



**Let's Teach Girls Courage.**

Now that women have been given the vote and have pushed their way into practically every occupation once supposed to be exclusively masculine, I've been wondering if it wouldn't be a good thing to make the early training of our daughters the same as that we give our sons. For if men and women are to be on a plane of equality what more reasonable than that they should be started off alike in babyhood? As it is to-day the training given our boys is very dissimilar from that we accord our daughters.

Courage being the most admirable trait in a man, we start to developing it in our men-children from their earliest days. But physical courage not being so necessary in women, we fail to impress its desirability on our daughters, with the result that though some of them arrive at maturity with plenty of physical courage, there is a large per cent. who fail to cultivate either the physical or moral sort.

A group of small children ranging in ages from two to five were playing in the yard the other day. Suddenly the air was rent with the loud wails of a two-year-old girl. Doors flew open and mothers rushed out from a half dozen houses, while older sisters and brothers from across the street left their ball game to hurry to the rescue. Inquiry developed the fact that Mary Ellen had stubbed her toe and fallen down in the grass. She wasn't hurt, not the slightest mite, but her mother picked her up and kissed and hugged her, someone else gave her an apple, a third promised her an auto ride, while everybody blamed "the naughty old ground" for bumping the baby. She was made quite a heroine and encouraged to magnify her little ills.

A half hour later there was a real shrill cry of pain. It was a three-year-old boy—everybody knew in both instances who was crying, cries are as distinctive as voices. He had fallen down the steps and cut his knee on the concrete walk. Blood ran down his leg and he really was hurt. Was there the same commotion? Nobody ran out. The next-door neighbor looked out the window and laughed, the children across the street mocked him, and his own mother came to the door and commanded him to stop crying and be a man!

If you want to teach stoicism it was the proper thing to do, and at any rate, it was far saner treatment than the little girl got. But if it was good treatment for the boy, why wasn't it equally good for the girl? Why teach him to grin and bear it, and encourage her to grow into a cry-baby? When that girl becomes a woman she is going to meet a great many bumps. Wouldn't it be better to prepare her for them as she goes along, than to coddle her through infancy and young girlhood and then thrust her entirely unprepared, into a world full of hard bumps and bruises? Why wouldn't it be a good thing to teach our girls fortitude and physical endurance? Those attributes are just as necessary in home-making as they are in wage-earning. There would be less whining and fewer complaints when things didn't go right, for complaining is really a sign of cowardice and weakness.

Teach the girls that life is a game of give and take. There has been too much giving the best room to sister and letting brother take what he can get. We have insisted all too long that brother must be a gentleman and give up to sister because she is a girl. Let's make simple justice the rule instead of sex. Let the girl know she must expect nothing simply because she is a girl. Teach her to be what the boys call a "good sport," to play the game fair whether it is a child's game or a youth's work. Let's bring her up as we do our boys, to be brave, honest and independent, claiming nothing which is not hers by right, and insisting on getting what is her due.

We can't do this by coddling, by encouraging her to cry when she is hurt, mope when she has a little ache or pain, or to take petty revenge when she is thwarted. If she is to be the sort of woman the world is suffering for to-day she mustn't be brought up to be a "little lady." She must be taught, as her brother, to take a "sporting chance."

**Housekeepers' Exchange.**

**The Handy Crochet Needle.**—Try keeping a small steel crochet needle in your sewing machine drawer. It will be found invaluable in pulling out bastings, ripping, catching the under thread, and other details incidental to sewing.—M. A. P.

**Handling Small Garments.**—When making children's dresses do not sew up the back seam until the last, as it

is much easier to sew on panel fronts, yokes, belts, trimming braid, etc., if the dress can be laid flat.—Mrs. T. McK.

**To Prevent Needles from Rusting.**—A good way to keep needles from rusting is to place them in booklets made from the waxed paper that comes around crackers. Damp weather causes needles to rust, but this precaution will prevent it. A little child will enjoy making some of these little booklets, and they will last a long time.—Mrs. J. J. O'C.

**Sewing on Lace.**—When sewing lace on a garment, don't forget that the thread at the edge was put there purposely for a drawstring, and you can gather the lace to just the right fullness without the use of a needle and thread. When one is sewing insertion on a garment where there is a corner to be turned, this gathering thread comes handy also.—Mrs. E. S. T.

**Renewing Velvet.**—When steaming velvet over a teakettle, insert a funnel in the mouth of the kettle. This will spread the steam over a larger surface and the work will be quickly accomplished.—Mrs. J. J. O'C.

**Pressing Woolen Goods and Silks.**—When pressing a wool fabric or a piece of fine silk, lay unbleached muslin over it, in order to prevent glossing. After passing the iron over woollens, lift up the cloth and brush the nap with a stiff brush.—Miss Z. I. D.

**Reinforcing Stockings.**—A good way to strengthen the children's stockings is to sew strong black muslin on the bias, inside the heels and knees. It will not show and will trouble the life of the stocking.—Mrs. J. J. O'C.

