes my to-morrow-no, the next dine with me morrow I have to go out day? Tocome the next day." She please head away suddenly, for turned her feel rather asham eyes. It made her have thoug ashamed that made her Evelyn had gone she so forlorn. After case as disinterestedly After all, life had given as she could. and if she had been her something, end, what did that able to keep but memories could keep anyt? At the also, at therhaps even thing, save the last. And hers were amus-
(CONTINUED ON PAGE 54)

## Priceless Pointers for Poor Pater


#### Abstract

the authority cannot be diluted t much.


After these tolerant remarks you will not be surprised to learn that I am now a confessed Suffragette. I was conand confirmed by Mrs. Pankhurst, herself-had an interesting interview with her-and I have reached a point where I can refer to the matter without bursting. Perhaps that is because I am not so much interested in politics it is used to be. So you can see that franchise by wen that disturbs me.

What gets me going is the change that is bound to come over the great game of politics. The oldest and most reverend and hoary of masculine bluffs is about can we say the to a caucus say that we are going to a ious. You know as well as I do that we never really knew anything about politics except to yell and vote with the gang-though we wouldn't let the women folks know that for worlds.

UST think of it, Father, there will back room more sly meetings in the where everything was smoky and dirty and free and easy.
No more will we be able to get the last word whispered from the bosses
at head-quarters and then go out on at head-quarters and then go out on
the street and bluff ourselves, and everybody else into thinking that we were really doing things, instead of having them done for us by fellows who were leading us by the nose. After the women get the vote, if we
want to take part in politics we will
have to put on other clothes and attend meetings of the executive in Mrs
Spadina Jones' front parlor. But what Spadina Jones' front parlor. But what
I am most afraid of is the questions that women will ask.
There will be high-brows among them who will want to know all about the principles of representative government, and as the former the people we wil be expected to explain just how things are worked out when the sovereign voter expresses his will. Gosh, father, we will never dare to tell the truth about it and they ll all find out how much we have bluffed them in the past. do is to get out of politics altogether or a while-put up the bluff that it is a girl's game now, that no boy wants out and the women will have the laugh on us. What do you think about it? Well, father, I guess this will be about all for this time. I might give you some good schemes for playing
bear with the baby so as to keep him amused, but I think I have tried the patience of the editor quite enough. Possibly she has a fool in her own family and there is a limit to what she can stand.
Wishing you a Merry, Merry and Happy Happy

Peter McArthur P.S.-As this is meant for a Woman's paper I realize that I must add a postscript to make it look natural, so I I did not consult with my wife when writing this letter. If I had it might writing this lacked something of its engaging frankness and candor.
P. McA.

## Why Do Women Love BaldHeaded Men?

continued from page 13)

## Can You Judge Character?

$I^{\top}$ is not only fascinating to be able to read people, to judge capability, but it is a tangible asset. It is a "knack" that all successful business men and leaders generally, acquire and master. The ability has been proven to be based on fundamental science, -psychology, phrenology and human nature in all its phases.
This series of articles by Prof. Farmer has been exciting wide
interest. They are based on facts of scientific exactitude, but they are none the less entertaining.
His January article-"Whom Should This Girl Marry?" will have special appeal, while "Does, your Signature Look Like You?" in February will eclipse all others as a practical study of character
from handwriting from handwriting.
bald spot appears at the back of hi top head the sociable, friendly fellow The man who early becomes bald across the middle of his top head is the financier, the money-maker. The man whose forehead shows an early easily $\begin{gathered}\text { to recede is the man who }\end{gathered}$ anecdote rembers every little event carry a multitude of details and appointments in his head without referring to a note book, and rarely makes a mistake
A man may be lacking in all three man qualities, and yet be a pects. excellent ability in other resobserver He may be a remarkably keen strictly and reasoner, a man of the be unable to carry half a dozen commissions from his wife in his head forgetting one or two of them.

## Prevention of Baldness

$\mathrm{H}^{\mathrm{H}}$ yes, Alice, there is a chance for your Frederick to save his hair, yet if he really wants to. But he has that well balanced, well rounded head, that is going to make him the success in the business world that you want him to be, and his hat bands are pressing on every one if hants to save his hair, arteries. simply quit wearing hard hats. Fedoras are not so bad, but even a Fedora he should wear as little as possible. A good, vigorous rubbing of the scalp with the fingers every day, at least once, with or without cold water will improve the circulation, and whenever he can get away where it is permissible, he should go without a hat altogether. If he will do this he may, twenty years from now, in own in our those beings, a popular and successful business man with hair.

