NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

The Story of Ghent.

If one were asked to compare Ghent with any other European city, the temptation to set it down beside Venice would be very strong. The people of similarity and the features which recommend Ghent the appellation of "The Venice of the North," such as the canals and the bridges, the belfry and the Lys are distinctive in their behavior. Ghent has a network of streets and canals to divide the city into twenty-six islands, the necessary connections between them being made by one hundred and [illegible] bridges of all kinds and descriptions. Apart from this similarity with Venice, Ghent is Ghent and [illegible]. Its individuality is made up of living remnants of every century, from the time of Baldwin Iron Arm, Count of Flanders, around the year one thousand, down to the present time. In fact, it would not be unnatural for the visitor to ask whether there be any other town or city in the European continent that has such an abundance and variety of places associated with associations of history, religious and secular.

If, geographically, Ghent can be called "The Venice of the North," politically it can be denominated the city of revolts. Encouraged by the dukes of Flanders, the men of Ghent in early date obtained commercial and political privileges which they jealously guarded against the attacks of many intruders and would-be conquerors. Now they were under the yoke of some foreign potentate, they revolted and made themselves free again. The story of Ghent, we, is the story of human freedom. But the story of Ghent has not all martial. Intertwined with it are encountered the records of peaceful pursuits. One finds that in the fourteenth and fifteenth centuries Ghent enjoyed the distinction of being the leading Belgian city for the manufacture of cotton goods and leather. Nor must we overlook the fact that in early age, too, Ghent has been eminently a "City of Flowers." Floriculture has remained a chief feature of the city to this day. The municipal flower beds, originally confined within the walls of the city proper, have burst their confines, and now the suburbs vie with each other in the presentation of symphonies in color.

WE WANT CHURNING

CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited, Toronto

For references—Head Office, Toronto Bank of Montreal, or your local bank. Established for over thirty years.

BURN LESS FUEL
(Coal, Coke or Wood.)
GET MORE HEAT

Don't let heat go up the chimney! Keep it in the house with the

Little Wonder Fuel Saver

A simple scientific device easily attached to any stove, pipe of your stove, range or furnace. SAVES 20 TO 30 PER CENT. OF THE FUEL. PRODUCES 30 TO 50 PER CENT. MORE HEAT. Holds fire longer. Greatly reduces furnace bills. Absolutely prevents chimney fires. Pays for itself in a few weeks and SAVES MANY DOLLARS EVERY WINTER. Enthusiastically endorsed by over 40,000 users.

Price for 6-inch pipe, $4.00
Price for 7-inch pipe, $5.00
Price for 8-inch pipe, $7.00
Other sizes in proportion.

SEND NO MONEY—pay on arrival. Positive guarantee of satisfaction or your money back. You take no risk. Don't delay. Order TO-DAY.

Hughes Co. of Montreal, West Toronto Branch
THE LITTLE WONDER FUEL SAVER CO. OF ONTARIO. Dept. T.
2022 Dundas St. W., Toronto

KRAFT CHEESE

Please

Be sure this trade mark is on the cheese you buy. Our reputation is behind it.

There is only one Kraft Cheese

BOVRIL puts BEEF INTO YOU

SOLD IN BOTTLES ONLY

"Come Along, Boys, Here's a Church."

Once a ship was wrecked on a coral reef in the South Seas. The crew got ashore as best they could, using anything they saw afloat as a life belt. Not knowing the island, they were afraid to go inland. For aught they knew its inhabitants might be cannibals and they had no desire to furnish forth a cannibal feast.

Presently one of the company climbed a near-by hillock and risked a look over the island. Having won the summit he began to wave his arms excitedly, beckoning them. As they got nearer to him they heard him shouting, "Come along boys, it's all right, here's a church."

The story is told by the famous Australian preacher, Rev. Henry Howard, who recently visited America. The Church to those men was a symbol of security. They were no longer afraid. Because the good news had been proclaimed there, those shipwrecked sailors felt safe. Without that symbol, they knew that their lives would not have been worth a moment's consideration.

The Church in the midst has made a difference. It has been the cradle of amazing securities, and liberties, of philanthropies and literatures and enlightenments. The modern world all too often takes these things for granted, without recognizing their origins. Christianity has made all the difference and often we know it not.

The Church, for instance, has literally grown Good Samaritans, and because of them life has taken on kinder and more humane aspects. They have been found in every age—some of them known, most of them unknown. In the middle ages for instance, the Friars established themselves in the pestilential quarter of towns, ministering to the lepers. Men like St. Francis and St. Hugh of Lincoln would minister to lepers with their own hands, overcoming all repugnance, caring for them in the spirit and the name of Christ. Wherever Christianity has gone there have grung up homes for lepers, orphanages, hospitals, schools. For the unprivileged and dispossessed life has come to have new securities and new accounters. The world's Elizabeth Frys, John Howards, Stephen Grellets and Shaftesburys found their inspiration in the Christian Gospel.

