My Deer Boys and Girls:-

the comes and he goes.

part of the world as I write by two de-

inter sports and fun-inter sports and snow shoe tramp I save enjoyed through the lovely coun-ry of Quebec Province and speaking of Quebec reminds me that we are wel-this week a new member form. quener remines me man we are worming this week a new member form its part of Canada. Isn't it percetly splendid to see the way our League of Service" is growing. Every eek finds boys and girls who are Helpers, and who wish to ple ives to more and better ser-

Before we go on to our Mail Bag, however, I must tell you of the game which was promised last week. This is called

ACTING PROVERBS.

This is a game which can be played by a good number. Four, six or eight players can engage in it. Players divide themselves into two sides. One half are to go outside the room and one half to remain seated.

The players who are outside then some well-known proverb which they are to illustrate without words by their actions. Each play-er chooses a different proverb un-known to the others. Then one by one they must go into the room and and the game is of course for those seated in the room to guess the name of the proverb. For instance, one player might take a broom which looks perfectly new and pretend to perfectly new and pretend to sweep the floor with it. He must work very hard with the broom and this will illustrate the proverb, "A new broom sweeps clean." Another might take a pebble or a stone, roll it over the floor and pick it up at in-tervals and look at it closely. This would illustrate, "A rolling stone gathers no moss." Another proverb which might be illustrated between two players is "It's never too late to mend." But as the game goes on you will doubtless think of many othere that will create a great deal of fun in the acting.

WELCOME !!

A big warm welcome to the following new members: Margaret P. Fleming, Harriston,

Margaret Despardin, Charteris, Willie O. Prest, Tottenham, Ont.

Eva G. Young, Glanford, Ont. Greta, Martindale, York, Ont.

to write. I am a girl ten years old. time-as I do not want to take up too I am in the senior third class at much room, but I like to be a Helper. school. I go every day. I have a girl friend, her name is Miriam Runchey. I thing she will write too if I tell her about it. I am sending three cents for a badge. GRETA MARTINDALEL

My dear Greta: I am very glad to have your letter

and to include you in our list of members, but you have forgotten to tell about your acts of service. One of the rules of the Service League is that all Helpers wishing to win a Dear Aunt June: sadge must tell about their work I thought I would write a few lines am glad to know

Yours is a very interesting letter live, and as I read it I can picture a farm in the summer time and the cows and a little girl belying to milk them and then I think of you in the winter going the long walk to school and sometimes having a jolly sleigh ings helping and doing your lessons. So you have given me several pictures in which to think about you, and some day in the future I shall picture you. picture yet a clever girl going High school. How splendid th will be! I am sure that as you have joined the League of Service you will work so well that mother will be very proud of you. I hope you will write again some day.

AUNT JUNE

Dear Aunt June: -I have been a weekly reader of your Boys' and Girls' page for some time and enjoyed it very much. I would like to join your Helpers League of Service. I go to school and when I come home I carry in wood wash dishes, milk cows and sweep and on Saturdays I scrub and help all I can. I am enclosing a three-cent stamp for my badge which I would

like to receive. MARGARET DESJARDIN. Weil Margaret, after reading your etter, I feel sure that you have earned your Helpers' badge and you may be proud to wear it for the good service you are giving at home. I am so proud of all these pledges from Helpers from all parts of Canada. like your teacher. What a lot of The pussy cat on the top of your letter looks very interested in the bubpretty paper.

AUNT JUNE. Dear Aunt June:-

This is my second letter to you. I im not hig enough to write neatly for myself: Well I have been doing a lot of work since I last wrote. Now Ans-I am going to tell you about it. I I this OUR MAIL BOX.

Dear Aunt June:

I have been reading in your corner for some time so thought I would like my badge but I will have to close this to write.

I am a girl ten years old so I will close. Love to Aunt June. GEORGE GOLDY.

There are several words George in your letter that were not written clearly enough for me to understand them so if there is a mistake in any of the names you will understand. I am pleased to know that you like your badge and that you are keeping up with the helping. AUNT JUNE

that for my brother. I have been quite



COM, he was a piper's son, And played from dawn till set of sun; From banks and braes of Bonnie Doon, Rolled echoes of his merry tune, Over the lakes, across the hills, They heard his airy runs and trills.

Find three of his hearers. Lower side down, along back; upper right corner down, along plaid: upper left corner down, along leg.