OW a glance at the types dis-
played in the foregoing section of the article:
Type $1-\mathrm{Mr}$. Patrick Burns, of Calgary, represents a business man. Notice the full, smoothly rounded forehead and and above the ears the head in front of and above the ears, accounting hair from the forehead back.
Type 2-Mr. V. W. Horwood shows an excellent example of the Sociable Bald Spot at the back of which Mr. The many societies of which Mr.
Horwood is a member bear witness to his strong sociability.
Type 3-Mr. J. L. Englehart is a plendid example of the well balanced, efficient business type who become his head.
Type 4-Mr. S. J. Clarke of Banff, Type 4 vigorous type of man, who has, however, retained his hair. The slight dent across the forehead and the relative narrowness at the temples which protected the arteries at these points may be observed in the picture.

## The Newest Idea In Hosiery

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## Jercury an Hosiery

# 1 

knitted on these new machines has the narrow ankle that fits without a wrinkle-something that women have long wanted in Canadianmade hosiery. We get this by fashioning the hose at the sides (see 2 in the picture).
The toe also is perfectly turned and fits without a wrinkle (see 3).
The dotted lines at toe and ankle show how much wider ordinary hosiery is.

No. 1 at the top shows the fashioning here which makes the hosiery more elastic and comfortable at this point.
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Stop That Pain in the Back


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Don't let the Kidneys go from bad to
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of Kidney derangement. If you are a suflook to the Kidneys. Swollen wrists and ankles are

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taking 6 of the pills,., felt some better; After a few days,
I had no more pain.
MRS. E. DEAN. This confirms the evidence given by many sufferers from Backache
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Bladder or Urete.
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vigorously. This is the recine vigorously. This is the recipe upon based. It is full of incident and is venture and there are, doubtless, who will find it both exciting and interesting.

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## (CONTINUED FROM PAGE 40)

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cuffs. cuffs. Price 15 cents.
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The Magpie's Nest ing memories, all save one or two that
she resolutely excluded from the present company.
"It isn't the wicked that are pun
ished; it's the fools." ished; it's the fools.". So she reflected.
"Now what do I want? And I will see what I must do to get it." And
there she halted, her mirth slowly evaporating, leaving her very cold and
heavy.
"I do not want anything," she said,
and rolled her hair into an ugly bun and rolled her hair into an ugly bun
and kicked her clothes onto the floor
and
That was the mood that had kept her prisoner within herself for nearly and found it in her pack at the end of
the the journey. It disgusted her. There
was something so slack, so puerile and whimpering about it.. . One imagined it as garbed in a kimona, with tousled
hair $\ldots$ To fight it was the harder because of her heavy handicap o physical istlessness; she felt half ill.
She felt that, despite the scientious and unwilling care of her and hopeless of this life and years old as she sat in the press box at the races the next day. The reaction of having talked herself out with Evelyn left her without two words for anyone; she barely civil to a well-meaning reporter who found her a chair. It was a gala day of some sort, perhaps the end of the season; there was a sprinkling of well-dressed women in the boxes, and gilded youths with men, probably because her business was with the women, Hope wondered how earth they managed to look as if all poured from the same mold; they had small hands, smooth, vacant faces, and slim waists, and their tickets were even something indispensable marking the chosen, of the nature of a religious observance. It was true, however, not to say bilious eye; there were other men. Hope intolerantly longed to see just one with large red hands and the hostlers singularly refreshing as they appeared occasionally at the padack entrance, holding the heads
of the dainty, high-mettled horses. The horses pleased her; they walked as if there were eggs in the path, and looked coquettishly out of their hoods, pretending to be about to bolt. The women in the boxes were groomed like
the horses, but not half so pretty; they were not of the same clean hardness but were flabby and their eyes were dull.