The world is still sadly imperfect. In a sense it is true that Christianity, far from having failed, has never really been tried. Yet it has been a raven at work and in deep and wide-spread ways, often too little acknowledged or recognized, it has made all the difference to our life. The Church in the midst is the symbol of what Christianity has done for us.

Parks Wild Animals Losing Fear of Man.

Each succeeding year's round of tourists bring new expressions of wonderment and surprise at the rapidity with which the wild animals in the Canadian National parks are losing their fear of man. Parks officials, who administer wild life protective measures, have watched this condition develop and to them it was to be expected, but to the tourist new to the parks the holding up of one's car on a park highway by a band of friendly Rocky Mounain sheep is a novel experience.

Visitors to Rocky Mountains park in Alberta are always sure to have close-up views of mountain sheep and other wild animals at different points on the highways, and bears are frequent visitors to the outskirts of most of the towns in the parks. In the past year or two elk, among the most wary of all animals, have been reported to have made their appearance on the golf links at Banff while play was in progress. In the early part of October of this year about fifteen elk trotted out on the fairway of the 13th hole, on their way from the Bow river to the upland forests. These exhibitions of animal friendliness are not confined to Rocky Mountains park. In Jasper park, on the occasion of Sir Douglas Haig's visit in July of this year, two young black bears interrupted the Field Marshall's game by their appearance on the links.

The growth in numbers of wild animals in the parks and the ease with which they may be encountered and photographed is fear by year becoming a greater attraction to tourists.

The Son of a Fisherman.

"Are We goin' to keep him?" asked Bobby, looking at his new baby brother.

"Of course. Why not?" asked the mother.

"Well, he's so small I thought maybe you'd have to put him back."

No Ticket.

The new servant brought the visiting card to her mistress.

"There's two of 'em," she said, "one in the drawing-room and one at the door."

"But why didn't you show them both in?" asked her mistress.

"They only had one ticket," answered the servant.

Felling Mahogany.

To fell a large mahogany tree is usually a day's task for two men. On account of the wide spurs which project from the trunk at its base, it is necessary to erect scaffolds and cut the tree off ten or fifteen feet above the ground.

Minard's Liniment for stiff muscles.

If I cannot afford a thing I go without it. I have done so all my life.—Judge Cluer.

LATEST IN MEDICAL SERVICE ON C. P. LINERS

It is gradually being brought home to Mr. Average Man that the discomfort associated with ocean travel is but a bad dream of the past. Travelling across the Atlantic in five days in a luxurious cabin, with hot and cold water, lights, music, dancing, newspapers, radio and every desirable convenience of the day. It is hard to think of the time when it took weeks or months before a tiny schooner would reach America after fighting its way over each wave, threatened with disaster by every high wind.

Ocean travel has reached the point of perfection where even invalids and those taken sick suddenly can be given all the medical advantages of shore hospitals. The ship hospitals are as modern and up-to-the-minute as those on shore, but of necessity, are more restricted.

But even the finest of man's calculations are sometimes upset by the uncontrollable sea. On the Canadian Pacific liner Montcalm recently, a passenger became dangerously ill and an immediate operation was thought necessary. At the time a fierce storm was raging. Commander Sibbons, R.N.R., ordered the ship stopped for two hours and Dr. Girvan, F.R.C.S., ship's surgeon, aided by Dr. D. E. Ross, of Montreal, performed the operation. The woman is now fully recovered.

Dr. Girvan remembers occasions when conditions were not so satisfactory. During the war, in Mesopotamia, he cut out the appendix of a native with a pen-knife when he could not get the patient to the hospital on time. In the wilds of Scotland, performing an operation for appendicitis, the man holding the candle fainted. Dr. Girvan summoned a woman to carry on. The patient recovered.

RHEUMATIC PEOPLE FIND RELIEF

By Driving the Poisonous Acid From the System.

