

WHAT ONE GIRL WORE

By Betty Brownlee



The long-sleeved dinner gowns are very new in the style picture. We find that they have a certain medieval charm. You can be as demure as you wish at dinner, with your gown cut high at the back and front, or you can be very sophisticated and have your décolletage cut to the waist in the back. Some of the new dresses can be made to do double duty because of the long detachable sleeves with which they are made.

Velvet is always rich-looking and effective, and the new cut-velvets are especially lovely. But, if you can afford only one or two dinner gowns in your wardrobe, we advise that they be of some lighter fabric. Remember that the formal season advances well into Spring, and on a mild evening velvet isn't as comfortable as many of the other fabrics.

We especially like the dinner gown sketched today. It is a charming combination of youthfulness and sophistication. The neckline is cut high, both back and front, and there is a tiny turn-down collar. An opening at the back allows for an interesting waistline décolletage. The buttons, covered with the fabric (which, by the way, is the new cut velvet in a deep shade of mulberry), start from the neckline at

Haileybury Lodge, 364 I. O. O. F.

Meets Second and Fourth Mondays of each month, in the I.O.O.F. Temple at 8.00 p.m.

Temiskaming & Northern Ontario Railway

TRAIN SERVICE

Train No. 17—North Bay to Cochrane Monday, Wednesday and Friday Through Sleeping Car service Ottawa-Timmins.

Train No. 18—Cochrane to North Bay, Tuesday, Thursday and Saturday Through Sleeper Timmins-Ottawa.

Trains Nos. 17 and 18 use Canadian Pacific Railway Station at North Bay.

Trains Nos. 46 and 47—Through service daily between Toronto and Cochrane, carrying through Sleepers between Toronto and Timmins, Toronto and Rouyn, and between Montreal and Cochrane. Parlor Cafe Car Service operating between North Bay and Swastika. These trains use Canadian National Railways Station at North Bay.

Connection at Earlton Jct. for Elk Lake, daily except Sunday.

Daily except Sunday service between Englehart and Charlton.

Connections at Swastika, daily with Nipissing Central Railway for Kirkland Lake, Larder Lake, Chemung, Ont., Aldermac, Rouyn and Noranda, Que.

Connections at Porquus Jct. daily for Ironduis Falls.

Connections at Porquus Jct. daily for Connaught, South Porcupine, Schumacher and Timmins.

Service between Cochrane, Moosonee and intermediate points:

Train No. 101—Leaves Cochrane 9.00 a.m., Tuesday only, arrives Moosonee 6.00 p.m. Tuesday.

Train No. 102—Leaves Moosonee 8.00 a.m., Thursday only, arrives Cochrane 5.00 p.m.

Train No. 103—Leaves Cochrane 9.00 a.m., Monday only, arrives Island Falls 12.20 p.m.

Train No. 104—Leaves Island Falls 1.00 p.m., Monday only, arrives Cochrane 4.00 p.m.

Train No. 105—Leaves Cochrane 9.00 a.m., Saturday only, arrives Fraserdale 1.33 p.m.

Train No. 106—Leaves Fraserdale 2.00 p.m. Saturday only, arrives Cochrane 6.20 p.m.

Close connections at North Bay for points South, East and West.

For further particulars, apply to any T. & N.O. Rly. Agent, or

A. J. PARR, General Freight and Passenger Agent, North Bay, Ont.

Montreal River News

Mr. Fernand Montpetit of Hound Chutes has been transferred to Matabitchouan generating station, relieving Mr. Arthur Babbage, who has been transferred to Cobalt sub-station.

A pleasant evening was spent in the community hall at a dance given by Mr. and Mrs. E. Dechene.

Mr. Leo Belland passed through here on his way to MacDonald Lake.

The new rink at Matabitchouan is providing plenty of entertainment for all, and some important hockey games will be announced later.

Banff Queen



Miss Violet Davis, of Edmonton, Alberta, who will reign as Queen of the Banff Winter Carnival, from January 31st to February 4th, inclusive. This internationally famous winter sports meet, which provides thrills ranging from outdoor swimming, to toboggan chutes built on mountain sides, and ski-joring over mountain trails, will this year again take its place among the outstanding Western Canadian winter carnivals.

the back and continue after the break beneath the waistline. Long sleeves show fullness above the elbows and the gown features a slight train.