HOPE knew she was rather out 1 rageously dressed, in a light greenish heather tweed suit, with a white waistcoat and spats and a cloth hat, ancking a large single glass in her sticking a large single ghoss in her eye cold disdain. She had done it purpose, having determined to "put up a front, and the eye dressed to New York in general. It was useful, certainly, since she must sketch from a distance, but in Seattle she had found double eye-glasses quit sufficient. She took out her sketching block at last and began, rather savagely, faces all alike, round and like a French doll, but paying the most careful doll,
attention to each detail of their clothes

The Child's Teeth (CONTINUED FROM PAGE 44)
of your teeth comes from the rotting or decay of food left about the neck of the teeth and in between them
Since that is so, don't you think it would be better to try and get rid of If you do not get rid of it but just leave it there, after a while you will have little holes in your teeth and they will grow larger and larger, like the hol n. your stocking, until they get so And we agree that nobody want toothache, especially at Christmas time o, if you want to be able, little friends ld Santa will bring and mother will make, without getting even a little teeth after eating, so they just can'

Our Thanks
No time to read the daily news," Said Mrs. J.- "I'm sorry o see you lose so many hours;

Granny's Talk to Young
 (1)

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will be pure whine. Your clothes bing and you will be all t no hand rub mornings. Send us a postcard or thette
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${ }^{\text {GThe Golden J̌lavour }}$ other flavourings as far as a teaspoon of No home should be without it. In cers, makes foods too rich Toronto, Ontario.


Philan dering Not<br>Always<br>the Fault

"Lady, You Are Unfatr when you put all the blame of the (unduly, long engagement on the mañ,"
writes a correspondent. "He is $a$ writes a correspondent.
philanderer for the simple reason philanderer for the simple reason that he is arraid to the plunge
of his life to take Why? Because he realizes that marriage is apt to change finding woman. If he is discerning at all he knows that many a girl who considers her lover perfect while the courtship is in progress has a way of seeing every fault so soon as the knot is
tied. This is an excuse for him, merely an excuse. Mind you, I'm not attempting a vindi-
ence cation. Another is that the extravagance of of the average canadian girl is suld be to com to marry on his modest salary wound we nothing
mit "economic suicide." She knows about creeping before walking, she wants the earth, cand she wants it right away, She must start out in style. I heard the following con-
versation versation as I sat behind two girls at "Intolerance." "Yes, opor as Job's turkey, my dear.
What a fool a pirl is to leave a home like hers for a four roomed flat in a poor localityl" "Yes if she marries for, a home she ought to , oo her best in that line," came the quick reply," but if she counts in love and happiness neither the differof the rooms, or the locall of love has gone out ence." "Pooh! that kind of love has believe her I also believe that woman's extravagance is to blame for most of the philandering you shoulder blame for most of the philandering you alp-mate,
on my sex. Let her learn to be a help instead of a hindrance, and she will not be left like a gaudy flower to wait and wilt on the ste.
(Signed) - BENEDICT."

| When 'Tis Hard To Grin and Bear It |
| :---: |
|  |  |
|  |  |

 with Benedict. Some They desire to start out in style. Many a young man begins married debt hampered and harassed by desire incurred to gratify this desire
One feels a certain amount of sympathy for both. They are young and foolish, and ideal of and that they have the wrong idea mortune than marriage, is perhaps more the showy, extravagant girl who "waits and wilts" if you notice, Benedict. Oh no! "waits and wilts is a social success, and marries when she pleases, and, generally, whom she pleases It is the shy girl, the girl who appears just a bit old fashioned because she makes her own clothes, the nice "housekeepery" girl who is famous for nothing unless it be her cooking, and who carries a home atmosphere right with her, whose heart is oftenest hurt and prospects spoired bides away. elfish philanderer, who loves and she does not see it that way.

## View- <br> point of <br> point of <br> Business <br> Woman

"I Wish" exclaimed the business girl who has earned the "title of 'Efficiency Eleanor, with the the people who teff something new air of gette that woman's place is in the home, could be made the home for her, or hold their he home about it. They make me tired. If I had a home I'd be proud of at the I had a husband I'd be proud of denied me I persist in being proud of the fact that I can earn, my living, and am economically ind we let ent." When Eleanor is in this mood anyway. her have her say-she would hage earner," she 'I'm not ashamed of being a wage earner, It is what I "want to be, love to be, what I would It is what I want to be, love to be, whild's goods I be no matter how much of the us credit for the pood that is in us?" She settled herself back in good that is in us?" 'When I began the family friend, said to the Eleanor, you will lose your charm - for all wore world as though 'charm' was a trinket one wh on a chain." "Anyway, I'll try and retain poor pay envelope," I told her, "and me in idleness." father from slaving to keep me the fine lady in you will grow weaker as you mingle in me, the femin ine soul that is the real me, stronger and more

