

Hymns

re-born sons of Levi, of the glorious star. Information came a hazy spirit and a re- of more pious days. The holy season by Bacchanalian ditty

as loves good drink- me, France, Anjou, drive out thinking, old and new.

ers were to choose goodly Carowles to of God," publish- in 1582; and in similar selection of "Ballades," all in- dimal piety.

the Puritan's ap- been extended to eribes the vagaries which "come sailing in"

Bethlehem, on Christmas day, in swing, in spite sons of geography; an evergreen carol; "gentlemen!"

PRESENT. of the old carols us, such as "The Holly and the Ivy" and "The Child is This?"— with an irresistible aint words which tory to the spirit

vors from ancient ports of more re- de many welcome are "Christians, John Byrom as a little daughter, doorway of By- Cell, near Man- ee Eve, 1750; and "All Hail The Virgin" the temple that a baby it was presented with all the of a great orches-

ive it.

MAS.

to the Christ- he with despair final triumph of it, despite the it, and the dark declare our faith wing's innocent

the world?" ble. Leave Him out of His with its "glor- little less than a to the faith that led unnumbered of finest spirits in out them were "thy God?" and own of the new and satisfying- tism that will mas not because but in spite of sm that know- empies have darkness settled like an imper- has steadily, if darkness into only era in hu- civilization has g toward the at the bow and

to go back to was emerging Do we pine of Babylon or the world most- made no pro- of French hisian horrors? in history and mark the hu- humanity has Christmas day, place to hope, ng's little maid a dream.

to All. Merry, Merry ay message to love and faith e Yuletide sea- in memory of n faith, un- of time, and true spirit of

ngful of bless- ch cloudy day.

rol. fant stranger, gain; manger, ure man.

me began.

holidays the household was fram- lishing exhib-

ed one day. "I ay saying so, hap, you cer-

ot in the least tie," he said tie as I look

VICTIMS OF ANAEMIA

Need New, Rich Blood to Re-store Health and Strength.

It is an unfortunate fact that nine women out of every ten are victims of bloodlessness in one form or another. The girl in her teens, the wife and mother, the matron of middle age—all know its miseries. To be anemic means that you are breathless after slight exertion. You feel worn out and depressed. You turn against food and often cannot digest what you do eat. Sleep does not refresh you, and when you get up you feel exhausted and unfit for the day's duties. If neglected anaemia may lead to consumption.

You should act promptly. Make good the fault in your blood by taking Dr. Williams' Pink Pills, the most reliable blood enricher ever discovered. These pills purify, build blood, strengthen weak blood, and they make good blood, and as the condition of your blood improves you will regain proper strength, and enjoy life fully as every girl and woman should do. The case of Mrs. Mary Trainor, Perth, Ontario, shows the value of Dr. Williams' Pink Pills in cases of this kind. She says: "I had not been feeling well for some time and had been gradually growing weaker. I found it very hard to do my housework; had severe headaches and was very pale. I took doctor's medicine for some time, but they did me no good. I was growing weaker and used to faint and take dizzy spells. In this condition I began the use of Dr. Williams' Pink Pills, and after a time found they were helping me. I continued their use until I found the troubles that afflicted me had gone and I am once more enjoying good health and strength."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Grasshoppers Like Alcohol. In a campaign to exterminate grasshoppers it was found that a mixture used to poison the insects became so attractive when fermented that it was 50 to 75 per cent. more efficient.

An egg, which is not due to be laid till next April, was sold by auction recently for \$2 1/2. The bird whose eggs are so popular is a homing pigeon.

Farmers' Bulletins how to Obtain Them

The Dominion Department of Agriculture has more than 400 pamphlets covering every phase of farming practice. They are written to help make farming more profitable and are FREE. The following are examples:

- List of 400 Publications: Seasonable Farming Hints, Fox Ranching in Canada, Apple Recipes, The Feeding of Beef Cattle, Storage of Ice, Winter Production of Eggs, Fruit and Vegetable Recipes, Beautifying the Farm Home, Corn-Borer Control, Cattle Feeding, Poultry House Construction, Rabbit Raising System, Feeding Hacks for Sheep, Insects Affecting Live Stock, The Farmer's Piggery, The Feeding of Hogs, The Milking Machine, Sweet Cream Butter, The Cranberry Industry.