This is what I have been doing: Washing dishes, sweeping the fleor, getting in the night wood and the water, let out the cow and the calf, water the horse, get the meals ready and go down town for mother, make the beds and other chors. We have a lot of nice potatoes this fall, about forty bags and a lot of other garden things. I go to church and Sunday school on Sunday. I have a nice teacher. I saw my last letter in the paper and I noticed you wanted me to tell you all about my Sunday school. My brother goes with me

ROBERTA GOLDY. Thank you Roberta for this second

bles. I wonder if you knew I was get some of the other girls and boys fond of cats when you sent me this to join our League of Service. I will print one of your riddles. There are two which are not written plain-Riddle sent in by Roberta:

Rid.—What goes round the house and leaves a white glove in the win-

Ans.—Snow.
I think it is time we had the answer

to a riddle that was given several weeks ago, which so far no Helper has guessed correctly. This was the Rid. Why are bookkeepers like

chickens? Ans. Because they have to scratch for a living.

If your letter is not in the paper this week do not think you are forgotten but look again next week. Every letter is very, very carefully kept because I want to hear from every Helper in Canada and every letter sent in will be answered some time or other so watch your corner. I have thought perhaps that some Helpers living in Ontario might like to write to Helpers who live in Quebee or boys and girls from different parts might exchange letters and cards with each other. Den't you think this would be interesting? Yours lovingly,

AUNT JUNE. Box 516, Station F., Toronto, Ont. THE CANADIAN CHIROPRAC-

TIC COLLEGE. Formerly of Hamilton, has now taken up their quarters at 757 Dovercourt Rd., Toronto. Thousands of citizens are filled with enthusiasm citizens are filled with enthusiasm over the wonderful results accomplished by some of their junior students on patients suffering from all diseases and afflictions. Students are enrolling every day to become Specialists of Chiropractic, realising the superiority of Chiropractic compared with the other healing arts. 2

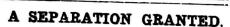
linerd's Liniment For Distemper.

Is Licorice Oldest Confection? The greater part of black licorice is derived from Spain, where it is made from the juice of the plant and ed with starch to prevent it from nelting in hot weather. The licorice plant is a shruh that attains a height of three feet and it grows wild where

of three feet and it grows wild where its roots reach the water. It flour-ishes especially on the banks of the Tigris and Emphrates civers.

Since the valley of the Emphrates contained one of the enriest civilizations in the world, says a writer in The Arguneut, the probability is that listatice is about the oldest confection in the world and the taste which the boys said girls of today like to well was enjoyed by the youngains of 3,000 years ago.

introl's Linkmont For Galds, Etc.



Not by process of law, but by the silent working of "Putnam's" are corns separated from aching toes. Any corn or wart that "Putnam's" won't cure hasn't been discovered yet. Insist on Putnam's Corn Extractor only, 25c at all dealers.

A LEGISLATIVE LINE.

A South African record is held by Mr. Munnick, who has been elected to the Union parliament for Brakpan. He represents the fifth generation of quite often. I go to the Methodist his family in direct descent as legis-

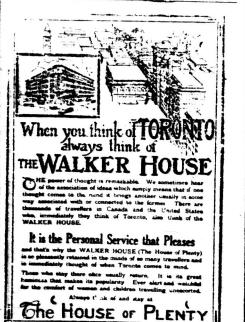


Baby's Own Soap

The fragrant creamy lather of "Baby's Own Soap" and its absolute purity have won a great popularity.

It's best for Baby and best for You. ALBERT SOAPS LIMITED. MONTREAL







Miss Squallings-Going so soon, Mr Hardnut? I've been asked to sing Till We Meet Again." Mr. Hardnut-If you do you'll be ong time at it.

Cook's Cotton Root Compound.

the state of the second second

# HEALS

skin sore and inflamed. Irritated face by scratching and was disfigured. Could not sleep well and made feel unpleasant. Trouble lasted 3 months before used Cuticura and after using 2 cakes of Soap and 1 box of Ointment was completely healed. From signed statement of Miss

Gladys Neabel, R.R.3, Brussels, Ont. Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

Soap 25c. Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

## The Sunday School Lesson

Lesson XIII.

December 26 REVIEW: THE KINGDOM OF

HEAVEN ON EARTH. Selection for Reading: Isa. 25: 1-8. Golden Text.—"And he had siteth" on the throne said, Behold, I make all things new" (Rev. 21: 5). Central Facts.

Lesson I. When Jesus was born, wise men sought Him. Herod was ealous, and Jesus was taken to Egypt. Lesson II. Jesus went from Galilee to the Jordan to be baptised, after which He was tempted in the wilder-

Lesson III. Jesus began preaching and called Peter, Andrew, James and

Lesson IV. Jesus began His Sermon on the Mount with the Beautitudes. Lesson V. Jesus taught that men are known by their deeds, and endure according to their foundation. Lesson VI. Jesus set forth a few great principles of living.