The Last Woman and the Last Horse

By And By we got at the reason of all this earnestness, Eleanor by the Business Woman's Club, in honor of Miss Florence King, and heard enough about woman's works and worth to make her all in love with herself, her vo-
cation, etc. She had also heard cation, etc. She had also heard
the candid opinions of a candid man (a brave man as well to air them at that man (a brave man as well to air them at that
woman's gathering) and been incensed by the woman's gathering) and been incensed us we would do better to trust to the chivalry of men." "Chivalry!" Her tones were accusatory, her pose tragic, surely, surely our men are not such snobs they refuse to exercise this male attribute toward a woman engaged in earning her daily bread! If so their
chivalry would be a broken reed to lean on.

##  <br> घR <br> Christmas Laurels <br> Gray old gardener, what do you bring! <br> With Palms and ivy and bay, <br> With Palms for coming of a King, <br> Holly with thorns, and berries like blood <br> On its shiny greenness flung. O , the pierced side, and the Thorny <br> And the Cross whereon He hung! <br> Mistletoo meaning all healing Hang close to the Holly <br> Hang close to the Holly's Thorn, Lest we forget that on Christmas Day The Healer of Souls was born. <br> Bay's for remembrance full and sweet; It speaks with its fragrant breath Of Manger, and Cross, and a lowly And of love that conquered death! <br> O, laurel leaves for the Altar lights Laurel, and ivy, and bay With palms for the crowning of a King, -Jean Blewett. <br> 

And oh, his age-old arguments The new woman wanted to vote-(so she does, and so she will) also to dress ike the man, smoke, swear act the man, Lord love us! and a whole company of the unmanliest women, business women, fall finery and freshness. Its enough to ve and I'm no saint. Its all in the vex a saint. What she said set. us "thinking back" to another noted man who deplored the trend of affairs, and the shivers which ran up our spine when, in tunes of finality, he said that he, even he, in the easy chair of old age expected to live to see the last real woman, and the last horse. All wise men are not prophets True the motor has a great vogue, but the rustle of cavalry is a familiar sound at the front. And womenreal ones, true and tender as of yore are filling their place in the women of yesterday filled their's As Eleanor avers, "Its all in the viewpoint"

## The <br> Need of <br> Saving Sense of Humor

Because I Don't laugh at my husband's stories he declares don't know a joke when, 1 hear to last year's Bride. "Why don't you laugh at them?" the other wanted to know, "Because they aren't funny, really." My dear," returned the other out of the fullness of her extra year's, experience, it s not a bit truer that beauty is in the eyes of the beholder, than that wit is in the ears of the hearer. If our sense of humor is what it ought to be we can laugh at Hubby's idea of what is the "saving sense," it saves the situation, don't you see?" It certainly does. The other, day Mrs. L- took her daughter Eve aged five to make a first call on the new baby at the Manse. The baby was the pride of its
in the house; but Eve saw only its redness and its wrinkles. She gazed so long into the bassinette without speaking that the minister's wife prompted her with. "Well Eve, what do you think of our ight, but hisfacy the back of his head is al udicially. Poor Mrs. L- tried to apologize but, bless you! there was no need. The parent were in fits of laughter." The ,saving sense of humor! "whispered Mrs. L-," thank heaven for it!

## Zangwill ManuscriptSold for War Funds

Last Month, when for the purpose of raising funds for patritic work, an Italian gentleman put his library on the market, an
orixinal manuscript of Israel 7 路 original manuscript of Israel Zang
will's, containing a brief story wh sis containing a bries story
of his hillhood and the strugries
of his a arly life sold ater brisk bidding, says the "Bookmaster,', or so goodly a sum that were it put on one side of the scale and the price in gold on the other the weights would be equal., heart, and toold by himself would grip one hard. One would see the home with the touch of poverty on it, the dark, eyed brothers, Louis signing his sketches "ZZ.Z.". and Israel studying always in Life's handican could not hold him back. Althose Life's handicap could not hold him back. Although he had no teaching save what he gave himself,
he no sooner entered London University, than he pe no sooner entered London University, than he
proced to take the lead. How they would proceeded to take the lead. How they would
laugh at him, his queer accent, appearance, ways, those well-groomed fellow students of his! Never mind, when he took his degree with triple honors, they would forget "to laugh., And only the other day that rugged "Zangwill" of his on a yellowing manuscript netted its weight in gold for the holy
cause of Liberty. Good for the little Jew boy!