Cut out this advertisement, mark the bulletins desired, including the List of 400 Publications, fill in your name and address, and mail to:

Publications Branch, Department of Agriculture, Ottawa, Canada (No postage required)

Name, Post Office, R. R. No., Province

Why the Chinese Are So Calm

One of the most noticeable characteristics of the Chinese, says Mr. Nevils Q. Winter in Travel, is their passive indifference. They marvel at the nervousness and excitability of foreigners.

"I remember one hot day," says the writer, "when a party of us were crossing the hills in chairs. The way was rough and steep, the work for the coolies severe. At the highest point of our journey we stopped for ten minutes to let the men rest. Instantly they all sat in a row, brought out their pipes and began to laugh among themselves as if they had not a care in the world. In any country that had learned the virtue of forethought they would have devoted the moments to complaining of the heat in order to increase their tip. We, being Europeans, spent the time worrying whether the automobile would be waiting for us at the right place. Well-to-do Chinese would have started a discussion whether the universe moves in cycles or progresses by a rectilinear motion, or they might have set to work to consider whether the truly virtuous man may on occasion self-abnegation or may on occasion consider his own interests."

Why are the Chinese so unperturbed by circumstances that apparently threaten their national existence? How can they remain calm when dangers threaten from without and from within? They have learned to wait for the fruition of slow natural processes. They will not be hurried, because nature can never be hurried. Haste means only vexation for yourself and accomplishes nothing. In addition to its other discoveries China has discovered the great art of standing still.

"You people of the West are so impatient, so—may I say—immediate. You think in years instead of in centuries. There can be no end to China. What can the conqueror as we call him do? He can make money out of us and for us, and he can rule us for a time, but he cannot absorb us, and we shall absorb him. China may be overrun, but in the end she will be triumphant. We are no doubt the weakest and most unquarable of nations, but we are unconquerable."

Thus it is that a Chinaman, sitting with his hands hidden in the wide sleeves of his silken coat, discusses in the most impersonal way and without the slightest suggestion of agitation the ills of his country and its possible conquest. He would receive the news of the occupation of Peking by the enemy in the same unagitated manner. Whatever the present may hold for China he feels certain that the future is secure. It is the same spirit that has prevented China from becoming a disturber in the world. Decent and aggressiveness would have forced another people living such a hampered existence to seek an opportunity for betterment. Their very numbers would have made them almost irresistible.

First Snow.

First snow is fine snow; Slanting down the wind; Not a twig will hold it, Not a shelter need it. You'd think to see the way they act, That purity had sinned.

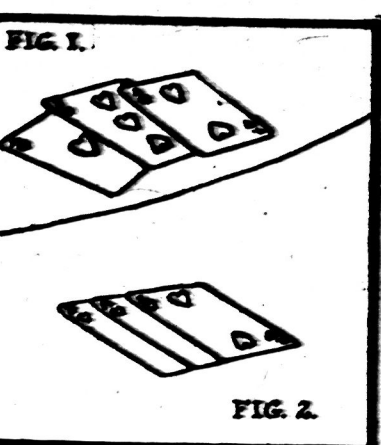
First snow is thin snow. The meadow's barely salted; The brook is so pre-occupied With brittle frost lace at its side It has no thought beyond itself And cannot feel exalted.

First snow is lost snow! Each flake a pioneer That dances down to certain death, His span of life a frozen breath That spins its seconds merrily Between the infinite — and Here.

There has never yet been a man in our history who led a life of ease, whose name is worth remembering. —Roosevelt.

OLD and RARE BOOKS ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

EASY TRICKS No. 285 Find The Ace



This trick has the appearance of being a famous feat of sleight of hand but actually it demands no skill. The ace, the two spot and the three spot of any suit are shown and are placed face down on the table, the spectators being asked to keep track of the ace. The magician mixes the cards a little with the result that the most astute spectator is unable to discover which of the cards is the ace.

