

m's Carol

ery offe"__ luming each tself can reach, nes from Tiny Tim. ry one"wealth of love y to God above theer that will not

ry one." very one"__ hought is there, n the air Tiny Tim. very one"is in that plea e a Christmas tree, star its shining rim,

day Cake.

eorge Elliston.

ape recipe that will layers. Bake one at least two inches than the other two

s done, put together e filling, using the he bottom. Cut the top layer to within thes of the edge all ng, a ring and leavin the centre of the hole with a cooked

the filled with ornake roses by forcing a medium "rose slightly around at efore the icing bea smooth white or le firmly down into

symbolize the New en of these roses hollow in the centre rim at the bottom by the first layer the others, space roses and candles. of the cake space es, each may have nches a little slip has been written a a Now

rees are made as ry small pine nes cooked icing that or het water and green. When the den sprinkie on a sugar to resemble touch the ends of es with red fruit fresh icing placed the tree pressed will hold it tightly

al frosting is made hite slightly, addf cream of tartar ed sugar to make hape when forced

Speaks. s for me,

d open hearts and

and old. test month am I;

my lengthening or less sun in the

thin? as night.

nd have a cheerful y and delight.

em all I set istmas roses pure

nowdrop and her

y singing bird, irds that singing

and frail;

th some shepherds

etti, in "A Pag-

or use instead of ristmas parcels ake a large sheet aper and paint it m-arabic mucinge will make up for what you want it med paper is dry. out one inch wide. o pieces from two or wound into re drawn over a ed are used effecs of the package time worth anyeaper to buy the

THE TORKE THAT GVES STRENGTH

After Acute Diseases the Blood Must be Built Up Before Recovery is Complete.

Pevers and other scute diseases like securionia and influence, leave the Health comes first in the famous three, patient weak, with thin blood and unstrung nerves. The period of consence is often long and trying, and years of poor health have fre But the happiest hearts are not widequently followed so brief an illness as

an attack of infinenza or pneumonia. Much of this sort of misery could be avoided by taking steps to build up the blood so that it can carry to the nerves and other tissues of the body the elements they need to restore their normal functional activities. To build up the blood and re Yet there must be a way to the good store it to its rich, health-giving vigor, ne other medicine can equal Dr. Wil-Hame' Pink Pills. From first to last it is their mission to improve the

described above is shown by the statement of Mrs. Rebecca O'Brien, Pembroke, Ont., who says: -"In Nov., 1923, I was stricken with pneumonia, and at the time but little hope was held out for my recovery. However, with the Are often the ones that we leve the best of care I was able to walk about after some months. But I did not recover my strength. The doctor told So I fancy the joy which men strive me I was anaemic. My appetite was was deathly pale and practically gave up hope of ever being strong again. However, remembering that in my girihood I had taken Dr. Williams' Pink Pills with decided success, I decided to try them again. By the time I had used two boxes there was no The pride of neighbors, the faith of tinuing their use I was soon able to And a mind at peace when the sun tinued taking the pills, however, until I had used twelve boxes, by which time I was enjoying better health than at any time in the previous ten years. In gratitude for what the pills have if turquoise-stone were fluid done for me, I give this statement in And if exquisite sllence the hope that it may point the way to Turned into the color health to some other weak, despondent Of Bermuda's islands

You can get these pills from any And no Prospero's eyes medicine dealer or by mail at 50 cts. a But that this were magic box from The Dr. Williams' Medicine Would quickly recognize.

Love in Vain.

To love in vain is one of life's trage- Has Ariel for text. dies. So often it brings a train of dis-Raieigh many times would please astrous effects. Ambition is killed; Sweet Will with stories sufferers become soured and embitter- Of these same Bermudas le slumpe into e joy'ess exist. And their color-glories.

The poet Cowley wrote: "A mighty pain to love it is, And 'tis a pain that love to miss; But of all pain, the greatest pain It is to love, but love in vain."

Quite true; but why "love in vain?" To that the reply may be given that if a man loves a maid, and she cannot rewith none to b'ame. But wait a mo

ment! What would you say to anyone who bought a grand plane and then could not get it into the house? Or to someone who bought a hat without trying en to get the little ones to take Baby's

You see the moral? Those who suffer from loving in vain do so because they took a risk- and nurt themselves. "liking," and it can-and ought to be from derangement of the stomach and growers. -held in that stage until it is discov-bowels they are most satisfactory. very different from a life tragedy. I can recommend Baby's Own Tablets The latter acts in exactly the same Most of those who "love in vain" have to all mothers." been too rash-too premature. It's inspiring to fight for the attainable; a medicine dealers or by mail at 25 stices hold warm air; snow is warm

Clarinet.

