OUR BOYS' AND GIRLS' CORNER

By Aunt June

Registered According to the Copyright Act

DEDICATED TO EVERY BOY AND GIRL IN CANADA

My dear Boys and Girls:
Santa Claus has just made his appearance in the city and is meeting his little friends every day in the week to ask them what they would like most of all for Christmas. Just a few days ago he had a fine procession through the streets and I know that many boys and girls are busy planning out the kind of letter they will write to him.

Bobby wrote to me that he did not believe in a real Santa Claus. All I have to say is that Bobby will have to play Santa Claus himself and perhaps he will join in the fun of making some Christmas gifts for other people.

An Easy Gift to Make.

Let me tell you about another Christmas present which almost everyone likes to receive, and that is a pretty picture ready to hang up. Some of you may like to make your own pictures, by drawing flowers or pretty scenes and I know how well you can do this by some of the pretty drawings that have been sent in to me from Helpers in all parts of Canada. If you do not wish to make your own drawing, take an attractive postcard or cut a good illustration out of an old magazine. Now find a piece of glass the same size as your picture. Lay the glass over the picture and cut a piece of cardboard the same size to form the back. Next get a roll of colored adhesive binding, (the proper name for this is passepartout). It is sold at most stationers in several colors and is merely a roll of colored paper tape, gummed on one side, but most of you probably know the look of it. This is to bind the edge of your picture, and glass, and the back between which is the picture itself, firmly together. Take care in sticking this tape round that you leave an even margin all the way round the front or face of the picture itself. This when finished will form the frame. Now you want to make a cord to hang the picture up. This is a very simple matter. Take a piece of very fine string or cord and place to form a loop from each corner of the picture, fasten each end of the string down at the back of the picture firmly with two strips of your gummed paper. The picture is now complete. If you make this for a Christmas gift you should wrap it up when finished in a piece of soft tissue paper and tie up with ribbon and then hide it away in your treasure box until Christmas Day.

OUR MAIL BAG.

One of the happiest things I have to do every week is to open my mail bag and see what the postman has brought me from Helpers. This week there are a number of letters.

Wheatley, Ont.

Dear Aunt June:
My summer's work is nearly over. That means going to school and milking and taking the cows. I am in the fourth book and I want you to send me a badge for which I am enclosing a three-cent stamp.

TED DAWSON.

A hearty welcome to you Ted. I am always pleased to hear from the boys, which does not mean that I am not equally glad to see the girls, but often it seems that we have more Girl Helpers than Boys. I wonder if this is true. How many boys will write in to challenge this statement? I expect you are glad to get back to school. It means lots of fun in the winter term, I am sure. You will have your badge by this time.

Burlington, Ont.

Dear Aunt June:
I was reading your letters in the paper and I thought I could be in the Club too, and I would be glad to be in it because I help my father and mother all I can. I wipe the dishes and I take the crumbs off the table.

Mother went to Toronto and she got me a raincoat. A lady went with her. I am in the first book. We have to learn many verses for Christmas. I wish to hear from you soon. I would like a badge if you could send me one. I am eight years old.

ROY GUTHRIE.

Your letter was very nicely written Roy. I am always pleased to see such neat writing and think that you do very well for eight years old. How pleased you must have been to get the raincoat when mother returned from her trip. That was a nice reward for being helpful, wasn't it? While you are helping all you can with the work for mother and daddy you are also helping yourself to grow up a fine strong man. Aunt June is very proud of you, as she is of all her Helpers.

Wingham, Ont.

Dear Aunt June:
I read your Boys' and Girls' paper every week and I think it is very nice. I also like the puzzle pictures. I would much like to join your Helpers' League of Service. I go to school every day and when I come home at nights I get the supper, wash dishes, do my home work and practise my music. I am enclosing a three-cent stamp for a badge which I would like to receive. I am 13 years old. Love from

AGNES.

