

stmas

ut on the house-top
latter," when there
and a splash and a
attering of wet
ashes and

little ones were so
they screamed out
noon, who happened
close to the fire, with
lap, threw herself
that the chair tipped
ed in a heap on the

as very angry, for,
time to collect his
posed that someone
k on them. Mr. Rac-
practical jokes.
of the house, scold-
all sorts of things,
have been serious
he saw old Bach-
on the roof of his
low down the chim-
he could shovel, he
an ever.

In another moment
a Claus clothes and
a sack and then, all
whole truth dawned
climbed up on the
armily shook paws
they whisked over
minute or two. Then
back into the hut
pandles on a little
he had brought in

thing," said he, to
"But I think it
old Santa trying to
"I will go on
perhaps he may
the fire is out. Oh
I leave off? Oh

house-top there
latter,
ndow to see what
ment there was a
poise in the chim-
and a bump, as
a bit sorry to be
widely, picked him-
out of the fire-
carrying his big

and not from his
prise, so he
have been
was, they were all
much delig-
what a very happy
kind people can
good friends.
is invited to spend
so as to be on
arly on Christmas
rekindled and they
old stories and
things from Mr.
was very late when
ch other a Merry
died up and went

Christmas.
Christmas was
was January 6th,
the date of Christ-
ception of the Arch-
which still retains
not attained until

commemorates
irthday of Christ,
events were com-
nday, the appear-
of Christ, and the

for Christmas,
ancient pagan fe-
was held to re-
the shortest

the modern
was "p
reat treat.
ite decoration
ally be "holy
d.

the modern
was "p
reat treat.
ite decoration
ally be "holy
d.

FAST HEADACHES

Some Signs the Blood is Watery and Impure.

People with thin blood are more sub-
ject to head-aches than full-blooded
ones and the form of anaemia that
is growing girls is almost always
compensated by headaches, together
with the weakness of the digestive or-
gans.

If you have constant or re-
currences and pallor of the
face that the blood is thin
and should be directed
toward building up your blood. A fair
treatment with Dr. Williams' Pink
Pills will do this, and the rich, red
color made by these pills banishes the
headache.

More disturbances to the health are
caused by their blood than most peo-
ple have any idea of. When your
blood is impoverished, the nerves suf-
fer from lack of nourishment, and you
may be troubled with insomnia, neur-
algia, neuralgia or sciatica. Muscles
subject to strain are undernourished
and you may have muscular rheuma-
tism or lumbago. If your blood is thin
and you begin to show symptoms of
any of these disorders, try building up
the blood with Dr. Williams' Pink
Pills, and as the blood is restored to
its normal condition the trouble will
disappear. There are many people
who owe their present state of good
health to Dr. Williams' Pink Pills, and
most of them do not hesitate to say so.

If you are suffering from any condi-
tion due to poor, watery blood, or
weak nerves, begin taking Dr. Wil-
liams' Pink Pills now, and note how
your strength and health will im-
prove. You can get these pills through
any dealer in medicine, or by mail, at
50 cents a box from The Dr. Williams'
Medicine Co., Brockville, Ont.

The Hill of the Winds

We went to the Hill of the Winds
On an amber afternoon;
From its crest we looked between cer-
dar trees

Where a river ran for winding miles
By shelving banks and sedgy isles
Like a placid long lagoon.

There was never a cloud in the vault—
The vast blue vault of the sky,
For a winnowing wind swept cease-
lessly

Out of the west where the free winds
And it was sweet songs to us, and we
Were glad as the wind went by.

For the wind and sun,
Bright and the depths below—
A coveyed daister with beck and
nod.

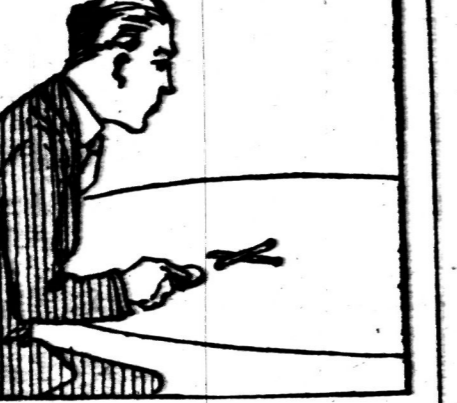
Of the glint and the toss of the golden-
rod,
Of the sheen of the moss and the scent
of the sod,
With the joy that lovers know.