Rheumatism attacks people when the blood is thin and watery or charged up with impurities, thus setting up inflammation of the muscles and joints. Cold, wet weather or sharp winds may start the pains, but the cause is rooted in the blood, and to get relief it must be treated through the blood. As a blood builder and nerve tonic Dr. Williams' Pink Pills are unsurpassed, and for that reason do not fail to give relief to rheumatic sufferers when given a fair trial. Among the rheumatic sufferers who have proved the great value of this medicine is Mr. N. M. Foley, Windsor, N.S., who says: "My trouble started with a bad cold, the result of working in a heavy rain storm. From that it developed into rheumatism which badly crippled me and kept me confined to bed for upwards of six months. The doctor who treated me did not help me, and every friend who called to see me had something different to advise. Some of these remedies I tried, but with no better results. My legs were stiff from the hips down, and every move I made caused intense pain, and constantly I was growing weaker. Then a friend from Falmouth, who came to see me, asked if I had tried Dr. Williams' Pink Pills. I had taken so much medicine without benefit that I was skeptical and said so. My friend, however, had so much faith in the pills that he got me a supply and to please him I began taking them. I had not been taking them long when I began to feel a change for the better, and I gladly got a further supply. Soon I was able to get out of bed and walk around on crutches. Still taking the pills I used in all seventeen boxes, by which time I was a well man and at work every day. Now, I always keep a box of Dr. Williams' Pink Pills in the house and if I feel an ache or pain I take them, and always with good results. I believe I would still be a bed-ridden cripple but for these pills, and I shall always praise and recommend them."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

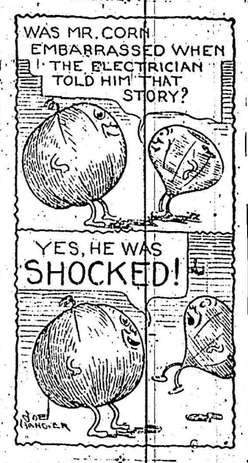
The Prevention of Measles.

The prevention and treatment of measles by the use of serum from a person who has recently had the disease is one of the most fruitful conquests of preventive medicine and should be included in all public health programmes.

Measles is to-day the gravest of the communicable diseases affecting children. From the view-point of mortality it ranks before scarlet fever, whooping cough and diphtheria. In France it killed 30,600 children from 1906 to 1913, while its victims throughout Europe, from 1900 to 1910 numbered about a million.

Those most in danger of measles are children of the poor who live in large cities. Its effects on such children contrast very strikingly with the disease as it occurs among children of well-to-do parents and children who live in rural places. The high mortality of measles in the cities among the poor is not due solely to hospital conditions, but is a consequence of the debility of the children, the unfavorable conditions in their homes, and the early age at which they catch the disease.

What remedies may be opposed to this situation? Measles is not controlled by the time-honored preventive measure of isolation, because it is so very catching in the early stages of the disease, even before the rash appears. This lends extreme interest to the prevention of measles by the injection of serum obtained from convalescent patients into persons exposed to measles. This method has passed beyond the stage of experiment. Reliability of the method has been proved and confirmed in France, Germany, the United States, and in other countries. The World's Health



Protect Your Piano.

Despite its sturdy appearance a piano is probably your most fragile article of furniture. If you are wise, you will treat it as such when you decide its position in your new house.

Above everything, see that your piano is given a dry spot. Even a suspicion of dampness may cause strings to rust and snap under the slightest pressure. Place it, therefore, as far as possible from windows and outside walls.

Next decide where the instrument will have the most even temperature. Often the mistake is made of placing it in a room which is not used more than once or twice a week. When the room is occupied the temperature is fairly high, but for the rest of the week it will be low.

The result is that the strings, expanded by the warmth, will tend to contract when they become cool, and either break or go badly out of tune owing to altered tension. For your music room choose that which is most regularly inhabited.

In order to maintain the color of the keys it is advisible to leave them uncovered as much as possible. But if this is done care must be taken to dust them thoroughly each day.

Dark, yellow stains can be removed by a soft, non-linty rag dipped in methylated spirit, and polishing a few moments later. It will be found that the keys of a piano will retain their whiteness far longer in a dry and even temperature.

A squeaking pedal is an abomination, both to a performer and his audience. This can be remedied by the application of a little ordinary black-lead to the pivots at the base of the pedal lever.

To ensure getting the best out of your piano, keep it aired, tuned, cleaned and dry.

It Stopped Her Cough and Brought Peace, Comfort and a Restful Night

GRAY'S SYRUP OF RED SPRUCE GUM

Montreal D. WATSON & CO. New York

Seven Years Have Passed.

When, seven years ago, the world realized, with a great thankfulness, that Armageddon had actually come to an end, Flanders fields were vast tracts of land laid bare and desolate by the invader, covered with mud and debris, and dotted with struggling weeds and scarlet poppies. Now they have regained much of their normal aspect.

At St. Eloi, Zillebeke, St. Jean, Boesinghe, and in the district of the Yser Canal reconstruction work is all but completed, and everywhere newly-built shops, houses, and churches pay striking testimony to the industry of the Belgian people.