The cards are prepared. The figure 3, cut from another card from the same suit, is very neatly pasted over the A on one corner of the ace. The part pasted on should be shaved down very thin and colorless paste should be used. In a like manner an A is pasted over the 3 on one end of the three spot.

When the cards are first displayed, show them as in Figure 1, the false pipe being hidden. Next, close the cards and turn them around, opening again, this time showing the false pipe, but not the faces of two of the cards (Figure 2). As you turn the cards face downward, draw the three out and put it on the table. As the spectators see the index of the ace, they take it for granted that this is the ace. The more closely they follow this card, the more they contribute to their own deception. When you pick up the cards, pick them up so that your finger tip hides the false index.

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

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Sautes, Que., writes: "Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



"And what do you do when your husband objects to your flimsy garments?" "I object to some of his flimsy excuses."

Winter Bird. My bird, my darling, Calling through the cold afternoon! Those round bright notes, Each one so perfect Shaken from the other and yet Hanging together in flashing clusters! The small soft fowers and the ripe fruit, All are gathered. It is the season now of nuts and berries And round bright flashing drops On the frozen grass. —Katherine Mansfield.

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

A Garden of Rubber Flowers. The art of incorporating color into rubber has resulted in the English invention of indestructible flowers, a display of which was made at the Wembley Exposition. The exhibit consisted of a small garden plot in which the floral display is surrounded with a bit of lawn. Grass, blooms and foliage were all of rubber composition, with an occasional worm and bug to lend realism to the scene. The flowers have the advantage over other things of the same character, which have been made of fabric in the respect that a dose of water restores their brilliant color after they have been exposed to dust.

Minard's Liniment Relieves Pain. A portable camera, weighing only thirty pounds, will detect hidden treasure or smuggled goods in brick walls or inside trunks.

The Tobacco of Quality SMOKE OLD CHUM 15¢ per Package also in 1/2 lb. VACUUMIZED TINS MANUFACTURED BY IMPERIAL TOBACCO COMPANY OF CANADA LIMITED.

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

With all the elements of romance, the humble firefly has played his part in the drama of discovery of ultra-violet rays in the prevention and cure of rickets, a disease common in childhood. This insect, as is well known, gives off a cold light, as can be seen on any summer evening in the country where fireflies abound. This light from the firefly is manufactured by the oxidation of a substance in an alkaline medium, producing visible light rays. Would the same chemical action, applied to substances that cure rickets, produce invisible ultra-violet rays? Numerous experiments have proved this to be the case.

Within recent years there have been known two definite ways of curing this disease: the direct application of sunlight, a physical factor containing ultra-violet rays, absorbed through the skin, and an oil taken from the liver of a fish, which enters the body through the mouth and digestive tract taken as medicine. At first glance it would seem as if there was little or no connection between radiant energy and cod-liver oil, and yet it has been proved that in their action on rickets the results of these two therapeutic agents cannot be distinguished. When sunlight cured rickets, the experiments went further, and it was shown that mercury vapor light passed through quartz prevents and cures this disease exactly as does the natural sunlight; and since that process produces ultra-violet rays, it was readily inferred that it is these invisible cold rays in sunlight that exercise the curative effects upon rickets. That fact being established, it remained to learn whether cod-liver oil, if taken internally, likewise gave off emanations of ultra-violet rays cure rickets, and, moreover, that they play an important part in the normal function-

ing of many bodily processes, since they not only cure but prevent. "Bottled sunshine" is a novel way of describing cod-liver oil, but that in the light of experimental studies in the curative values of certain remedies, is what cod-liver oil really is. The curative action of this oil in the treatment of rickets has opened up a new field for investigation. One thing is already certain: there is a definite similarity of curative powers between sunlight and cod-liver oil, especially in the treatment of rickets.

