Models for Youthful Women

No. 9215—Misses' Dress. Price, 25 cents. Suitable for small women; closing on shoulder and at underarm; two styles of sleeve attached to lining; two-piece tucked skirt, in two lengths, attached to waist. Cut in 3 sizes, 16, 18 and 20 years. Size 16 requires, with dart sleeves, longer length, 5⅛ yds. 36 ins. wide, or 3 yds. 54 ins. wide; with puff sleeves, 4⅝ yds. 36 ins. wide, or 2¾ yds. 54 ins. wide. Width around bottom, 1½ yds.

No. 9204—Misses' Dress. Price, 25 cents. In two lengths; suitable for small women; front in two sections; two styles of sleeve. Cut in 3 sizes, 16, 18 and 20 years. Size 16 requires, with bell sleeves, longer length, 4 yds. 36 ins. wide, or 2⅝ yds. 54 ins. wide; with dart sleeves, shorter length, 3⅜ yds. 36 ins. wide, or 2¼ yds. 54 ins. wide. Width around bottom, 1⅜ yds.

No. 9218—Misses' Dress. Price, 25 cents. Suitable for small women; closing on shoulder and at underarm; with or without peplum; two styles of sleeve, attached to lining; three-piece tunic; underskirt in two lengths, having front lining section. Cut in 3 sizes, 16, 18 and 20 years. Size 16 requires, shorter length, with peplum, 4½ yds. 36 ins. wide, or 3 yds. 54 ins. wide; without peplum, longer length, 4¼ yds. 36 ins. wide, or 2⅞ yds. 54 ins. wide. Width around bottom, 1½ yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

CANADA'S SIX THOUSAND BLIND

Idle Pity Giving Way to Practical Effort on Their Behalf.

You have doubtless been interested in what you have read or heard regarding the progress of a national effort on behalf of the blind of Canada.

Do you realize just what this effort means?

Here are some of the things that are being done:

Industrial training and employment is being provided for the blind in centres established in Halifax, Toronto, Winnipeg and Vancouver.

Useful handicrafts and the reading and writing of embossed characters are taught in the homes of those blind people who for various reasons are unable to take training at one of the regular centres.

The product of the home-workers is bought and sold.

Personal contact is established with recently-blinded persons, and with cases which are sometimes so old that they become new in a very real sense. This work is done by an experienced Field Agent.

Books, magazines, and music in embossed types are circulated free to the blind of Canada. The monthly average circulation of books, etc., is close to eight hundred. The Institute also arranges for the transcription of music for any of its members at cost price.

An active publicity propaganda dealing with various dangers to which the eye is subject is carried on, and this is followed up with personal work, looking to the larger co-operation of medical men and nurses, employers of labor, Boards of Education, etc., in the vital matter of preventing blindness.

A residence and training-centre, "Pearson Hall," has been provided where blind soldiers may find congenial conditions while taking vocational instruction. In this connection it may be interesting to know that the Institute has entered into an agreement with the Department of Soldiers' Civil Re-Establishment, under which the Institute has established an after-care department for Canadian Soldiers blinded in the war.

There are other things, but they may all be summed up by saying that the Institute endeavors in every practical way to advance the interests of the blind and to ameliorate the conditions under which they live.

Will you aid in supplying the most vital need of this work?

Then mail your cheque to the CANADIAN NATIONAL INSTITUTE FOR THE BLIND, 36 King St. East, Toronto, Ont.

Te Deum.

All thanks, O Lord of Hosts,
Whose arm has made us free!
Forgive our random boasts,
Confirm our trust in Thee,
Whose way is in the sea
That wards our coasts.

Give us prophetic eyes,
To watch the dawn unfold,
As out of dubious skies
Peace, with her wings of gold,
Cast in celestial mold,
Brings honor's prize.

In one triumphant line
Thy hosts with our parade;
The battle, Lord, was thine,
We but Thy words obeyed;
Grant us, who lent war's aid,
Thy peace divine.

Trapping Mink

The raccoon and mink try the trapper's skill. Their instinct and cunning warn them away from traps. But they can be profitably trapped in large numbers if the trapper uses a few simple methods and is persistent. The rule of successful trappers is, "When you go out to look for mink look for muskrats," since minks prey on the muskrats.

Their favorite haunt is along small streams, and if the weather is cold they will be found well up toward a spring where the water is warmest. They have their burrows under the ground and, like the muskrat, enter the holes through the water. If in a district where the streams have muddy banks they build slides, and it is near the slides that traps are most often set for them. But if anything is disturbed when the set is made they are quite apt to abandon the slide, and further trapping is useless there. The track they make is much like that of a muskrat, but when the two are using the same district it is easy to distinguish between them.