Here and there, it is true, certain War-time features have been preserved, as, for instance, the trenches at Nieuport, which have been made permanent by fortifying with cement.

At Ypres, the town is entirely rebuilt, and reconstruction work on the cathedral is being pushed forward at a rapid rate. Only the ruins of the wonderful old Cloth Hall remain, and will stand stark against the skyline for ever—a memorial of suffering and heroism.

Amid all this newness two striking exceptions are Hill 60 and Houthulst Forest. The latter still remains a group of blackened tree-stumps, just as it was after that devastating gas-attack in which thousands of French soldiers, many of whose bodies still lie hidden in the dense undergrowth, were overcome by the fumes.

At Hill 60, the visitor may see old shells, cartridges, boots, socks, and other pathetic remains. Here to-day more than at any other place in the battlefields, is it possible to realize to the full what the War meant.

The work of completing the reverent orderliness of the cemeteries and raising memorials is also nearing its end. In fact, the country has now all but settled down. Those who contemplate a visit to the battlefields should make it as soon as possible.

Mine is Not a Singing Voice.

Mine is not a singing voice,
My fingers rasp a lute,
And passion, though it burn me up,
Strikes me stark and mute.

Search, oh love, my open eyes,
In men like me rise notes
Which beats out paeans in their breasts,
But strangle in their throats.

—Harbor Allen.

Silence.

When one small touch of Charity
Could lift them nearer God-like state
Then if the crowded Orb should cry
Like those who cried Diana Great:

And I, too, talk and lose the touch
I talk of. Surely, after all,
The noblest answer unto such
Is perfect stillness when they brawl.

—Tennyson.

CHILDREN LIKE BABY'S OWN TABLETS

Because They Are Tasteless and Are Easy to Take.

One of the strongest points in favor of any medicine for children is that it is so agreeable that the mother does not have to force it down the little one's throat.

Baby's Own Tablets have no drug taste, may be crushed to a powder if desired, and babies like them. They are perfectly safe for they contain no opiate or narcotic. They sweeten the stomach and remove the cause of fretfulness.

Mrs. Arthur Charlebois, Pawtucket, R.I., says: "I have found Baby's Own Tablets to be a gentle laxative and a safe remedy for stomach disorders in children. Our little boy had been given harsh cathartics but these tablets worked more effectively without the severe griping. I can recommend them to all mothers of little children."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Pipes Cause Forest Fires.

The cigarette has been blamed for much, and the "good old Indeen" has had many a eulogy; but experiments carried on in California by members of the Forest Service, United States Department of Agriculture, dealing with the possible causes of what are termed "smoker fires" bid fair to turn the tables upon the highly praised briar, clay or cob, and to find it the guiltiest member of the smoker's trinity.

In typical national forest surroundings, such as are frequented all summer long by tourist and camper, 200 experiments were recently made of the relative importance of cigar, cigarette, pipe heel, and lighted match as a cause of forest fires.

With the aid of a motor-driven fan, breezes and even gales of various intensities were imitated to accelerate the forest fires produced on a minute scale. Forest litter, bark, rotten wood, pine needles—all the ordinary forest fuels—were exposed to ignition.

The results showed fairly conclusively that the smouldering tobacco from pipes would start fires, in almost every instance, whenever it fell on well air-dried material, and with very slight aid from the wind.

In this respect, pipe ficels far outdid either cigar or cigarette and in these tests was outdone only by the lighted match, which maintained a 110 per cent. record as a fire starter. The inference is that the pipe smoker can no longer be considered free from suspicion, as he has been in some instances, but should be subject to the same restrictions as the user of the "tailor-made" cigarette and the cigar. The foresters point out, however, that it is the degree of thoughtfulness and care that the smoker exercises in dropping of his matches, snipes, butts and pipe heels, rather than what he smokes, that concerns them most.

Minard's Liniment for Chilblains.

The name "Red Rose" has been a guarantee of quality for 30 years

RED ROSE TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

Hospital for Sick Children.

67 College St., Toronto, Ont.
Christmas, 1925.

Dear Mr. Editor:—

This is the fiftieth year—centennial of the Hospital for Sick Children. It is the Golden Anniversary of an institution which started out in 1875 with a six-bed dispensary to cure children medically of illnesses and to rid them surgically of their disabilities. Fifty years have passed and the tiny beginning has grown into one of the greatest institutions of its kind in the world.

The people of this province endorsed this service—and they made it possible by their Christmas gifts. They are rewarded by the knowledge that thousands of Ontario children will grow up into healthy, vigorous manhood blessing the "Hospital cots" wherein they were restored and strengthened to play a full part in the battle of life.