THE RHYMING OPTIMIST

By Aline Michaelis

YOU AND I

Who are they whom labor brings
Boons too blessed to deny,
Toiling on with heart that sings?
You and I!

Who are they who learn at last
Wise men put vain longings by,
And, so learning, leave the past?
You and I!

Who are they who seek and gain
Tender heart and seeing eye
As the rich rewards of pain?
You and I!

Who are they who often find,
As the days so swiftly fly,
Just how good life is, how kind?
You and I!

LOVE

It flows through all life's plain or secret way,
It rings in notes of meadow larks at dawn,
It casts its glory down the darkened maze
Of hearts forsaken when all else is gone,
It stirs the pulses with the breath of spring,
Its echoes flood December days with song,
For even the memories of its splendor bring
A swelling tide of rapture, sweet and strong.

It does not pass the feeble or the old,
And it can thrive for lowly folk and poor;
Untouched by tropic heat or Arctic cold
Through strange vicissitudes it can endure,
Down all life's avenues its forces move,
And, lacking better name, men call it love!

Canadian National Railways Earnings

Gross revenues of the all-inclusive Canadian National Railways System for the week ending December 7th, 1933 were \$2,998,864 as compared with \$2,892,563 for the corresponding period of 1932, an increase of \$106,301.

THE UNLUCKY EGYPTIAN SQUADRON



Perhaps the most "unlucky" formation flight ever undertaken by a squadron of British aeroplanes took place recently when a number of military planes, manned by Egyptian officers, took off from England for Egypt, where they were intended for general purpose duties with the Egyptian Army Air Force. Shortly after the start of the flight bad weather was encountered and it was only after a fight against tremendous odds that the machines reached their destination. En route one plane crashed, killing the Egyptian officer, and later another machine was forced down with injury to the fliers. Our picture shows the squadron with an Egyptian officer in the foreground.

REDUCED FARES

Between All Points in Canada and to Certain Destinations in the United States

CHRISTMAS and NEW YEAR'S

SINGLE FARE FOR ROUND TRIP

Christmas Week-End—On sale from 5 a.m. December 23 up to and including December 25. Return limit to reach starting point not later than midnight, Tuesday, December 26

New Year's Week-End—On sale from 5 a.m. December 30 up to and including January 1. Return limit to reach original starting point not later than midnight, Tuesday, January 2.

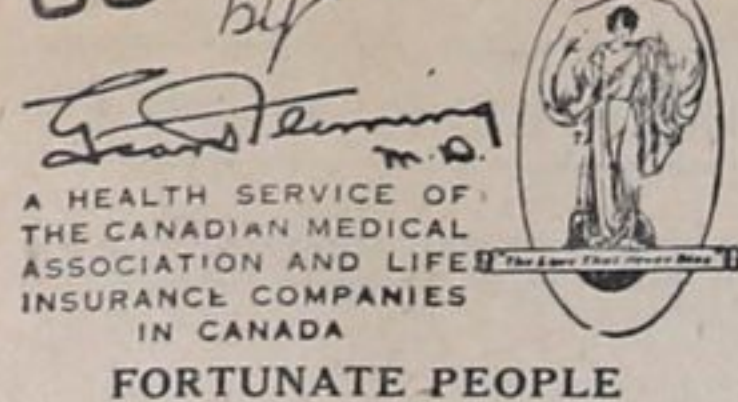
FARE AND A QUARTER FOR ROUND TRIP

Good going Thursday, December 21, to Monday, January 1, inclusive; good to return leaving destination not later than midnight, Monday, January 8.

Tickets and complete information from any Agent

CANADIAN PACIFIC

HEALTH



FORTUNATE PEOPLE

"What a lucky person!" exclaims the thoughtless individual. Good health is not a matter of chance or luck. Good health is the reward for proper living. It is just as important to display the same intelligence in health matters as is devoted to business and other affairs of life.

The woman who dies of cancer is not unlucky. She has been either ignorant of, or has disregarded the early signs of disease. The woman who has recovered from cancer went to her doctor as soon as she noticed a lump in her breast or some irregularity in her periods. Call her lucky if you like, but it was really the fact that she paid attention to what she knew that saved her life.

The child who died from diphtheria was unlucky because he was the child of parents who were ignorant of carelessness, with the result that he did not receive the injections of toxoid that would have protected him against the

germs of diphtheria. Fortunate is the child who is born to a mother who recognizes the importance of breast-feeding, and who knows that vaccination against small-pox and immunization against diphtheria are practical means of safeguarding the child. Fortunate is the child whose parents realize that child care is a difficult task, for which training is required.