Dear Agnes:
You see I have done as you asked me. I was glad to get your neat letter. You seem to be carrying out the last part of our page very well. I wonder what kind of a supper you would give me if I dropped in to see you one evening. I shall look for more news from you about your work at school.

Let me say a hearty welcome to all those new members who have writbers who have written in this week and to those of you whose letters that are not printed to-day. let me say look again next week. You are not forgotten.

A POEM FOR YOU TO RECITE.

The Fairies.

Up the airy mountain,
Down the rushing glen,
We daren't go a hunting
For few of little men.
We folk, good folk,
Trooping all together,
Green jacket, red cap
And white owl's feather.

Down along the rocky shore,
Some make their home,
They live on crispy pancakes,
Of yellow tide-foam,
Some in the reeds
Of the black mountain-lake,
With frogs for their watchdogs,
All night awake.

High on the hill top,
The old king sits,
He's now so old and grey
He's nigh lost his wits,
He goes up with music
In cold starry nights,
To sup with the queen
Of the gay northern lights.

By the craggy hill-side
Through the mosses bare,
They have planted here and there.
Is any man so daring
As dig them up in spite,
He shall find their sharpest thorns
In his bed at night.

Up the airy mountain,
Down the rushy glen,
We daren't go a hunting
For fear of little men,
Wee folk, good folk,
Trooping all together
Green packets, red cap,
And white owl's feather.

R. R. No. 2, Clifford.

Dear Aunt June:
I liked to read your letters in the little Girls' and Boys' corner of the paper, so I thought I would join your club. I am going to school every day and I am twelve years old. I am in the senior fourth book at school, and I live about six miles from town. I have two brothers, one is eighteen and the other sixteen. I guess I will close now and leave some room for some other person. I have enclosed a three cent stamp for which I hope to receive a button please.

MARGARET I. HUBBARD.

Dear Margaret:
Thank you for this neat letter. I would like to send you a badge, but you have forgotten to tell me what deeds of service you are doing. Will you write again and remember the rule of the Service League is that every Helper must send in an account of their work before having a badge; your envelope is addressed ready for the badge to be posted so please write soon.

I am afraid there is not room for the game which I promised to tell you of to go in this week's corner, but it will be the first hing in my letter next week, so be sure to look out for it.

New Helpers wishing to join the League do not forget to sign and send in the little pledge and to tell about their work of helping.

Yours lovingly,
AUNT JUNE.
Box 516, Station F., Toronto.

CUTICURA HEALS RASH ON CHILD

On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year.

"Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langly, 1032 Gertrude St., Verdun, Que., August 11, 1918.

The Cuticura Toilet Trio

Consisting of Soap, Ointment and Talcum is an indispensable adjunct of the daily toilet in maintaining skin purity and skin health.

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

Have Rosy Cheeks!
Look Brighter!
Feel Better!

Simplest Thing in the World to Do at the Small Cost of a Quarter

You seldom see a woman who is pale, dull-eyed, thin-cheeked, and utterly worn out, who doesn't suffer more or less from headache and constipation. Her poor looks are more largely due to neglect than anything else.

Most women can have sparkling eyes and ruby cheeks if they will but use regularly a blood cleansing and laxative medicine like Dr. Hamilton's Pills. Just follow these simple directions. Tonight take two Dr. Hamilton's Pills and note how much fresher you feel tomorrow morning. Your face will be clearer, your appetite better, your spirits brighter. Next night take one or perhaps two pills again. Gradually reduce the dose as mentioned in the company's direc-

Day by day you will note a steady gain. You'll quickly have back those happy girlish looks you once were proud to think about. No other medicine can do so much for you as Dr. Hamilton's Pills of Mandrake and Butternut. Sold everywhere in 25c boxes.

Yeast as Food.

Perhaps before long we may be feeding our babies on yeast, to make them grow fast.