He held an ebony clarinet In white and tapering hands: His fingers delicately met The silver of the keys: His eyes beheld uncharted lands By undiscovered seas.

Above a brown and pointed beard His face was thin and sad; He had the look of one who feared Some vaguely dreadful thing: And all the while his notes were glad As swakows on the wing.

will in future have their V-shaped robin's friendly trust. openings altered in depth according to And trust is a lovely thing. It is Put them all together they spell the total length of the garment; at not the least gift of a garden. It is inch opening.

FOR SALE

Pair Polson Iron Works 22"x50" right make sufficient keys for between thirty and forty pianos. soupled together, 16ft. x 48" Fly Wheel, total 700 H.P., 84 R.P.M. Also Canadian Westinghouse 55 K.W. Direct Current Generator, 125 V. 440 Amp. 18 feet.

The mouth of a full-grown whale, when wide open, measures 12 feet by 18 feet.

FIRSTBROOK BROS., Limited 100 King St. East Toronto 2, Ont. get out.

For healthy men are heard to sigh And men of wealth go frewning by, And one with fame will play hie part With a troubled mind and a heavy Beart.

If these three treasures no joy pos How shall a man find happiness?

But cripples can smile, as we all must

Fame is sweet, as we all must own, ly known. Money is good, when it's truly earned,

But peace with fortune is not concerned. For the bravest and lovellest souls we

know Have little of silver and gold to show.

we seek. A path to peace for the strong and Weak.

blood and thus restore good health In spite of life's sorrows and days of The value of these pills in conditions For those who have suffered the most

the white Look out on the world with the tenderest smile. And those who have little of wealth to

most

poor, I grew nervous and restless, I is born of something which lies within,

A strain of courage no care can break, A love for beauty no thief can take. For they are the happiest souls on earth Who gather the treasures of gentle

descende

-Edgar A. Guest.

Bermuda-Blue

There would not be a druid

It is not the Bermothees But the ocean that is vexed: It is not only Shakespeare

Lovely, the Bermudas; Beyond turkis. Sapphire and lazuli. They can tell what blue is. -Isabel Fiske Conant.

Baby's Own Tablets Are Effective and Easy to Give.

it on. Or to a skater who got a duck-Own Tablets. The ease with which ing because he failed first to test the they are given, as compared with liquid medicines, will appeal to every

Mrs. Rose Veyer, Willimantic, Conn., proportion of valuable carbonic acid be loved, and free to love in return. says:—"I used Baby's Own Tablets in and fertilizes the soil. A farmer, farm-Then love has a chance. Not in every the Canadian Northwest and found ing on scientific lines, makes allowcose, of course, does the chance come them a wonderful medicine for child- ance for that when he dresses his land off, but that the love-quest held hope, ren's troubles, especially indigestion with artificial manures. It saves him or the reverse, would soon be apparand constipation. I have also given money. ent, and a retreat could thus be made them to my children for simple fever Further, germinated seeds which before the heart was hopelessly in and the restlessness accompanying would be killed by severe frosts are volved. A passing disappointment is teething and they always gave relief. quite safe when covered with snow.

tragedy to pursue the unattainable. So cents a box from The Dr. Williams' for the same reason. Medicine Co., Brockville, Ont.

---"Actually!"

country, after a busy and crowded city though snow does not hurt wheat, it life, wrote of his first experience of kills many varieties of weeds gardening. He had been particularly impressed by the friendliffess of the Minard's Liniment for Distemper. birds. They had watched him with curiosity, perhaps, he said, thinking he was a novice at the business and wondering at his frequent spells of M is the million things she gave me; rest. "During one of these rests a O means that she's only growing old; robin actually came and perched him. T is for the tears she's shed to save self on my knee." That was apparent-

ly the greatest surprise of all. Actual H is for her heart of purest gold; -Thomas Kennedy, by! The man for whose fellowship E is for these eyes with lovelight thousands of people would have been Jumpers as worn by naval sailors grateful, found unmeasured joy in a R means right, for right she'll always

present every jumper has an eleven- a comradeship that can be cultivated. A word that means the world to me. The birds will come and be our friends, if we invite them, and turn the crumbs from our table into songs.

A single pair of elephant tusks will its length.

Some inside stories don't deserve to

in Northern British Columbia.

The carved figures seen on the top of the pole supresent the principal actors in leganded accribing the origin of the family creets. The owner of the totem pole belonged to the "Well Class."