To win back health for sick boys and girls was the mission of the Hospital's ward-service last year. Besides that there were half a hundred thousand visits in the Out-Patient Department, the less serious cases of which this cost a great deal, although the doctors give their skill and the nurses of their time is board and lodging and must be provided, besides the medicine to be procured in the way of medical and surgical supplies required to treat the many ailments and accidents to which children are subject.

In order to maintain the standard of efficiency and also the scope of its service, the Hospital is conducted all over Ontario. The Hospital is compelled to run a deficit during the year. On the occasion of its fiftieth Christmas it is made to the public for gifts that will allow the Hospital to start its second century of service with its work renewed by a credit balance.

It is indeed a noble cause and I feel sure you will convey my appeal to your readers.

Faithfully yours,
IRVING EATON,
Chairman Appeal Committee.

Note—This Hospital does not receive an appropriation from the Federation for Community Drive.

What's in a Name

Sometimes a great deal can be seen from the following list. This compilation shows some and even ludicrous, results when family names with [illegible] ones.

Sponsors who read the list would do well to heed it. We are requested to "name the baby" Edna Broker Monaco; Ethel English Earle; Sawyer Farmer; Nelson Pray Daily; Helen Saxage; Owen Taylor; Molly Little Lambe; Broker Husband; R. U. Phelan Goode; Marie Flor; Eaton Growe Phipps; Uppe; Betty Sawyer; Kiss Reading.

Material in Oldest Stars Weighs 22 Tons to Inch.

The oldest stars, known as "dwarfs," are made of the heaviest substance known to science, according to an interview with Professor Dingle, noted British astronomer, published in "The Daily Mail." It has been computed that this substance is 53,000 times heavier than water, 10,000 times heavier than lead. A child could not lift a piece the size of a penny. A pint of it would weigh more than twenty-two tons.

When hoarse use Minard's Liniment.

In an ounce of sugar there is sufficient energy to propel a ship of 500 tons, the plays of Shakespeare's plays in the way to a brain as gifted as Sir Arthur Keith.

Either Kind Stops Coughs

Buckley's Mixture "Strong" or "Modified" will stop your cough or cold. Buckley's "Strong" is the same efficient remedy you have used before. Buckley's "Modified" differs in taste only. Made for those who find medicines distasteful, particularly the children.

Both Mixtures act like a flash on coughs, bronchitis or any affection of throat, chest and lungs.

75c—40 doses

BUCKLEY'S MIXTURE "STRONG" OR "MODIFIED"

W. K. Buckley, Limited, 142 Mutual St., Toronto 2

Britons Growing Shorter.

Sir Arthur Keith, conservator of the Royal College of Surgeon's Museums and England's best-known anthropologist, says the average height of the modern Englisman is 5 feet 6 inches. It was previously supposed for many years that the average was 5 feet 8 inches. Sir Arthur said also in a recent lecture that the brain of modern Europeans is smaller to-day than formerly.

Upset stomach, sluggish liver, and acid condition cause bad breath. Seigel's Syrup gets at the cause. Try it and have a wholesome breath. Any drug store.

If you are mashing potatoes be sure the milk used is hot. Cold or luke-warm milk will make the potatoes heavy and pasty.

Keep Minard's Liniment handy.

Mix a little ammonia with the beeswax and turpentine used for floor polishing. The wax will then dissolve quickly.

SHIP US YOUR POULTRY, GAME, EGGS, BUTTER AND FEATHERS
—WE BUY ALL YEAR ROUND—
Write today for prices—we guarantee them for a week ahead
P. POULIN & CO., LIMITED
Established 1901 Quality
36-38 Bonsecours Market—Montreal

There is only one Campana's Italian Balm

Makes bad complexions good and good complexions better

Campana's Italian Balm

Because Nothing Else So Beautifies the Complexion.

Sold by Druggists and Department Stores.

CHILBLAINS!

Wash the feet with warm water and rub with Minard's. Quickly stops the pain.

MINARD'S "KING OF PAIN" LINIMENT

GENUINE ASPIRIN PROVED SAFE

Take without Fear as Told in "Bayer" Package

BAYER

Does not affect the Heart

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Tablets of Aspirin proved safe by millions and prescribed by physicians over twenty-five years for

Colds	Headache
Neuritis	Lumbago
Toothache	Rheumatism
Neuralgia	Pain, Pain

Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100.

Why Suffer With Itching Rashes

When a warm bath with Cuticura Soap and application of Cuticura Ointment will afford immediate relief and point to permanent skin health in most cases where all else fails.

Sample Each Free by Mail. Address: Cuticura Laboratories, Dept. 22, Malden, Mass.