## Mothers and School Teachers

Mothers and Teachers used to have a way of standing apart.
Their attitude toward each other was often frankly critical. "She may be a learned person, but she doesn't understand my child" was the common complaint of one,
and "A mother-spoiled pupil is, and "A mother-spoiled pupil is a
nuisance" the comment of the other. But the Home and School Clubs are making them acquainted with each other, bringing about a real fellowship. They other, bringing about a real fellowship. They methods their aim is identical. Most of our teachers are overworked, all of them are underpaid. The least we can do for the men and women who have so large a share in the fitting of our children for future usefulness is to give them our loyal support when their wills happen to clash with the wills of our offspring. We are steeped in partiality, we mothers. Like the old lady watching the procession we exclaim (to ourselves) "They are all out of step but our is accomplishing is the Home and School Club jealousy which lurks in the nature of many a mother, jealousy of the woman who in a way succeeds her, the woman to whom her laddie, usually loses his heart instanter, her younger, prettier, much quoted rival, the school ma'am.

> The Wo how to do things

Dr. AnNa Howard Shaw speaking man visory Council, of which she is Presknows ident remarked: The woman who will prove a help in this hour of need is the one who knows how to do things." It is the same with us. The showy woman has had her day.
So has the woman whose clothes So has the woman whose clothes
were always an object of wonder and envy. The ambition now is to look as nice as you can on as little as possible. It took a war to teach us that extravagance is a crime. The woman who knows how to do things is the volunteers in Guard, and in the passion and stress of the hour we need to be sane thinkers, intelligent workers. What we do not know in connection with our work we must learn. And our first thought will we suit it - not will this job suit us, but of? This is war time, and war we are capable With so many patriotic endeayors nedinge. and the Food Problem depending largely uson us for solution there is no place for ornamental inefficiency. In the words of a famous woman worker, we must pull, push-or get out of the way

[^5]
# Your War-Time Christmas Menus 

A Few Suggestions That Will Help in Planning the Patriotic Dinner and Attendant Dainties

By MARJORY DALE
HETHER we practice the strictest economy this
Christmas and cut down Christmas and cut down
our dinner to the last our dinner to the last
degree, or whether we have been scrimping and saving all year to make it the same old festival of abundance, the prepara-
tion of the Christmas "goodies" will be as full of. joy, and cheer and goodwill, as ever. For those who can afford them, turkeys will still
be lords of the feast. For those who be lords of the feast. For those who
cannot, ah!-there's the rub-let us connot, an!-therate, by means of a few "mock" creations that will taste and look just as good.
Decorations! They must be as jolly as ever. Baskets of fruit are always effective. Flowers, this year, are a
little too expensive. But fruit artislically arranged and adorned with holly brightens up any table.
Candle-light is by far the softest and prettiest illumination that can be used.
Let your candles be shaded with red and if you have any red tulle or ribbon, broad strips can be laid from the centre of the table to each plate and sprigs of holly and mistletoe strewn thereon. The following menus are inexpensive, yet elaborate enough. "As we all at the present time is decidedly unat the pr
patriotic.

Menu No. 1
Scalloped Oysters Celery Turkip and Spinach or Cauliflower ${ }_{\text {DUCHESSE }}^{\text {COOKED TOGETHER }}$
Home Made Candies Coffee

## Menu No. 2

Clear Broth Croutons
Chicken en Casserole Creamed Crelery
Cranberry Jelly

Fancy baked Aples Fancy Baked Apples | Squares |
| :---: |
| Sum Yum | Small Cakes

Coffee

## Menu No. 3

Grape Fruit with Jelly
Canned Tomato Bouillon
Curried Rabbit en Casserole
Curried Rabbit en Bolled Rice
$\begin{array}{ll}\text { Green Peas } & \text { Butrerscotch Sauce } \\ \text { ICE Cream } & \text { Crean } \\ \text { Small Cakes } & \text { Home made Bon Bons } \\ & \text { Nuts }\end{array}$ Nuts
Coffee

## Menu No. 4

Fruit Cup
Cream of Corn Soup
Olives
Nut Croquettes Glazed Sweet Potatoes
Lettuce Mayonnaise Fruit Salad Cereal Beverage bon Bons Small Cakes OR