Yeast is particularly rich in the mysterious "vitamines" on which, in our foods, so much of health depends. Nobody knows what vitamines are, but we have got to have them

Recently a series of experiments was tried on white rats to find out what effect yeast would have. Thirty-two were selected, representing six litters—half the number of each sex—and all of them about a month old.

Each rat was first weighed and received a number. They were fed on ground meat, cheese and butter. At first they were systematically underfed, their growth being thereby retarded. After two weeks, though without increase of ration, a little yeast was added. Every rat picked up.

They were then supplied with a fair allowance of food, plus yeast, and every rat doubled its weight in two weeks. One rat, No. 14, trebled its weight in that time.

Next, the yeast was eliminated, without reduction of the food allowance, and every rat thereupon began to lose weight. No. 14 ran down from eighty-one grams to fifty-four grams in three weeks on the yeastless diet.

Yeast was again supplied and all the rats rapidly gained weight.

In another experiment rat No. 25 lost eight grams in two weeks on a yeastless diet and gained fifty-five grams in the next fortnight on the same ration with a little yeast added.

Minard's Liniment For Colds, Eec...

The Roman emperors lent money on land.

Everything points to an early end of the unauthorized strike of cotton operatives in Oldham, which in a week has cost more than £200,000 in wages.

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, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price $2 per box, 3, for $5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

A woman's fondest hope is to stay young. She often resorts to paints, powders and cosmetics to hide her years. Some women pay large sums to so-called "Beauty Doctors" in the belief that money will buy youth. Others wear girlish dresses, thinking they can fool the world about their age. But no one is deceived. The more you try to hide your age, the more it shows.

There is but one thing that holds old age back, and that is health. Sickness and weakness bring old age early in life. Dr. Pierce's Favorite Prescription is a building-up medicine for women. It makes them healthy and strong when they suffer from women's troubles. It keeps them looking young by keeping them well. It is a woman's tonic for the frail, the delicate and those who are nervous, dizzy and who have backache and "dragging down." Some women took it years ago and have felt younger and well ever since. Doctor Pierce's Favorite Prescription is altogether vegetable and without a particle of alcohol. It is safe to take. Try it *now*. In tablet or liquid form at all druggists, or send ten cents for trial pagkage of the tablets to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., or branch in Bridgeburg, Ont.

OLD-FASHIONED QUILTS ARE IN FASHION AGAIN

WOMEN FIND GREAT SATISFACTION IN A REVIVAL THAT BRINGS BACK OLD TIMES.

Old-fashioned patchwork quilts, once the pride of our grandmothers, are again in fashion. Brought up-to-date, they're engaging the interest and busying the fingers of expert needle women, who have laid aside the knitting needles of war for the cambric needle of peace.

Heirloom Quilts.

Those who are lucky enough to have heirloom quilts in the family are busy copying their historic designs and adapting them to modern usage. The less fortunate are searching the records for authentic patterns for reproduction. The "log cabin," "rising sun," "sunflower," "shadow and block," "willow basket," "morning glory,' "fullmoon and "Star of Bethlehem' quilts are the oldest and best known outside the famous scripture quilts, which were not common even in the height of quilt fashions.

In Linen or Cotton Cloth.

Many of the new old quilts are made in white linen or cotton cloth or in solid colors, with floral or figure designs and appliqued by buttonhole stitching or couching. Heavy linen floss is used for the latter, which makes the work seem very elaborate, though it's easily and quickly done.

To Fit Brass Beds.

Other quilts are elaborately quilted in circles, square and diamond which are filled in with large French knots of colored floss. The quilts are cut to fit around the brass bed posts to match the decorations. Cross stitch patterns are also used in the circles of quilting, the basket, wreath anl garland designs being the most popular. The old checker-board pattern again is used, the seams being all feather stitched before the whole is quilted.

Period Specimens.

Periods are not neglected and there are many quaint Adam designs in blues and grays, with delicate embroidered wreaths and bowknots, heavy Jacobean design of conventionalized fruits and flowers in sombre colors, Louis XIV, XV and XVI patterns, and some good English designs of Colonial days. Embroidery in Russian and Bulgarian coloring and patterns adorn some of the more ultra-modern quilts.