The principal legend which explains how the wolf was adopted for the family creet has eruption. One day, long years ago, a great have eruption took place, at Gitwunsilkon, on the Upper Naas River. The moiten mass pushed the waters of the river back across the valley to the mountain-side and formed a great lava plain, which extended from the head waters of the Habluich to the canyon, at Gwinaha. The fiery flow overwhelmed villages and fishing hamlets in its path, and the people fied to the surrounding hills. Among these fugitives was an Indian chief named Gum-lugidis, the ancestor of the owner of the pole. Gum-lugidis fied, with his family, to the high-lands of the Shkamal River where they camped. Night after night they had no rest, but were disturbed by waired accounts. Night after night they had no rest, but were disturbed by weird sounds and voices accompanied by the beating of tomtoms. At length the Chief and some of his braves determined to set out and discover where the sounds came from. The legend describes how they found themselves in the abode of "Luluks". Spirits of the Dead, where they beheld many strange things. Escaping from these haunted regions, Gum-lu-gidis, evercome by fear, again took up his flight, this time across the Grease Trail to the Skeena River, leaving the Naas, with its terrors, far behind. When the winter snows had melted and the ice had left the river, Gum-lu-gidis and his companions travelled down the Skeena River, in dugouts made from cottonwood trees, until they reached the island of Khern, now known as Kaien Island, on which Prince Rupert is situated. Not very long after Prince Rupert is situated. Not very long after they had settled at Khern, Gum-lu-gidis' rest was once more disturbed, this time by the nightly howls of wolves which seemed to be calling Gum-lu-gidis hy his name. The old fear overcame him once more, for he thought the spirits of the lava had again found him out. After the howling had continued for two nights, the old Chief determined to meet his fate. Dressed in his ceremonial dancing robes, with face painted and his long hair tied in a knot, after the manner of the warriors of his tribe, he set out alone from the camp armed with his Chief's tomahawk, set with shalone shell. Following the direction from which the sounds proceeded, Gum-lu-gidis came face to face with a large white wolf. Raising his tomahawk pre-pared to defend himself he noticed the animal was in great pain and unaware of his approach, as it was trying in vain to dislodge a sharp piece of deer's bone which had pierced its jaw. Gun-lugidis said to the wolf "Brother, do me no harm and I will remove the bone which otherwise will cause your death." cause your death." After Gum-lu-gidis had removed the bone, the wolf became very friendly, and each time the Chief went out hunting, the white wolf killed a deer for him; thus supplying

him and his family with food.

So, the legend states, Gum-lu-gidis adopted the white wolf for his "Ayouks" (crest) and in his ceremonial dances always wore a white wolf

After some years of peace, Gum-lu-gidis became homesick, and he returned to the Nass, for he longed to fish once more in the waters of the Kshliich, where the "hanginwassch" (white



Snow Helps Harvests.

If you live in a town, it can be asmother. None is spilled or wasted; sumed that you don't like snow. It so phone. Our neighbors have one." you know just how big a dose has soon becomes slush. But in the counreached the little stomach. As a rem- try a winter without several good falls Love is nearly always preceded by edy for the ills of childhood arising of snow would be a calamity to food

Snow is a manure. It holds a large

way as a woollen blanket. Wool is Baby's Own Tablets are sold by warm because its millions of inter-

Its slow percolation as it melts keeps the soil "open." And it kills-partly by suffocation and partly by poisoning -millions of insects harboring in the Recently one who had retired to the ground. It is curious, too, that al-

Mother.

shining:

Mother.

The average man can jump only al out once the length of his body, but a lion can jump two or three times



Rancher-"We don't need a tele-Caller-"Where do they live?" Rancher—"About 40 miles due east."

Silk furnishes the longest continuous fibre known. One cocoon has been known to yield nearly three-fourths of

There is negative of color in a last 3 like the E Link PARCE mined, and passed around for bloods ention. When this has been done request one person to hold it in his hand, and press his hand against his fore-head, for a few seconds. Then the SILVER FOXES, \$100-1 coin is put back in the hat with the

With your eyes blindfolded, and your head turned away, you may then pay weekly to sell our or reach in the hat, and bring out the exclusive lines of guaranteed qual chosen coin, mysteriously finding it whole root, fresh dug-to-order transfer and plants. Attractive lines of guaranteed qual rom among the others!

The secret: When the coin is passed money-making opportunity. from among the others!

comes quite warm. All the other coins in the hat will be cold, so you can easily discover the chosen one

Badly digested food, acidity of the etomach, and shagish liver cause headaches. Seigel's Syrup will remove these causes. Any drug store.

Metaphor.

Of him that Writeth things divine to men:

But must I needs want solidness, be Cause By metaphors I speak? Were not God's laws.