It is their habit when coming out of their burrows and leaving the water to land at or near the same spot every time. Often their trail across a log, or where they have passed under or around a snag, is easily seen. At this point, just under the water and slightly screened with water-soaked leaves, the trap should be placed, with the chain fastened to a drowner. The trapper should take care that he leaves no odor of his own hands about the set. By splashing water over chain and trap, as well as where he stood, this is removed.

The mink is a rover and will travel a mile or two up and down the banks of a small stream in a single night. It is his habit to go nosing about old logs. Those about his feeding ground he becomes familiar with, and he has no fear of them. This sense of security may be used to good advantage by the trapper.

At one end of each log, about which mink signs are seen, raise just high enough to allow a mink to pass under. Support the end of the log with a trigger trap or a figure four trap. On each side of the trap leaves should be thrown up to make a loose wall that will crush flat when the log falls. These two walls join the walls of the bait pen which is formed on the further side of the log by driving sticks into the ground. These sticks should be close enough together to prevent the mink or any other animal from passing between them, and should stand as high as the top of the log. This bait pen should then be covered with leaves to darken the interior. On the opposite side of the log two sticks are driven into the ground even with the two walls of leaves under the log, to continue the entrance of the bait pen well out on that side. The bait is then thrown well back in the pen. The passageway under the log should be of just the right dimensions, so that the mink will spring the trap in passing. This is known as a deadfall trap and is often more successful than a steel trap.

Some trappers build just such a bait house when using a steel trap. The trap should be covered with wet leaves taken from along the water's edge. Care should be taken not to use too many leaves or they will form a cushion which will make it possible for the mink to pull his foot out of the trap. The trap chain should be fastened to either a drowner or a drag. A steel trap should never be fastened to a fixed object, for the resistance makes it possible for the ensnared animal to pull its foot from the trap.

A MOTHER'S TRIALS

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired, or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

Mothers on the Shelf!

One of the most frequent causes of trouble between married people is money. It is the dangerous rock on to which many a martial barque of happiness crashes and then founders.

Every girl should have a certain sum allotted to her for housekeeping, dress, and petty personal expenses. This should be arranged, if possible, and it is quite possible in these practical and common-sense days, before marriage.

There are still men in the world like the laborer who, on being asked what money he gave his wife for herself, said: "Why, nothin' of coorse! Why should I pay a woman, to whom I already give her victuals, just for cooking mine?"

Women of every class should keep a wise measure of independence. This can only be done if she has something, however small, to spend of her own.

Another source of disagreement, besides money matters, is the children question. "Mother" does not always agree with "father" in his views on girls; she hardly ever agrees with his views on boys.

She takes the boy's part, father favors the girl, and quarrels often arise from nothing, veritable mountains growing out of molehills.

Another source of married misery lies in the fact that as soon as children begin to arrive father relegates mother to the shelf. This, of course, is not always the case. A man often keeps all the grumbles and worries for "mother," and never thinks that, even if Elsie is nearly ten and Jack is fourteen, she is still a comparatively young and good-looking woman, and she would sometimes like a little fuss made of her.

A woman will put up with a good deal if only a man keeps a few of his charming courtship ways. If he keeps all his charm for other women, and all his grumbles for the home, he is a bad husband, even if he pours out money on his wife.

The man who sinks behind his newspaper, and only utters a grumpy monosyllable now and again to his wife, should remember these words, and spare her a little courtship praise and attention.

Remarkable New Coal Range.

In the present coal situation a cooking range that shows a fuel saving of something like 85 per cent. will attract extraordinary attention. When, in addition, it consumes all its smoke and soot, and most of its ash, attention grows into wonder. Yet a new range does just that. The secret lies in the use of superheated air for the draft. Air enters at the bottom, passes under the ovens and up through the hollow fire-box lining. It is so hot when it issues from holes at the top that the coal gas is instantly ignited, and great streamers of flame, reaching 9 ft. in length, burst from the air holes and run entirely around the ovens to the flue, passing the incoming air channels. This explains the preheating of the air. The residue is actually less than the amount indicated as ash in chemical analysis of the coal.

Monsieur:

For 15 days in the month of January I was suffering with pain of rheumatism in the foot. I tried all kinds of remedies but nothing did me any good. One person told me about MINARD'S LINIMENT; as soon as I tried it the Saturday night, the next morning I was feeling very good; I tell you this remedy is very good; I could give you a good certificate any time that you would like to have one. If any time I come to hear about any person sick of rheumatism, I could tell them about this remedy.