Two doctors in the Yale Medical School have been experimenting lately, and they believe they have already demonstrated that cod-liver oil, taken internally, gives off ultra-violet rays which cure rickets. Among the substances known to cure rickets are cod-liver oil, egg yolk, bile, sperm oil, and others. All these were oxidized, and specially prepared quartz filters and exposed to the sun. The experiments were conducted in such a way that cod-liver oil does prevent and cure rickets and that it is the produces ultra-violet rays contained in the oil that do the trick.

Upon this new discovery of the ultra-violet activity of certain food substances may be based further research and accomplishments that will be of benefit to all physicians and dietitians interested in the prevention of disease and the preservation of the health of the child and adult alike.

With Britain's Compliments. A short time ago the British Government presented to the Regent of Abyssinia the crown captured in war with that country fifty years ago. The incident recalls that on many previous occasions the British nation has been the recipient or giver of a token of regard, in the form of a special present, for some other Power.

Probably the best-known gift ever received by Britain from the Government of another country is the good ship Resolute, of Arctic exploration fame, which the United States, at a cost of \$200,000 voted by Congress, restored to Britain after the vessel had been abandoned in the ice some time previously. Twenty years afterwards Queen Victoria had a table made of the ship's timbers and presented it to the White House, Washington, where it still does duty as the President's writing desk.

The Statue of Liberty, which marks the entrance to New York harbor, was a gift to the United States from France. Over two hundred feet in height, it is the world's greatest statue, and cost nearly \$500,000. France has also shown her esteem for Britain by giving the British Museum a magnificent specimen of a Sevres vase, while more recently she announced her intention of making a present of certain parts of the battlefields, as a permanent memorial to Britain's dead soldiers.

Spain has given England a gold model of the ship in which Columbus voyaged to America. Another unusual gift was the ancient cannon given to the British people by the Dutch. This brings to mind the two very old pieces of ordnance given by Britain to the United States as a memento of the fort built by the Pilgrim Fathers at Plymouth, Mass. Another relic, an old mortar found in one of the American Army stores, was presented by Congress to the United Kingdom, it having belonged formerly to the 50th Royal American Corps, which afterwards became the King's Royal Rifles.

December. Oh! holly branch and mistletoe, And Christmas chimes wher'er we go, And stockings pinned up in a row, These are thy gifts, December!

And if the year has made thee old, And silvered all thy locks with gold, Thy heart has never been a-cold, Or known a falling ember.

The whole world is a Christmas tree, And stars its many candles be, Oh! sing a carol joyfully, The year's great feast in keeping!

For once, on a December night, An angel held a candle bright, And led three wise men by its light To where a child was sleeping. —Harriet F. Blodgett.

The Waiter's Favorite Dish. Three men seated at table at a certain American hotel were discussing their favorite game food. The first declared that nothing could be compared with pheasant. The second preferred partridge. The third was enthusiastic over quail. In order to decide which food really was the best they appealed to the colored waiter. "Well, sah," replied the waiter slowly, "for mah part, I would rather have an American eagle served on a silver dollar."

War—what is it after all the people get? Why! taxes, widows, wooden legs and debt!

MURINE NIGHT & MORNING KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

Nervous People. That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Getting Bald? Save your hair by rubbing the scalp three times a week with Minard's.

MINARD'S "KING OF PAIN" LINIMENT

Don't Get Bald Cuticura Does Much To Prevent It



Dandruff, itching and scalp irritation point to an unhealthy condition of the scalp which leads to falling hair and premature baldness. Frequent shampoos with Cuticura Soap do much to prevent such a condition, especially if preceded by a gentle anointing with Cuticura Ointment.

FABRE LINE The popular Route to the Mediterranean WINTER CRUISES 1925. Table with columns for destinations (New York, St. Paul, etc.), departure dates, and durations.

MINARD'S LINIMENT Relieves Pain. A portable camera, weighing only thirty pounds, will detect hidden treasure or smuggled goods in brick walls or inside trunks.

More Than 55,000 Farmers have bought their farms in Western Canada from the Canadian Pacific. A remarkable fact. Think! There is a reason. The large area of our holdings affords choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farms from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Harwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.