Lesson VII. Jesus healed the centurion"s servant and set forth His divine authority. Lesson VIII. Jesus sent forth the weive with instructions.

Lesson IX. Jesus was received glady by the multitudes, but with hostily by the Pharisees. Lesson X. Jesus described the growth of His kingdom in a few par-

Lesson XI. Jesus further described His kingdom by the use of parables. Lesson XI. Jesus fed the multitude by performing a miracle.

Minard's Linkment For Garget in Cows

HOW TALL BUILDINGS CAUSF WINDS.

How you may learn many interesting things about air currents and the way storms develop by watching the movement of pieces of paper, or perhaps your hat, as it is whirled about the street is explained by a writer in Boys' Life. A variety of miniature wind storms

are developed by the high buildings of our cities or the forms of streets. which well repay careful study. On a hot day even when the air is perfectly quiet the atmosphere, as it becomes heated tends to rise against the sides of rocks or buildings, and if it travels far enough will develop in a strong wind, which descends on the opposite side and plays queer pranks. A small whirlwind is often produced by the action of wind against a corner formed by several buildings. As the wind travels down a street again, especially a narrow one, it rapidly increases in velocity. A little will spall into the side streets, but the main stream will flow on gathering momentum.

Watch the wind strike against the side of a high building and notice how it mushrooms out on all sides splitting into many air currents and trace these till they come to rest, but he sure to hold tight to your hat in th mean time.

Minard's Liniment For Diphtheria.

BIG DROP IN MEAT EXPORTS. Exports of meat from Canada for

the year ending October show a decrease compared with last year of the large total of 127,829,500 lbs. The decrease represents a value of over \$48,-990,000 on the year's trade. The export figures for two years, reported by the Dominion Bureau of Statistics, are given below:

Bacon and ham, 1919...208,906,038 lbs. 1920 ..... 4,851,200 lbs. 1920..... 980,458 lbs. There was an offset of rather less than a million dollars in the increase

of "other meats" exported, a classification that includes game and poul-Sandy had been staying with some friends for about a month, and while

he and his host were out for a walk one day they called at a wayside inn for a drink. As his host was about to pay for it Sandy stopped him.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address:

The Cook MEDICINE Co. 1 tell ye, I'll has no mair of it. "We'll togs for this one."

## send for list of inventions w by Manufacturers. Fortunes hav been made from simple ideas. "Patent Protection" booklet and "Proof of Conception" on request. HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS

ISSUE NO. 52, 1920

HELP WANTED-FEMALE

ADIES WANTED TO DO PLAIN OR light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Mice. Montreal.

HELP WANTED-MALE

Auto Tractor Mechanics, Vulcanizing. \$8 to \$12 per day. Men wanted to fill present demand for automobile mechanics, driving, tractor operation, tire vulcanizing, oxyacetylene welding, storage battery electrical work. Practical training. Only a few weeks required. Day and night classes. Write free catalogue. Big wages. Steady employment. Hemphill's Auto and Gas Tractor Schools, 163 King Street West, Toronto.

### MISCELLANEOUS

PUPPIES FOR SALE—HOW ABOUT a nice registered Airedale pup for that boy of yours for Christmas. I have some rare good ones for sale coming three months old, bred from the best imported stock procurable. -F. J. Blake, Almonte, Ont. 53.

IMMORTALITY CERTAIN-SWEDenborg's great work on "Heaven and Hell," and a real world beyond. Over 400 pages, only 25c prepaid. H Law 486 Euclid Ave., Toronto.

BE A REGISTERED NURSE-THE Cooper Hospital of Camden, N.J., offers a three (3) years' training (Theoretical and Practical) to young women who wish to enter the nursing profession. A high school education is required. This course admits young women to one of the many positions demanding the trained nurse of to-day. For further particulars write: The Superintendent of Nurses, Cooper Hospital, Campden, N. J.

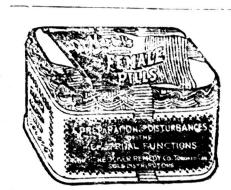
KNITTING YARNS-LOVELY COLors, pure wool, but very moderate prices. Sample shades free. Georgetown Wollen Mills, Georgetown, Ontario

THE SAFE WAY TO SEND MONEY is by Dominion Express Money Order. Mr. Goodart-Ah- you've heard her.

hen? She certainly has the girl of song. Miss Chellus-Well, I hope that's what it is. I should hate to think she paid anything for it.