## Menu No. 5

Cream Tomato Soup, Boston Style Celery
Sweet Potato and Nut Croquettes Lemon Jelly Salad Ice Cream Hot Chocolate Sauc

## Christmas Suppers

Pear Salad Toast Squares Fruit Pudding Tea Tuna Fish a la king (Chafing Dish) Celery Sm

Coffee
Oyster Cocktails
Cream Tea Biscuits re-heated Lemon Sponge Tartlets Cocoa
Lamb Salad
Christmas Rolls Lamb Salad $\quad$ Strawberry Gelatine

Christmas Tea Cakes

## RECIPES

## Scalloped Oysters

TAKE medium sized oysters, wash $T$ and strain them through a colander Butter a dish. Put in a layer of
crumbs, a very little salt, pepper, a little powdered mace, small pieces of
butter; then add another layer of oysters, crumbs, etc., and repeat until the dish is filled. Be sure the top is
well covered with crumbs. Put in quick oven to brown. These may be served in shells, instead of dish. They must be sent to table in the dish in which they are baked.

## Mock Fillet

Remove the muscle from a good
sized flank steak and trim into shape.
in a frying pan, first on one side and then on the other, until lightly browned Then transfer to casserole. Add two cupfuls white stock (made from chicken and let cook in water. Put on cove and let cook in a moderate oven for one and one-quarter hours. Mel saucepan and in it fry six washed mushrooms, one sliced carrot, two dozen potato balls and six small peeled onions. As soon as these are browned remove them to casserole add more stock if required and season


Cover with chopped parsley, then with chopped onions and dust lightly with pepper. Roll the steak crosswise, tie in three places, giving it the shape of a of chopped celery and onions mixed of chopped celery and onions mixed ne teaspoonful salt. Bake for one hour in a quick oven, basting frequently. When done, dish and remove string Put together in pan two tablespoonfuls of butter and two of flour. Add $1 / 2$ pint of home canned, strained tomatoes and $1 / 2$ pint of stock. Stir constantly until smooth, then add one teaspoonfu f Worcetershire sauce $1 / 2$ teaspoonful of salt, and strain it over the fillet.

## Duchesse Pudding

Soak one cupful of breadcrumbs in a cupful of scalded milk for twenty minutes. Add $1 / 2$ cupful of sugar, $1 / 2$ teaspoonful salt, $1 / 2$ cupful preservec ginger,
cocia.
cupful cocoanut,
$1 / 2$ cupful
Mix well
together; Pour into well buttered pudding dish and bake a well buttered pudding dish and bake
forty minutes in a moderate oven. forty minutes out, decorate with whipped cream and chopped nut meats.

Chicken en Casserole
Singe, wipe and cut chicken into pieces, at joints; sauté in butter melted
to taste. Put on cover and return casserole to oven for a another half hour or until vegetables are tender, when e chicked.

## Sweet Potato and Nut Croquettes

Make these small. They are very satisfying. Boil number of potatoes required, mash, season with salt, pepperty of broken walnut meats and quantity of broken walnut meats and
moisten with a little sweet cream if moisten with a little sweet cream if
necessary. Form into cakes. Dip in necessary. Form into cakes. Dip in
egg and breadcrumbs. Fry golden egg and breadcrumbs. Fry golden
brown. Serve hot with frittered peas.

## Fancy Baked Apples

Pare and core well shaped apples. Fill centres with marshmallows, chopped raisins and nut meats, and bake until tender. Put into a saucepan $1 / 4$ cupful sugar, $1 / 4$ cupful boiling water. Stir until melted; cook five minutes. Cover the apples with this sauce, then roll them in chopped nuts or cocoanut and serve surrounded with grape juice. Top them with marshmallows and candied rose leaves.

## Yum Yum Squares

One pound dates, one pound figs,

Stone dates, look over figs, wash together. Put dates, figs and nuts through a food chopper; mix thoroughly together; form into loaf. Let stand for a time. Cut into squares and rol in fruit sugar.