Now is the age of the year
When the heavens are blurred with
rain,
When the airs are chill and the mists
are gray.

Sweet, let us take the upward way,
Let us go back to that perfect day,
And the Hill of the Winds again!
—Clinton Scollard.

EASY TRICKS

No. 57
Magnetic Silver



Two matches and a half dollar
are used in this trick which can
best be performed while you are
seated at the table.

One match is placed across the
other so that it is balanced, with
neither end touching the table. The
performer explains that a half dol-
lar acts toward a match as a magnet
acts toward a steel needle and pro-
ceeds to prove, by demonstrating,
that there is sense in that nonsense.

The half dollar is held near the
end of the upper match. The per-
former slowly draws it toward him-
self—and the match swings round
toward him. The spectators sus-
pect threads but they can examine
the matches and the coin all they
like.

The coin has nothing to do with
the trick—except to provide an ex-
cuse for the foolishness about mag-
netism. A real magnet or another
match would do just as well. While
the performer is holding the coin
near one end of the upper match,
he is breathing gently toward the
other end. That, of course, makes
the match swing around on its axis
—and that's the trick.

(Clip this out and paste it, with
other of the series, in a scrapbook.)

SELECT YOUR HENS FOR BREEDING NOW.

By Sam W. Knife.
Too many poultry breeders leave the
selection of their breeding hens till
January or February, instead of se-
lecting them in the Fall, when they
go into their winter quarters. Of
course it is not suggested that they
should be mated up then, but by pick-
ing out the most desirable birds for
next year's breeders they can be
separated, allowed free range, if it's
available, until real severe weather
sets in. Eggs from these birds during
the winter months should be a second-
ary consideration only. The main
point is to have them healthy and in
good vitality when eggs are required
for hatching. Therefore mash and
other egg producing feeds should be
limited, supplemented by a body and
muscle building ration. Care must be
taken not to over feed, or by spring
the hens will be too fat to lay.

If you have any hens which have
laid right up to October or Novem-
ber, hang right onto them; also if you
have trap-nested keep your 150-egg
birds and over. If you have a surplus
of hatching eggs from such stock they
are readily disposed of, and even if
they only lay a couple of settings of
eggs you know you may have chicks
well worth while from their eggs.

While your breeders should have
good care and attention, abundant ex-
ercise is absolutely necessary, with-
out which you cannot expect the
muscles and functional organs to have
the energy needed for subsequent
utilization or the power to resist ad-
verse influences.

Do not contemplate using pullets
and hens which you have "forced" for
eggs, under artificial lights, as the re-
sults in fertility are usually disap-
pointing. Keep an eye on your cock-
rels, pick out the quick maturing,
large framed and good typed birds to
head your pens. If two or more males
are to be used in one pen, get them
accustomed to each other before breed-
ing season; this will insure peace and
contentment in your breeding quarters.

Breed only from good males, for re-
member, the male bird is 50% of your
breeding pen.

Wood-Fold

Those who have lived near forests
ever keep
Something within them kin to every
tree,
Something of wind and rain and sun-
shine free;
Their vagrant thoughts roam far afield
to deep
And woody places where Pan's goat-
hoofs leap
And dryads peer through boughs of
ash and oak;
Strange rustic memories their
dreams invoke
And stray leaves rustle always through
their sleep.