Yours truly,
ERNEST LEVEILLE,
216 Rue Ontario East, Montreal.
Feb. 14, 1908.

The germ theory of the transmission of disease was entertained as long ago as 1657, when Rome was ravaged by the plague.

So that a watch will be as accessible as if worn on a wrist an inventor has patented a pouch to be suspended from a belt.

In the Shadow of His Wings.

(91st Psalm).

How blest is the soul that has found a retreat,
When rude chilling blasts of adversity beat,
A fortress secure, what time trouble is nigh,
Neath the sheltering wings of the Father on high.

In that refuge serene he shall not be afraid
Of the snare of the fowler, tho' subtily laid,
No terrors disturb his sweet slumber at night,
Nor at noonday the arrow's swift venomous flight.

Ne'er phantom-filled darkness his heart shall dismay,
Nor sudden destruction that wasteth by day,
Tho' pestilence sweep o'er the land far and wide
And thousands are falling a prey at his side.

Misfortune and evil around he may see,
Yet safe from the scourge shall his dwelling place be,
For God's mighty angels, obeying His will,
In their hands will uphold him and shield him from ill.

Because firm is his trust in His mercy alone
Who Omnipotent reigns on His Heavenly throne
And pledges His promise forever to keep
Those who on Him rely in peace, perfect and deep.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes:—"I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results." The Tablets are a mild but thorough laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Water on the Brain.

Do you get mentally fagged—and too quickly? Are you conscious that your work suffers from what has been called "mind fog?" Is it pain and tribulation to you to concentrate? Have you to "drive" your brain to make it do its work? Do you admit—to yourself—that your mind seems to have lost its grip, its freshness, its originality? Then it's as likely as not that what you want is water on your brain!

What is the matter with you is abstinence from drink! As a nation we don't drink enough. Discern not the hand of a prohibitionist here, but the ideal and natural drink is water. The brain, and the whole body, needs a lot of it. Six pints per day is the minimum. And—with water still given premier place—it does not greatly matter how you get that amount.

Tea, coffee, milk, cocoa, mineral waters, are all mainly water, and each counts. Spirits are quite taboo for the brain. They may whip for a time, but the last state of a spirit-whipped brain is insanity.

Drink more—more water for preference. You'll see, and feel, the brain difference very rapidly.

And that's all there is in it! It's the watered brain that does the work. So water it!

Rubbish Machines.

One of the most remarkable machines in the world has been invented by an Englishman, Mr. W. P. Hoyle. It converts dust into cash—or, more correctly speaking, it extracts what is worth saving from rubbish, and prepares it for redistribution.

Cinders are washed, dust is converted into fertilizer, tins are cleaned, and paper and rags sorted. Another bit of machinery used in the refuse recovery plant deals with clinkers, turning them into moulded concrete building-blocks. About $195 can be saved out of every hundred tons of waste, which is the amount of rubbish accounted for daily by a town of 85,000 inhabitants. In the whole of the United Kingdom it is estimated that nine million tons of waste are thrown away every year, so one can work out the princely income this represents.

Mr. Hoyle's rubbish-machine should help England to realize that income, but meanwhile many individual towns are doing valiant things on their own. Aberdeen in one day collected $2,835 worth of bottles, a week's jam-jar collection in Sheffield realized 56,000, sold for $600, while Glasgow is saving rubbish to the extent of nearly $100,00 per annum.

Much has been achieved by attempting the impossible.

The mould of a man's fortune is in his own hands.

A number of five-ton concrete buoys have been constructed by the Public Works Department of Kingston, Jamaica. Each buoy is about 6 ft. in diameter, with cylindrical walls about 3 inches thick.

BITS OF HUMOR FROM HERE & THERE

Matrimonial Alterations.

"Agnes married a self-made man, didn't she?"

"Yes, but she has compelled him to make extensive alterations."

An Apology.

Aunt—"Tommy, I put three pies here this morning and now there's only one. How is that?"

Tommy—"Please, Auntie, it was so dark that I didn't see that one."

Moral Superiority.

If you will make three wishes," said the old-fashioned fairy, "I will see that they all come true."

"You're a little slow," responded the rustic. "Any feller that runs an office this way will promise to make wishes come true faster'n you can think 'em up."

A Dreadful Mistake.

There was a distinct air of chastened resignation about him as he penned the following note: "Dear Miss Brown—I return herewith your kind note in which you accept my offer of marriage. I would draw your attention to the fact that it begins 'Dear George.' I do not know who George is, but my name, as you will remember, is Thomas."

What's Its Use?