## Grape Fruit with Jelly

Cut three grape fruits in half and scoop out pulp with a spoon and shred Squeeze out juice. Put $11 / 2$ packages of gelatine to soak in $1 / 2$ cupful of cold water. Add one cupful sugar to grape fruit pulp and juice and take two cupgrapefruit: stir and add gelatine, then grapefruit; stir and pour into individual cups. When set serve with currant

## Curried Rabbit en Casserole

Cut a large, skinned rabbit into neat joints and drop each piece into seasoned four. Fry the ral of well heated huaping tablespoonfuls When nicely browned or dripping. rabbit; add to the fat in the casserole a chopped onion and a chopped apple and fry this with a tablespoonful of curry powder and a clove of crushed garic. Fry for a few minutes, then put in the pieces of rabbit, $1 / 2$ teaspoonful powdered ginger,
spoonful
$1 / 2$
tea spoonful powdered mace and enough to a boil; skim well the meat. Bring spoonful ; skim well, add one tablelid on for about hice, and simmer with in hor about half an horve

## Brazil Nut Croquettes or Cutlets

Four ounces bread crumbs, three ounces skinned and grated Brazil wuts, $1 / 2$ pint white sauce two tea spoonfuls mixed herbs, parsley thyme and mace. After preparing bread crumbs and nuts run them both then add a nut mill or food chopper, binding herbs. To make sauce for into a put a teaspoonful of butter gradually all smaucepan to which add when this $1 / 2$ teaspoonful of flour; When boiled and one cupful of milk. add to the nuts thickened a little allow to cool, form ind breadcrumbs, number, and fry in boiling oil. Serve with bread sauce if desired.

## Bread Sauce

One cupful bread crumbs, $1 / 2$ pint milk, 1 teaspoonful butter, $1 / 2$ small onion, 6 pepper corns, salt, pepper.
Put milk and an equal quantity of water in a saucepan, with onion butter, salt and pepper corns. Cook crumbs and minutes, strain, add bread crumbs and simmer another fifteen bring it to proper consistedd milk to

## Fruit Pudding

Mix one envelope of gelatine with $1 / 2$ cup sugar and dissolve in $1 / 2$ cup of when beginning to aside to cool and cupful of whipped creamen add one it. sets stir in one cupful of before pineapple (canned). Mix thoroughly and turn into mold. Make a second part just the same as first, but using one cup canned strawberry pulp instead of pineapple. Set aside until cooled pineapple jellied, then pour on top of pineapple jelly which is already solid ready to serve the refrigerator. When ice cream.

## Tuna Fish a la King

One pound can of Tuna fish, tablespoonfuls butter, 3 tablespoonfuls flour, $1 / 2$ tablespoonful tablespoonpepper, one pint hot cream or green one teaspoonful salt, one tablesponilk dried red peppers, one tablespoonfu grains cayenne. Melt bay leaf, few peppers and one teaspoonful chopped onion. Cook these in butter until tender, then add the flour and season constantly. Put in the milk, stirring let it stand it in the bay leaf and ready to be used. sauce until it is with a fork, stir flake the tuna fish sauce. Arrange carefully into the hot Garnish with parsley buttered toast


## A Sarrot Pudding for Christmas Spicy Wholesomeness with Economy-


light and palatable Carrot Pudding is a new suggestion to the Christmas appetite. Well-swollen, full-flavored, rich with fruit and peel, few folks can tell it from the most expensive plum.
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# FIVE ROSES  PUDDINGS, PASTRIES. 

How to Make a Five Roses Carrot Pudding
1 cup grated raw carrots, 1 cup grated raw potatoes, 1 cup sifted Five Roses flour, 1 cup white sugar, $1 / 2$ cup seeded raisins, $1 / 2$ cup currants, $1 / 2$ cup butter, $1 / 2$ teaspoonful cloves, $1 / 2$ teaspoon nutmeg, Flour the fruit well and steam 3 hours.

This is only one of 70 Pudding Recipes contained in the famous Five Rose
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Of course he knew.
Fond parents, who keep young through their children, have a way of knowing-and besides, he was a bit selfish. He wanted her to have a Kodak; he knew that it and the pictures it would take would delight her and her boy and girl friends-and he knew, too, the wily old rascal, that she would send him loads of pictures from boarding school.

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    many of the and France, the devastation of so many of the
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    harks that that right here, in Canada are landmarks
    should be more dear to us? In the January issue of EVERYWOMAN',
    WORLD our great "CANADA AHEAD" WORLD
    number, number, Mrs. J. B. Simpson, an author prominen
    subject, one of the oldest and most prest
    members of members of the Ontario Historical Society, win
    contribute an articte on Canada's Historic Landmarks, that will touch the heart of every Canadian

[^5]:    human," I retorted She washed her hands or