Good teeth are the product of a proper diet and care. No amount of luck will give strong, sound teeth to the child who does not receive in his diet the minerals and vitamins required to build healthy teeth. The proper diet requires some understanding of food values and calls for planning on the part of the mother; it cannot be secured by chance.

A healthy child is a well-trained child. A healthy mind and body are the reward for good training. Health calls for a certain amount of self-discipline which is reasonably easy for the adult who secured a proper start in life through good training.

We are not all born with the same degree of intelligence or the same physical capacities but what becomes of us is not a question of good luck or of bad luck; it depends upon how well trained we are as children, and how, as adults, we make use of our training to take care of ourselves in order that we may enjoy physical and mental health.

SOURED ON THE WORLD?—THAT'S LIVER

Wake up your Liver Bile—No Calomel necessary. Many people who feel sour, sluggish and generally wretched make the mistake of taking salts, oil, mineral water, laxative candy or chewing gum, or roughage which only move the bowels and ignore the liver. What you need is to wake up your liver bile. Start your liver pouring the daily two pounds of liquid bile into your bowels. Get your stomach and intestines working as they should, once more. Carter's Little Liver Pills will soon fix you up. Purely vegetable. Safe. Sure. Quick. Ask for them by name. Refuse substitutes. 25c. at all druggists.

DO YOU PREFER A QUIET HOTEL?

IF YOU DO, YOU WILL ENJOY HOTEL WAVERLEY AND IT'S HOME-LIKE ATMOSPHERE.

YOU WILL ENJOY THE TASTY, INEXPENSIVE FOOD SERVED IN OUR BEAUTIFUL DINING ROOM.

Rates \$1.50 up

HOTEL WAVERLEY
TORONTO
WRITE FOR FOLDER

There is a Santa Claus

DOMINION STORES

DOMINION STORES' PRICES Prove it!

You'll find the savings you make at "Dominion" are Real Presents, not only at Christmas, but all the year round.

NEW CROP, SEEDLESS NAVEL ORANGES
GOOD SIZE
39c doz. 3 for \$1.00

Candies

19c Rocks and Spools, Jellies, Peppermints, Chocolates, Etc., Etc.

AND Jelly Beans, Humbugs, Gum Drops, Satin Mixed, Etc., Etc. 15c

Christmas Puddings Each 69c Approx. 1/2 lbs.

Lettuce FIRM, CRISP HEADS 2 for 19c

OUR OWN Christmas CAKE
Plain or Almond Iced
lb. 39c

Fruit

Australian Seedless RAISINS - 2 lbs. 27c
Domino Seedless RAISINS - Pkg. 16c
Lemon and Orange PEEL - lb. 23c
Whole Glacé CHERRIES - 39c
Recleaned CURRANTS - lb. 17c
Seeded RAISINS - Pkg. 17c

SPECIALS IN OUR MEAT DEPT.

Fancy Select Quality Turkeys . . . 22c lb.
Fancy Fresh-killed Geese . . . 15c lb.
Choice Fresh Hams . . . 14c lb.
Golden Glow Ground Kidney Suet 2 lbs. 25c
Extra Choice Quality Oysters 28c half pint

OLIVES
CLUBHOUSE PLAIN 6 1/2-oz. Jar 19c
McLAREN'S STUFFED 11-oz. Jar 25c

TEAS
To Round Out the Feast
DOMINO Red Package lb. 39c
RICHMELLO Blue Label lb. 49c
RICHMELLO Yellow Label lb. 67c

Tru's
New Crop Mixed lb. 21c

DOMINION STORES COFFEES
Are Fresh Ground in the Store
"RICHMELLO" lb. 45c
"DOMINO" lb. 35c
"Early Morning" lb. 29c

DOMINION STORES LIMITED

New Season's TABLE FIGS lb. 23c

Table delicacies

Shirriff's Table JELLIES 12-oz. Jar 25c
Grosse & Blackwell's Branston Pickle Jar 23c
Hi-Grade Bot HORSE RADISH - 10c
McLaren's Jelly POWDERS 4 Pkgs. 25c
Bird's Custard POWDER Pkg. 15c
Dominion PEAS No. 2 Tin 17c
Aylmer No. 1 Tin ASPARAGUS 21c