Little Jimmy went with his mother to stay with an aunt in the country, and his mother was very worried as to how he would behave.

But to her surprise he was angelic during the whole visit—always did as he was told, and never misbehaved.

As soon as he got home, however, he was his natural self again.

"Oh, Jimmy," she said, "you were so good while you were away, why do you start behaving badly now?"

"What's home for?" asked Jimmy in pained surprise.

Judging By Experience.

At the local club the conversation had got on the topic of the English language, its uses and abuses.

"Have you ever noticed," said one man, "how fond people are of using garden phrases when speaking of a woman. Her cheeks are always 'roses,' her hands are 'lily-white,' her eyes are 'dewy violets,' and——"

"You've forgotten one," broke in the man with the sour face, who had hitherto been silent.

"Which one?"

"Her tongue. It's a scarlet 'runner.'"

But——

Mr. Binks was a commercial traveller, and only came home at long intervals. On one of his returns he was telling his five-year-old son all about his wanderings.

"And then I came home," he finished.

"And did you come in a train, daddy?" asked Johnny.

"Yes, sonny."

"And did you see the ears of the engine?"

"Of course not!" laughed daddy. "Engines don't have ears?"

"Oh, yes, they do!" persisted the small boy. "Haven't you ever heard of the engineers, daddy?"

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

The Work of Coughing.

If you cough every fifteen minutes for ten hours you expend energy equivalent to two hundred and fifty units of heat, which is equivalent to the nourishment contained in three eggs or two glasses of milk. So says a physician who has specialized on the waste of energy in coughing.

At a normal rate we expel air from the chest at the rate of four feet per second, but in violent coughing we expel it at the rate of three hundred feet a second. Thus a persistent cough not only weakens the constitution, but it is a direct cause of emaciation according to the same authority. Such weighty statistics lead to a reiteration of the oft-repeated injunction, "never neglect a cough."

Minard's Liniment Cures Garget in Cows.

It Isn't Easy—

To apologize,
To begin again,
To admit error,
To be unselfish,
To face a sneer,
To be considerate,
To endure success,
To keep on trying,
To profit by mistakes,
To forgive and forget,
To think and then act,
To keep out of the rut,
To make the best of little,
To shoulder deserved blame,
To subdue an ugly temper,
To maintain a high standard,
To recognize the silver lining,
But—it always pays!

SINCE 1870
SHILOH
30 DROPS STOPS COUGHS

Classified Advertisements.

AGENTS WANTED.

PORTRAIT AGENTS WANTING good prints and finishes—lowest prices on frames—ask for catalogue. United Art Co., 4 Brunswick Ave., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T, Wilson Publishing Co., Limited, 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

The old idea that periodical change of seed was essential has been abandoned by scientific investigators and by the most progressive farmer. If proper methods are followed to keep up the fertility of the soil; if the land is thoroughly cultivated; and if clean plump seed is sown every year, deterioration of the grain will not occur.

Minard's Liniment Cures Distemper.

"Not to call attention to crowded work or petty fatigues or trivial experiences. To heal wounds which in times past my cruel and careless hands have made. To seek no favor, no compassion; to deserve, not ask for tenderness. Not to feel any uneasiness when my advice or opinion is not asked or is set aside."—Archbishop Benson's Principles.

Coughs and Colds Mean Restless Nights

which sap the vitality. Danger lurks in every cold is allowed hour. Assist nature to run. children to bring your health quickly back to and strength and avoid serious complications by the prompt use of Gray's Syrup — over 60 years in use.

Always buy the Large Size

GRAY'S S of RED SPRI Montreal D.W.

America's Pioneer Dog Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

Irritated Itching Skins Soothed With Cuticura

Bathe With Cuticura Soap Dry and Apply the Ointment

These super-creamy emollients usually stop itching, clear away pimples, redness and roughness, remove dandruff and scalp irritation and heal red, rough and sore hands. If used for every-day toilet purposes they do much to prevent such distressing troubles. Nothing better, surer or more economical at any price.

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

SATISFYING RELIEF FROM LUMBAGO

Sloan's Liniment has the punch that relieves rheumatic twinges

This warmth-giving, congestion-scattering circulation-stimulating remedy *penetrates without rubbing* right to the aching spot and brings quick relief, surely, cleanly. A wonderful help for external pains, sprains, strains, stiffness, headache, lumbago, bruises.

Get your bottle today—costs little, means much. Ask your druggist for it *by name*. Keep it handy for the whole family. Made in Canada. The big bottle is economy.

85c, 70c, $1.40.

Sloan's Liniment Keep it handy

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and $1.00 Bottles. 3