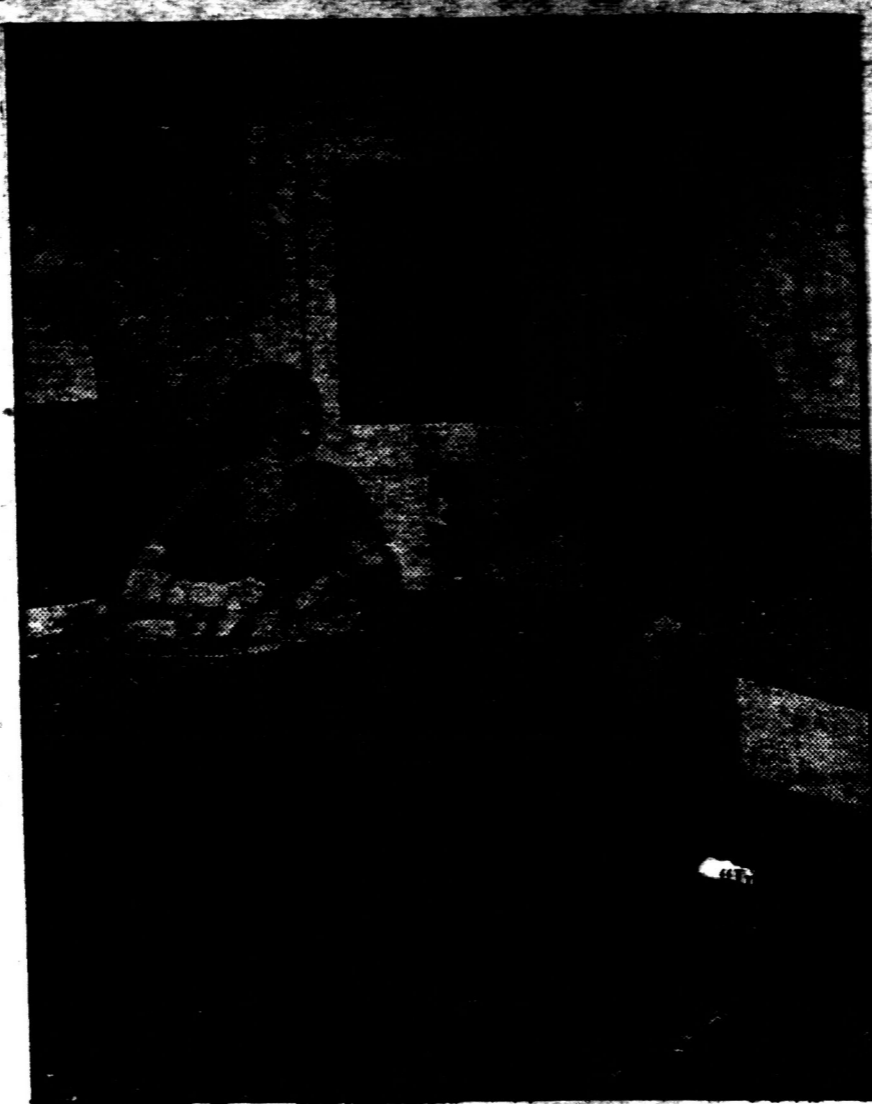
They never lose their love of wander-
ing,
Though Fate should stay for years
their town-bound feet;

They never fail to hear birds caroling,
Although no wings sweep through
the street;
And, hid within their inmost souls
aspert.

They hold the magic of the forest's
heart.
—Charlotte Becker.

It is estimated that the United
States holds 45 per cent. of the world's
total of gold money. Of the remainder
the British Empire holds about 12 1/2
per cent.; France, 11 per cent.; Japan,
6 per cent.; Spain, 5 per cent.; and
Germany and Holland about 2 1/2
per cent. each.

Keep Minard's Liniment in the house.



CANADA'S NEW UNIFORMED CORPS
Boys of the Messenger Service Department of the Canadian National
Telegraphs have been placed in uniform. The uniforms are of grey wool
serge, black leather leggings and grey uniform caps. The crest of the Com-
pany adorns the left sleeve between the elbow and shoulder and is attached
to the front of the cap together with the boy's number. In wet weather the
boys will wear oilskin capes and hats of olive color over their uniforms. No
other Canadian owned telegraph service has uniformed messengers. The
photograph shows one of the boys in his new uniform delivering a telegram.

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per cent. each.

Keep Minard's Liniment in the house.

Fill your pipe with

Ogden's CUT PLUG
"It Satisfies"

15¢ per packet
80¢ a 1/2 lb tin

If you roll your own ask for OGDEN'S FINE CUT (green label)

A Study in Fitness.

Light, I love thee
When Day is here;
And, Twilight, thou
When Love is near.
Come softly Twilight,
I hear Love's coming;
Get thee gone, Day,
With your whirring wings and your
humming.
—R. K. Dekky.

MONEY ORDERS.