**Lightening the Husband's Day.**

Few wives but wish at one time or another that they could help to make the day of their husbands lighter and more successful. Many study this proposition and perhaps think that when they have been out in the field and helped to put on a load of hay or grain, or done something toward the chores, they have done their best and all they can, and this really is a great deal, often far too much for a woman to do in addition to her household cares.

But there is a very good way in which the wife may help her husband aside from sharing the active work out of doors. I mean by the work she does in the kitchen. Good cooking has more to do with the farmer's success or failure than we are apt to think. A man is just what his digestion makes of him. If he has good food to eat, eats it with a relish, digests it properly, the world has a good look to him and he gets through the hardest kind of work in good shape, going to his rest at night with a clear brain and ready for the sleep which will come to him.

This makes it well worth while for the farmer's wife to study the food she prepares and give its cooking the best possible care. Often it is not possible for the farmer's wife to get just the things she would like, especially at some seasons of the year. This places heavier strain upon her to see to it that what she does have is cooked well and served in an attractive manner. Farmer folks do not need such a great variety as may be supposed at any time of the year. Good, plain, simple food, well cooked, is enough to give health and strength for the day's work. One thing above all is necessary, and that is that everything shall be cooked perfectly done. Half-cooked food of any kind is a burden to the strongest digestion and helps to make work hard and disagreeable.

**THE FALL WEATHER HARD ON LITTLE ONES**

Canadian fall weather is extremely hard on little ones. One day is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic and unless the baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

No amount of scrubbing can make a rusty milk can fit to put milk into. Cans are costly these days; so are cans of milk. Cold squeezes milk to nothingness, dry weather causes the cows to shrink, but rusty cans are the worst of all.

**Armed Cruiser Reconditioned**

The latest addition to the great fleet of C.P.O.S. Steamships which ply between Canada and practically all the important ports of call in the world is the "Empress of France," before the war popularly known as the SS. "Alsatian" and one of the ocean greyhounds between Canada and Liverpool. The vessel has been reconditioned since the war ceased and recently completed her maiden trip to Quebec under her new name. Her interior arrangements and fittings will compare favorably with the great Leviathans in this respect. The "Empress of France" has a length of 600 ft.; beam 72 ft.; depth (to D deck) 54 ft. 6 in.; and a tonnage of 18,000 gross. A striking peculiarity is the cruiser's stern, which imparts a warlike appearance to the vessel. Her war record is one to be proud of.

The "Empress of France" as the SS. "Alsatian" was requisitioned for war purposes under Royal Proclamation immediately on her arrival at the port of Liverpool, midnight on the 6th of August, 1914. After completion of discharge, the entire removal of all passenger accommodation and other woodwork, she was armed with 8-6 in. guns, commissioned and manned by a naval crew under the command of Captain V. Phillimore, D.S.O., and was attached to the 10th Cruiser Squadron on northern patrol duty, sailing from Liverpool on August 15th, at which port she has been based during the entire period of her commission.

From August to December, 1914, she remained as above stated, but in December she was made Flag Ship of the Squadron to which she was attached, and Vice-Admiral Sir Dudley R. S. DeChair, K.C.B., M.V.O., hoisted his flag, which flew up to March, 1916, when he was succeeded by Admiral Sir Reginald G. Tupper, K.C.B., C.V.O., who was succeeded in November, 1918, by Rear-Admiral C. W. Keighley Peach, under whose flag she terminated her commission as an Armed Cruiser.

The Squadron to which she was attached, and later became Flagship of, consisted of 24 vessels, the majority of which were Armed Mercantile Cruisers. The duties of the Squadron consisted of the stopping of vessels, boarding them and examining their papers, and should on examination they prove to be at all of a suspicious nature, a Naval Officer was placed in charge and they were taken into a United Kingdom port for closer examination. This similarly applied to any members of the passengers or crew, as each and everyone had to give a satisfactory explanation as to their nationality and business. Available records show that in all the Squadron intercepted some 10,000 vessels, but it is impossible to state how many of these proved to be engaged in work hostile to the Allies' interests.

In the early part of 1918, circumstances permitted of the 10th Cruiser Squadron being considerably reduced in numbers, and vessels so engaged being allocated to Convoy Protection Duty, the "Alsatian" figuring amongst the number and being stationed on the North Atlantic route in such capacity. While so engaged she escorted nine convoys of about 20 vessels each, carrying an estimated number of troops per convoy of 30,000, principally Americans.

While engaged on Convoy Escort duties the "Alsatian" also carried troops and cargo, the number of former per voyage being about 600, and the weight of cargo per voyage between 2,000 and 3,000 tons. She made her last voyage on Government Service in November, 1918, sailing from Liverpool on the 14th, and redocked at that port on December 11th, 1918, having steamed a total distance on Government Service of 266,741 miles and consumed 170,571 tons of coal.

On January 17th, 1919, she left for Glasgow, having been placed in the hands of her builders—Messrs. Beardmore & Co.—by the Admiralty for reconditioning, being redelivered to the C.P.O.S. at the Port of Liverpool on Thursday, September 25th, and sailed for Quebec on Friday, September 26th.