His Gospel-laws, in olden time held forth By types, shadows and metaphors? Yet ioath

Will any sober men be to find halk With them, lest he be found for to assen it

-Bunyan.

—The good in another man's religion there is some good in yours.

-The way to improve matters you

ciams. -A boy going to the devil without a shudder there's something wrong. -A good book without wanting to read a while you're not educated.

Yourself as others see you it isn't going to increase your happiness.

Forest Values. At the gates of the forest, the sur-prised man of the world is forced to leave his city estimates of great and small, wise and foolish. The knapthe first step he makes into these prebe the circumstance which dwarfs

cincts. . . . Here we find nature to every other circumstance, and indiges like a god all men that come to her. We have crept out of our chose and crowded houses into the night and morning, and we see what majestic beauties daily wrap us in their bosom.

Vigilance Saves Lives. When passing trucks or commercial vehicles watch out for possible children catching a ride.

In Relieving Colds

For

TONSILITIS

and

SORE

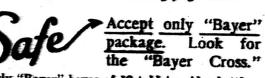
THROAT



-Dissolve two "BAYER TABLETS OF ASPIRIN" in four tablespoonfuls of water and gargle thoroughly.

Swallow some of the solution. Don't rinse the mouth. Repeat gargle every two hours if necessary.

This is an effective gargle proved safe by millions and prescribed by physicians.



Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100-Druggists. se trade mark (registered in Canada) of Rayer Manufacture of Monager Sajicylleachd (Acetyl Salicylle Acid, "A. S. A."). While it is well has means Bayer manufacture, to assist the public against instantons, the Thi cupany will be stamped with their general trade mark, the "Bayer Cre

The Best Trick of the West

SILVER POLES.

SALESMEN-We offer ste

Converse.

To slowly trace the forest's sh

Where things that own not man's

And mortal foot bath ne'er or race

To climb the trackless mountain al

With the wild flock that never needs

Alone o'er steeps and foaming fails

This is not solitude; 'tis but to hold

Converse with nature's charms, and

view her stores unroll'd.

Goethe studied the Persian language

Plans For Homes

Last word in builders' aid. Practical, up-to-date suggestions on planning, building, flamshing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for

gentions. Send 25 cts

MacLean Bulle

Rheumatism.

the stiffness, eases the pain.

Massage with Minard's. It relieves

MINARD'S

DRAGGING-DOWN

PAINS RELIEVED

and fell.

been;

fold:

to lean;

at the age of sixty-five.

minion dwell,

employmen

around and held by one person, it be Luke Brothers Muraerics. To sit on the rooks, to muse a'er f

Solidity, indeed; becomes the pen

The highest wisdom!

Keep Minard's Liniment in the house. If You Can See-

-Your own faults as easily as you see your neighbor's you are an excep-

have a perfect right to express criti-

-Some good in every person you are sure to enjoy life.

-Emerson.

Woman Suffered Nearly a Year. Lydia E. Pinkham's Vegetable Compound Brought Her Health

That's why so many people buy "Buckley's" to end Coughs, Bronchitis and all Throat, Chest and Lung troubles. It's instant, pleasant, guaranteed. You'll note its unique powers in the very first dose and there are 40 doses in a 75-cent bottle? Ask your druggist for "Buckley's".

Moose Jaw, Sask.—"I am going to try to tell you what Lydin E. Pink-ham's Vegetable Compound has done for me. I suffered very badly with dragging-down pains and inflamma-tion, also pains in my right side over my hip and down my whole side into my les. I had it nearly a year when my leg. I had it nearly a year when I went to a doctor and he said I would have to have an operation. But my mother said to take Lydia E. Pinkham's Vegetable Compound as it saved her life years before. I took two bottles and I found I was better, so I kept on taking it and also used Lydia E. Pinkham's Sanative Wash. I have had two more children since then and am perfectly well. I used to have to lie down two or three times a day, and new I do all my housework without trouble. I always keep the Vegetable Compound in the house as I find a dose now and in the house as I find a dose now and then helps me. I am willing for you to use this letter any way you see fit and I will answerletters. If I can help any other woman I'd be only too glad to try."—Mrs. ESTHER HOUGHTON, 712 Athabasea W., Moose Jaw, Sas-

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women.



Cuticura Baths Best For Children

Teach your children to use Cutiura Soap because it is best for their tender skins. Assisted by occasional applications of Cuticura Ointment to first signs of irritation or dandruff it keeps the skin and scalp clean and healthy. Cuticuts Talcum is cooling and soothing ngio Ench Free by Mad. Address Can Get: "Manhous, Ed., Macters!" Fries, . Ointmost 25 and 50c. Talogan Mc.

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