Doctor (after careful examination) Some foreign substance is lodged n your eye. Dennis-Oi knowed ut! Thot's what Oi git for wurrukin' wid them Dagoes!



5 years Standard for Delayed and Painful densiruation sealed Tin packare only, all Druggists or direct by Mail Frice \$2.00, Knickerbocker Remedy Co., 71 E. Front St., Coronto, Canada.

"So you have decided to marry "Yes. You don't know how lonesome it is going home nights and having nobody there to find fault with



Hawker-Any old rags today, sir? Henpecked-No. No, my wife's way in the country. Hawker (rubbing his hands-Ah! Any empty bottles?

WOOD'S PHOSPHODINE & The Great English Preparation.
Tones and invigorates the whole nervous system, makes, new Blood in old Veins. Used for Nervous Debility, Mental and Brain-Worry, Despondent, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$2 per box, 3, for \$5. Solid by all druggists, be mailed in plain play on mechan of price. New pamphies mailed free. The weep measures co. Pencotto, corr. The

very pretty fight

in Toronto betwee

d the educationi

tunate that in ou ractical Canada so I ducation taxes as away. As a consec ard the school rate pularity, so that ney might win votes it into education i s the intelligent peo who have to pay e more there are slighter will be the b ducated contribute axes, but are a sour very community. heapest cost per pui size on the conti Church is anxious to ure and desires to r over the school board able to cut the school policy appeals to the to those who underst contended that the have about doubled, b as the general taxes, tion Act requires an e to much greater sum onto Board has expen war there had been school construction, crowding and the co ing population the pr proper education and an enlightened so

ATTENTION TURI

city of the size of To

menace to the surro

creator of slums and

contributor to the cr

It is better to contribu

STOCK After an excellent devotees of mixed far are congratulating the splendid condition in have gone into the bar roots are abundant an scarce and in demand the fodder question is winter feeders. Dairy to be equal to expect only new problem is with the demand for a butter fat. Some fa menting with balanced ing cotton seed and li to be on the increase train prices. The pr wheat so far have be Just what the mild w should a sudden chang er'a certainty. Plowi ing on into December.

BOTH SINES DIS

One of the interesting the tariff commission dictory testimony it o expected quarters. Eas a free trade farmer b ether points in the co a delegation to pay for of moderate protection it was said, the fruit c factories could not ex are staple industries the chairman of the Co dered why the people they talked. A few da F. Maclean, M.P., of World, who has always tionist and whose fat with having been the National Policy, assaile

**WINTE**R FEEDI OF YOUN

sion with fierce denut

**BALANCED RATIONS** ED IN ORDER TH STOCK MAY MAI

There is no time th made more profitably stock than the period f to two years of age. very often, however, stock "rough" it during ticularly during the w giving a maintenance young stock too often ter without having ma table gain, the farmer the pasturage during put the animal into s is that lighter steers a heifers are delayed in corresponding loss to t In order to earry ye best advantage during

months, roots or succ some kind should be feeds will take the pla grains, thereby lessens wintering, and at the si it possible for the anim best use of such dry fe aiding in the digestion roughage and meal give Young stock cannot without protein feeds This may be supplied b ty of clover hay. T of using good clover h stock cannot be too s The practice too often young stock the poore as the opposite should best results are to be

Of the grains, wheat oats and oil meal are t are mixed in the prop parts each of the bra one part of the oil mea to feed cottonseed to yo ticularly to those unde

with clover bay, a goo on is possible withou roots or ensilage at



## Nature's Mirror

When a woman is well and healthy—there's a sparkle in her eyes, a rose tint in her cheeks, and she has rich red blood. There's elasticity in every movement and a spring in her step. Love. comes to every woman who has bounding health, but when she is pallid, dull eyed, languid, she has no magnetism nor does she appeal to any man. Such a change in feel-

ings and looks! After suffering pain, feeling nervous, dizzy, weak and dragged down
by weaknesses of her sex—
with eyes sunken, |black
circles and pale checks—
such a woman isomickly re-

Such a woman is quickly restored to health by the stored to health by the stored to health by the holts for after taking Dr. Pierce's Favorite Prescription the skin becomes clear, the eyes brighter, the checks plump. Druggists sell it in tablets or figure. It is a mechanic that's made expectally to build up women's strength and for women's peculiar adments an invigorating, restorative that, another, and bracing nervine; purely vegetable, and bracing nervine; purely vegetable, and bracing nervine; purely vegetable, and bracing hereign.

With roots, or ensi