Captain Outram, her captain when war broke out, was given the rank of Commander R.N.R., and acted in that capacity, which was of an advisory nature, under both Vice-Admiral Sir Dudley R. S. De Chair, K.C.B., M.V.O., and Admiral Sir Reginald G. Tupper, K.C.B., C.V.O., and was granted the D.S.O. for services rendered, being succeeded by Captain Cook at the same time as Admiral Tupper was succeeded by Rear-Admiral C. W. Keighley Peach. Captain Cook was appointed Flag Captain, and granted a commission as Captain R.N.R., and now commands the vessel.

**A Restless Life.**

Little Helen's oldest sister was conferring on her some bits of useful knowledge as she helped the child undress.

"You know, dear," she said, "all the stars are worlds like ours."  
"Well, if that's so, I shouldn't like to live on one of them," declared Helen stoutly. "It would be so horrid when it twinkled!"

Serpents are said to be able to live six months without food.



**Health**

**How to Treat a "Cold."**

The body should be kept constantly warm and in a uniform temperature. You should avoid drafts and also discontinue the skin gymnastics such as we have recommended as preventive measures. Exposure to light, mild drafts for a limited period of time, serves as an excellent healthful measure and materially aids us in warding off colds, but once the cold is contracted, such exposure should be rigidly avoided.

Probably one of the most important things to do after having contracted a cold is to take a hot foot bath, at a temperature of say 115 Fahrenheit and a good hot drink,—probably the best is hot lemonade,—and a dose of relaxing medicine. It will be found of advantage to keep the feet in hot water at a temperature of 115 degrees for about twenty minutes to half an hour, seeing at the same time that the body is well protected and warmly clothed. If it is convenient, it is well to take a full hot or warm bath from 100 to 105 or 110 degrees and then go promptly to bed. You will be surprised how much time you can save year in and year out by recognizing the first danger signals of the so-called cold, and if it does not respond to this simple treatment, send promptly for your family physician.

As regards food, eat moderately. Whiskey and heavy doses of quinine, which you frequently hear recommended, are decidedly objectionable, and usually do more harm than good. This applies to all quack remedies, catarrh cures, and so forth. Remember the so-called cold may be the beginning of an attack of influenza. It may be the beginning of tuberculosis or pneumonia, and in children is not infrequently the beginning of whooping cough or measles.

A cold in the young infant is always dangerous. It spreads rapidly if not promptly got under control, and soon involves the bronchial tubes and the lungs, resulting in broncho-pneumonia, which is a very fatal disease to infants and young children, especially under 5 years of age. The mother who has a cold should always wear a mask when nursing her baby, so as to prevent the possibility of any droplets coming in contact with the baby.

**Who Is My Neighbor?**

And who is my neighbor?—Luke 10: 29.

Is he my neighbor just over the way,  
Or the man beside my door?  
The one who has friends and comfort all,

Or he who needs me the more?  
The Master hath told of one in distress—

Ill-treated, forlorn, unknown,  
The neighbor as one, tho' of birth despised,

Who kindness and love had shown.  
"Go likewise and do" was His warning word,

And so, if true neighbor I'd be,  
I will seek for the ones—near, afar,  
Whose need shall be all their plea.  
Fred Scott Shepard.

**Not His Head.**

A Scotsman was being shown over a man-o'-war for the first time in his life, and, being keenly interested in all he saw, plied his guide with all sorts of questions.

The marines seemed particularly to interest him, and, going up to one, he pointed to the "grenade" in the marine's cap, and asked what it was. The marine looked at him in surprise.

"Don't you know what that is?" he asked. "Why, that's a turnip, of course!"

"Ach, mon," replied the Scot, impatiently, "I was no axin' aboot yer head!"

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**Dr. Williams' Pink Pills Act Directly On the Blood and Nerves.**

Food is as important to the sick person as medicine, more so in most cases. A badly chosen diet may retard recovery. In health the natural appetite is the best guide to follow; in sickness the appetite is often fickle and depraved.

Proper food and a good tonic will keep most people in good health. Dr. Williams' Pink Pills are the most popular tonic medicine in the world, harmless and certain in their action, which is to build up the blood and restore the vitality to the run-down system. For growing girls who become thin and pale, for pale, tired women, and for old people who fail in strength, Dr. Williams' Pink Pills are an ideal tonic. Thousands of people have testified to the health-giving qualities of Dr. Williams' Pink Pills, and in many homes they are the only medicine used. Among the homes in which the benefit of this medicine has been proved is that of Mr. E. A. Underwood, Kingston, Ont., who says:—"I have used Dr. Williams' Pink Pills with the most beneficial results. As the result of hard work I was very much run down, and my appetite was very poor. I got a supply of the pills which I used regularly for some weeks with the result that they restored me to my old time strength. They also proved a blessing to my daughter, who was in a very anaemic condition, and who seemed not to get more than temporary relief from any medicine until she took Dr. Williams' Pink Pills. She took the pills for about three months, and is now enjoying the best of health. For these reasons I can strongly recommend Dr. Williams' Pink Pills."

At the first sign that the blood is out of order take Dr. Williams' Pink Pills, and note the speedy improvement, they make in the appetite, health and spirits. You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

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