Foot Quilts.

An odd phase of the revival is in making the old foot quilts—coudrepieds—to use on couch or chaise longue. These quilts are 2 yard square, and, while following the designs of the larger ones, they are more heavily quilted and have a soft cotton pad tacked inside. They are often finished with a ruffle of the material of one of heavy linen lace.

The nursery has not escaped the revival. Little chairs have the quilted cushions and back pads, while table and bureau scarfs, screen panels and the borders for the unbleached muslin curtains are all made to match. The patterns are of Mother Goose figures, animals, birds, bunnies, flowers, soldiers, sailors, ships or pastoral scenes. Stenciling helps out in this work, as it is used for the faces, arms and legs of the figures.

ON THE MARRIAGE DAY.

Romance ceases and history begins—and corns begin to go too when "Putnam's" is aplied—it takes out roots, branch and stem. Nothing so sure and painless as Putnam's Corn and Wart Extractor; try "Putnam's," 25c at all dealers.

Minard's Liniment For Garnet in Cows.

RECORD BABY CROP.

The 1919 "Baby Crop" in the United States, made a new record. An annual preliminary report on vital statistics, covering data from 269 cities, with an aggregate population of 31,000,000 shows the infant mortality rate declined to the "encouraging figure of 87 deaths per 1,000 babies"—a saving of nearly 12,000 babies over the 1918 rate, and 7,000 fewer deaths than in 1917. In the cities covered by the report, 680,000 births were recorded, while in the entire country it is estimated there are 2,500,000 newcomers annually.

CHILDHOOD CONSTIPATION

Constipation—that disordered state of the digestive tract which is nearly always caused by improper feeding—can be readily regulated by the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative. They are easy to take and are absolutely free from injurious drugs. Concerning them Mrs. Joseph Dion, Ste. Perpetue, Que. writes:—"I have nothing but praise for Baby's Own Tablets. When my baby was three months old he was terribly constipated but the Tablets soon set him right and now at the age of fifteen months he is a big healthy boy and this good health I attribute entirely to the use of the Tablets." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Minard's Liniment For Distemper.

HOW MUCH TO MARRY UPON.

Out in Indiana a justice of the peace, who specializes in marrying, said a salary of $10 a week was enough for a couple to marry upon. The pastor of the local Methodist episcopal congregation differed saying the salary should be at least $900 a year. Three other married men said no one should marry on less than $50 a week, and a woman who was interviewed warned young couples it always would require $10 to $15 a week more than they estimated they needed to live.

Minard's Liniment For Diphtheria.

Cause of Early Old Age

The celebrated Dr. Michelhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

Advice to Girls

By Miss Rosalind

Registered according to the Copyright Act

Dear Girls:
This is the time to organize a tramping club. Get together a bunch of young folks and once a week—usually Saturday afternoon is chosen—go for a long hike into the country. It is the best exercise in the world, best for good spirits, good complexions, good appetites and good friends. Try it. Then write to Miss Rosalind, 34 King William Street, Hamilton, and tell us all about it.

Dear Miss Rosalind:
May one teach public schools in the Canadian West on a Lower School Certificate? If so, what wages are they getting? At what age should one start to go with beaux? I will thank you in advance.

A SCHOOL GIRL.

My Dear Girl:
Owing to the very great scarcity of teachers in the West, in some sections they grant an interim certificate good for one year to teachers who have not completed their training. For your own good, however, I advise you strongly against such a course. When a girl finishes High School and is ready to enter Normal School, she may have all sorts of knowledge in her head, but she knows nothing whatever about how to pass that knowledge on to little children. That is what the Normal School is for, to teach you the science and art of teaching. Believe me, it is hard enough at any time, but a thousand times harder without the knowledge of how to go about it. If you care for further information about the West, address the Minister of Education, Regina, or Edmonton.