Remit by Dominion Express Money
Order. If lost or stolen you get your
money back.

The ideal world would be a world
in which every man continued to go to
school till the day of his death.—Mr.
Robert Lynd, the well-known author.

MURINE
For Your EYES
Wholesome, Cleansing, Refreshing.

America's Pioneer Dog Remedies
DOG DISEASES
Mailed Free to any Address
By the Author
H. CLAY FLOWER, D.V.M.
120 West 20th Street
New York, U.S.A.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest,
surest relief for indigestion, gases,
flatulence, heartburn, sourness or
stomach distress caused by acidity.
A few tablets give almost immediate
stomach relief. Correct your stomach
and digestion now for a few cents.
Druggists sell millions of packages of
Pape's Diapepsin.

Thin People

Thin, nervous, underweight people
take on healthy flesh and grow sturdy
and ambitious when Bitro-Phosphate
as guaranteed by druggists is taken
a few weeks. Price \$1 per pkg. Arrow
Chemical Co., 25 Front St. East,
Toronto, Ont.

CHILBLAINS

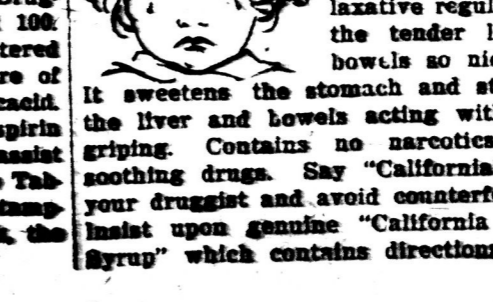
Rub the feet well with Minard's.
A few applications and the sore-
ness is gone.

MINARD'S
"KING OF PAIN"
LINIMENT

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious,
Constipated Baby or Child.

Constipated, bil-
ious, feverish, or
sick, colic Babies
and Children love
to take genuine
"California" Fig
Syrup. No other
laxative regulates
the tender little
bowels so nicely.
It sweetens the stomach
and starts the
liver and bowels acting without
gripping. Contains no narcotics
or soothing drugs. Say "California"
to your druggist and avoid counterfeits!
Insist upon genuine "California Fig
Syrup" which contains directions.



KNITTING MACHINE.

KNITTING MACHINE TOOL,
Self starter. Saves transferring
stitches. Price \$2. Agents wanted.
They are easy to sell after demonstra-
tion. Circular on request. Booklet
(40 cents) telling how to speed up
knitting and toe-closing, how long it
takes to knit a pair, how much can be
earned, hints on selling, etc. Jar-
man, Woodland Park, Hespeler, Ont.

APPLES FOR SALE—GREEN.

ings, Kings, Baldwin. Special
prices to farmers' clubs in car lots,
Beaver Valley Fruit Growers, Cam-
pberdown, Ontario.

SEVERAL CARS DRY MILL

slab wood, stove length. Reid
Bros., Bothwell, Ontario.

Bad Breath Overcome

"Bad breath is a sign of decayed
teeth, foul stomach or unclear
bowels." If your teeth are good,
look to your digestive organs at
once. Get Seigel's Curative Syrup
at druggists. 15 to 30 drops after
meals, clean up your food passage
and stop the bad breath odor.
50c and \$1.00 Bottles. Do not
buy substitutes. Get the genuine.

GIRLS! HAIR GROWS THICK AND BEAUTIFUL.

35-Cent "Danderine" Does
Wonders for Lifeless,
Neglected Hair.

A gleamy mass
of luxuriant hair
full of gloss, lus-
tre and life short-
ly follows a genu-
ine toning up of
neglected scalp
with dependable
"Danderine."

Falling hair,
itching scalp and
the dandruff is
corrected immediately. Thin, dry,
wispy or fading hair is quickly invig-
orated, taking on new strength, color
and youthful beauty. "Danderine" is
lightful on the hair; a refreshing,
stimulating tonic — not sticky or
greasy! Any drugstore.

CUTICURA HEALS RASH ON BACK

Spread To Neck and Arms. Itched
and Burned. Lasted 3 Months.

"My trouble began with a rash
breaking out on my back. My cloth-
ing aggravated it, and it kept spread-
ing to my neck and arms. It itched
and burned so that I spent many a
sleepless night. The trouble lasted
about three months. I tried different
remedies without success. I read an
advertisement for Cuticura Soap and
Ointment and sent for a free sample
which helped me. I bought more
and in three weeks was cured."
(Signed) H. M. Keeser, 566 Heral
Ave., Buffalo, N. Y., Jan. 24, 1922.

Cuticura Soap to cleanse and pe-
tify. Cuticura Ointment to soothe
and heal and Cuticura Talcum to
powder and perfume are ideal for
daily toilet purposes.

Sample Book Free by Mail. Address: "Cuticura, In-
c., Dept. 5, P. O. Box 57, Lowell, Mass."
When buying, look for the Cuticura name on the
package. Cuticura Soap always without name.

ISSUE No. 50-22

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario
Dr. Middleton will be glad to answer questions on Public Health mat-
ters through this column. Address him at Spadina House, Spadina
Crescent, Toronto.

High blood pressure is a condition
we hear much about these days. It
may be due in part to the strenuous
life one leads in these hectic times, but
over-indulgence in one kind or another
makes the condition worse. High blood
pressure means several things: (1)
That the heart is beating too strong-
ly; (2) that the blood vessel walls are
thickened and inelastic; (3) that the
person is obese or overweight. It may
be caused by any or all of these con-
ditions.

Nature provides blood vessels that
are large enough and smooth enough
for blood to flow through without
much friction. Every time the heart
beats, the vessels being elastic, stretch
like a rubber tube. As age advances,
the elasticity diminishes, the walls
thicken and the inside width of the
tube gets less. In consequence, the
blood flow in the tubes is under too
much pressure. There is an instrument
for measuring blood pressure. Sym-
ptoms which suggest the need of this
examination are dizziness, cold
extremities, albumin in the urine, ir-
ritable heart. The treatment is to pre-
vent constipation, and live temperately
in eating, drinking and in all other
ways, avoid over-excitement or stimu-
lation, and take plenty of rest and
sleep.

There is no medicine that can hope
to effect a cure of this disease. It de-
pends on the patient's habits and the
way he lives from day to day.

Come to the Lectures, Demonstrations and Practices at the Ontario Agricultural College

1924 — SHORT COURSES — 1924

- and Seed Judging — Two weeks—January 8th - 19th.
- Country Raising — (Four Weeks) — January 8th - February 2nd.
- Horticulture Courses:
 - Fruit and Vegetable Growing—Jan-
uary 21st - February 2nd.
 - Floriculture and Landscape Gardening—
Feb. 4th - Feb. 16th.
- Dairy Courses:
 - Course for Factory Cheese and
Buttermakers — January 2nd —
March 14th.
 - Cow-Testing—Jan. 7th - Jan. 19th.
 - Farm Dairy—Jan. 21st - Feb. 2nd.
 - Factory Milk and Cream Testing,
including Factory Management
- and accounts—Feb. 4 - Feb. 14.
- Market Milk, including Mechanical
Refrigeration—Feb. 13 - March 1.
- Condensed and Powdered Milk—
March 3rd - March 15th.
- Ice-Cream, including Mechanical
Refrigeration—March 17 - Mar. 23.
- Creamery and Cheesemaking
Course, including Mechanical Re-
frigeration—Mar. 24 - Mar. 28.
- Bee Keeping (Two Weeks)—Jan-
uary 8th - January 19th.
- Drainage and Drainage Surveying
(Two Weeks)—Jan. 8 - Jan. 13.
- Farm Power, including Tractors,
Gasoline Engines, etc. (Two
Weeks)—Jan. 22 - Feb. 2.

These courses are planned to meet the requirements of farmers, farmers' sons, dairymen, poultry-
men and horticulturists who may be able to leave home for but a short period during
the winter months.

All courses are free, with the exception of the dairy courses, for which a small registration
fee is charged.

For a full list of the courses, including other courses mentioned in the tables in which
you are interested, and for a prospectus and the amount of registration, will do you good
and interesting, and for a prospectus that applies to you. Reduced rate on railway. Write for book-
let containing the course and all the railway conditions.

W. H. RYAN, M.A. President
L. STEVENSON, Director of Extension
A. M. PORTER, B.S.A., Registrar