With regard to your question about boys. Girls should have boy playmates at every age,. When a girl is about eighteen, the boys change from playmates to friends; but they should always be chums and there should be several of them.

ROSALIND.

Dear Rosalind:
As I was reading the paper this evening I read about "Violet." I should think she would be rather lonesome.

I am just a trifle over sixteen and I think she could get on with me O. K. Please send me her address at once and I will try to cheer her up.

B. F.

Dear B. F.:
I am sending you by mail the address asked for. You forgot to send me a stamped, self-addressed envelope.. Next time, please do so. I don't mind one or two stamps, but a raft of them would break me entirely.

ROSALIND.

Dear Rosalind:
I casually picked up a paper last night and the first thing my eyes fell on was Violet's letter. I would really like to have her address, please. I was in just exactly her position a year ago and I have got bravely over it

E. W.

Good for you, E. W. Worry and lonesomeness are two dragons that must be bravely met, fought and conquered. I am very glad to send on Violet's address. I am sure she is going to have a wonderful time with her host of shadow friends.

And E. W., don't read a newspaper casually, read it carefully and intelligently, it means everything to a well-informed person.

ROSALIND.

Dear Rosalind:
I have read the letters on you page for some time. About a week ago I saw a letter from a girl of fifteen, signed Violet, who said she was lonesome. I am writing for her address. I shall not be able to write to her very often as I attend High School and have plenty of work to do; still, if an occasional letter would cheer her any, I will gladly do all I can.

(Sgn.) Another Girl Without Many Friends.

Dear Busy Girl:
Go ahead, write when you can, and may hapiness follow your new friendship!

ROSALIND.

Dear Rosalind:
I have been reading your advice to girls and think it fine. I thought I would give you some of my experience: I am a girl about 25 years of age, and have been keeping company with a man for about three years. By times he writes pretty steady and thinks a great deal of me, and at other times he forgets me all together. But for my part, I love him very much. I want to ask if I should give him up and not write to him any more. Or give me some method of regaining his love.

GLADYS.

Dear Gladys:
It is pretty hard to advise you what to do. If you have been engaged to this man for three years and are no nearer getting married than you were when you started, it looks to me if he were not very serious. Suppose you ask him about it and see what he has to say for himself. Then let me know and I will write you again.

ROSALIND.

WANTED

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet and "Proof of Conception" on request.

HAROLD C. SHIPMAN & CO.
PATENT ATTORNEYS
30 SHIPMAN CHAMBERS - - OTTAWA, CANADA

INVENTIONS

ISSUE NO. 50, 1920.

HELP WANTED—FEMALE

LADIES 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 Mfg. Co., Montreal.

FARMS FOR SALE

FOR SALE—100 ACRES FIRST class land and buildings, 5 miles from Woodstock; eleven thousand, five hundred dollars. 56 acres first-class land, extra good buildings; seven thousand dollars. Budd Irving, Woodstock.

MISCELLANEOUS

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. 46-51

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.

IT IS ALWAYS SAFE TO SEND A Dominion Express Money Order. Five dollars costs three cents.

As a probable cause of the case of bubonic plague in Dublin, the medical officer suggests that a cat had killed a rat from one of the ships in port and carried the infected vermin into the district in which the plague-stricken girl desides.

25 years Standard for Delayed and Painful Menstruation sealed Tin package only, all Druggists or direct by Mail Price $2.00. Knickerbocker Remedy Co., 71 E. Front St., Toronto, Canada.

As the examination in the Bankruptcy Court of Mr. Adolph H. Biederman, of the Badminton Club, Piccadilly, a loss of £49,430 in Stock Exchange speculation was mentioned. Liabilities were given as £71,857; assets £7,951.

Cook's Cotton Root Compound.

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., TORONTO, ONT. (Formerly Windsor.)

More books on spiritualism are written by women authors than men.

The first known Sunday school was started in 1812 in a little English village.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS