

A PARADISE FOR SKI-MEN



Preparations are already being made for the annual carnival to be held at Banff amidst the glories of the Canadian Pacific Rockies. Banff is ideally situated for winter sports and this season the dates have been fixed from January 29th to February 5th inclusive. The Secretary writes that the programme is to be considerably extended. He says:

"Our Ski Hill has now been completed in accordance with the suggestions made by the world's champion, Anders Haugen, of Brooten, Minn., and we are confident that a new world's record will be established on our Hill this Carnival. We have decided to offer a substantial cash prize to the man who can beat the present world's record and to supplement this cash prize with a further prize of \$10.00 for every foot or portion of a foot by which the record is broken on our hill. We will also follow the same principle in connection with the amateur championship only in that case the inducement or reward will be in the shape of an especially attractive prize. We have at the present time four different jumps, so that we will be in a position to stage competitions in all classes of this very spectacular and hair-raising sport.

"We expect that ladies hockey will be a very important factor in our sports this season. We have already been advised that the ladies of Vancouver, under the leadership of Mr. Frank Patrick, of professional hockey fame, expect to compete. The Regents, the Champions of Western

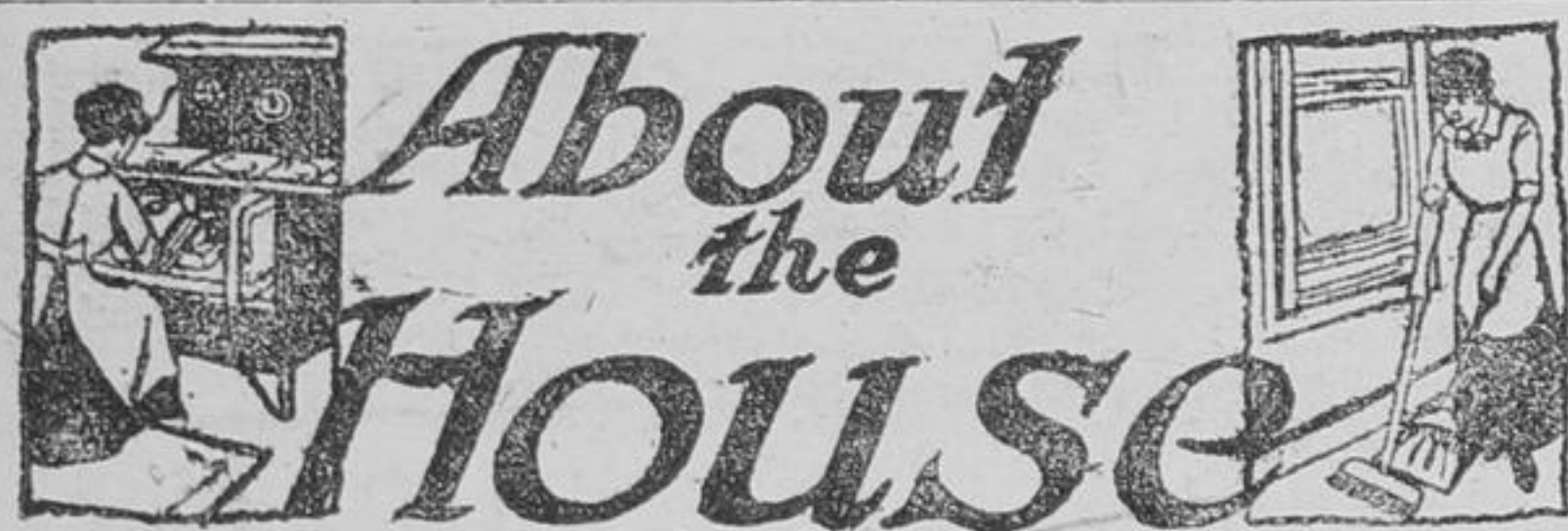


Canada, of Calgary, the Patricia's, also of Calgary, a team from Edmonton, a team from Vulcan, Alberta, and perhaps teams from Winnipeg and Ottawa are all expected to be on hand and compete with Vancouver and Ottawa for the Championship of Canada. A very elaborate trophy, together with ten very attractive and costly prizes, will in all probability be announced a little later in connection with this event.

"An ice palace will be constructed on a basis far more extensive than anything heretofore attempted and the resident engineer of the Dominion Government is now at work preparing the plans for same. We expect this palace, when illuminated, will be a view that will long live in the memories of those who will be fortunate enough to visit us and see it. The palace will be stormed at different times during the Carnival by representatives of all the

different sports indulged in, and it is expected that the fireworks display on these occasions will be most interesting.

"Special attention will again be given to art and fancy skating, and competition in these items on our programme promise to be very interesting. The Connaught Skating Club of Vancouver, with a membership of almost three hundred, has written saying that the Club will be well represented, and if we could be assured of some entries from Eastern Canada and the States, together with the assured entries we will have from Winnipeg, Calgary, Edmonton and Saskatoon, this feature of our programme would be one of the biggest events ever attempted in Canada. Application will be made to the Amateur Athletic Union of Canada to have all these contests representative of the Canadian Championships."



Before Mary Begins School.

Give a child the idea of size with a nest of boxes, with a set of books graded by sizes, with blocks, with spools, with tin pans. Any set of objects in series will be the materials for a group of play lessons for which the words "large" and "larger," "small" and "smaller" are the keys.

Along with size come length and height. Following sizes comes shape, taught most easily by sorting out all the blocks of a kind or all the beads of a kind from the usual boxes of blocks and wooden beads which are to be found among the playthings of most children. They all love to pick out shapes by touch, finding in a group of objects hidden under an apron in the mother's lap the twin of an object they hold in their hands, then, when they have the idea, doing the same from piles of their own making. They are interested in likenesses and differences. This interest is, indeed, at the bottom of most play suggestions for little children. Through it we start the child on the training of his sensibilities. In discovering differences and noting them and in performing operations which make note of them through touch or sight, the child is developing these powers which are at the moment awaiting development.

Other plays with duplicate spools or blocks introduce the idea of matching things, selecting one and finding its

twin. Then we come to sorting and here are opportunities for a variety of plays. Mix from the kitchen supply closet brown, white, and speckled beans; provide three receptacles into which to sort them. Make a play set from your button box. Children's delicate finger-tips are quickly susceptible to differences in texture. Go to your piece bag and cut squares (patchwork size) of cotton, flannel, velvet, corduroy, burlap, chamois skin, leather and silk, to be sorted into pieces of each kind, first by touch and sight, then by touch alone. Color plays come in a natural sequence, employing at first only the primary colors, red, orange, yellow, green, blue and violet.

The whole secret of home education for little children is for the mother to meet awakening instincts and powers with play supplies and play suggestions. To meet his needs she has only to get his viewpoint and travel with him the road of investigation and appreciation of the interesting world about him.

Tiddledywinks Baseball.

Tiddledywinks baseball is amusing for a stormy afternoon or for an evening party. The dining-room table, covered with a silence cloth or a thick shawl, is the diamond. Small glass cups represent home plate, first, second and third bases. One of the small

white tiddledywinks counters serves for a ball, while the colored ones represent the men.

The object of the game, as in baseball, is to get as many run as possible and to prevent the opponents from getting any. There may be several players on a side, but four is a good number.

A player on the side that is at bat first takes the white counter, places it beside the home plate and snaps it across the table as far on fair ground as possible. Then he takes a colored counter, representing the runner, places it beside the home plate and snaps it to first base. The side in the field watches the white counter; the player nearest to the place where it lands snaps it to first base as quickly as he can. It is a race to see whether he or the base runner will land his counter in the first-base cup soonest. If the white counter is pocketed first the runner is out. If the runner lands his first, he is safe. He may then go on snapping for the second cup, or he may wait.

The game proceeds after the fashion of real baseball. When the second batter is up he may bunt the ball by snapping the white counter only an eighth of an inch in front of the plate. While the other side scrambles for it he snaps his colored counter on toward first, and the runner at first base hurries on to second. The white counter may catch the runner who is going to second and jump into the cup at the same time. If it is a tie, the decision goes to the runner. Now the white counter is rushed back to first, which the other runner is still struggling to reach. The runner is put out. Another player goes up to the bat. This time there is a scramble to put the runner out at third; it fails, but he is caught a moment later at home plate. The next batter, we will say, is put out at first, then the other side has its inning.

The Empty Spool.

Thread was at first sold in hanks, as knitting wool is now, and ladies had to loosen the skeins and wind it into little balls. But a progressive thread manufacturer, James Clark, got a wood turner named Robert Paul to make a few wooden spools in the early eighteenth century, and then James Clark himself, to accommodate a fair customer, would sit down at a weaver's pirn in his own shop, while she waited, and wind the skein of thread on it for her. He charged her half a cent for this courtesy.

When the spool was empty she brought it back to him and he wound it full with thread again.

The fourth generation of Clarks are now making the cotton thread you

use to-day. Give the courtly old business fellow, James Clark, a passing thought when you throw away the next empty spool. Ladies could not do that in 1812.

There were plenty of other things they couldn't do and wouldn't do in those good old days. Thrift came naturally and of necessity in a world where inventions were not looking to waste and comfort. Wooden spools were never thrown away; a thimble lasted a lifetime, and one needle was often all a household afforded. It was kept as carefully as such a treasure deserved to be kept.

One bonnet, one shawl, one dress did almost a lifetime, too, for materials were hard to obtain and dressmakers few in number. When women wore their own clothes and the clothes of their families they did not encourage frequent change in fashions.

Nature Study in Winter.

Start the little folks in nature study. Buy a bulb or two and start them in a glass bowl of warm water, with a sprinkle of sand and a few pebbles in the bottom. Have the children watch for signs of the first shoot, and reward the sharp eyes which see it first. Let each one have a pot of earth, an empty can with a few holes punched in the bottom will do, and give them a few seeds to plant in their own can. Give each child a different seed. Have them keep records of the planting, growth and development of their plant. A double lesson may be taught, that of nature, and the spiritual lesson of the resurrection. Get out doors every day, if only for five minutes on the porch. You need the fresh air. Bundle the kiddies up and send them out, no matter what the weather. The crying lack of the average Canadian adult and child is fresh air.

The Origin of Meteors.

No question has been more disputed among astronomers than that which concerns the origin of "shooting stars"—more properly called meteors.

Laplace was of opinion that they came from volcanoes on the moon. A recent authority, Sir Robert Ball, thought that perhaps they were thrown out from terrestrial volcanoes in the distant past.

What we are able to observe of them from specimens that fall upon the earth would seem to indicate that they are debris of some kind. They are plainly fragmentary in character, and when not of mere stony stuff are of various metals, chiefly iron. It is entirely conceivable that they are fragments of smashed-up worlds, but the theory that they are debris of comets that have gone to pieces is more plausible.

Meteors entering our atmosphere travel through it at rates which seem to vary from ten to over one hundred miles a second. Friction rapidly burns them up, so that probably only the slow ones are able to reach the earth without being entirely consumed.

Highest Railway Stations in Canada.

The highest railway stations, with their elevations in feet above sea-level, in the respective provinces of Canada are as follows:

Nova Scotia, Folley, 612 feet; New Brunswick, Adams, 1,204 feet; Prince Edward Island, North Wiltshire, 311 feet; Quebec, Boundary, 1,850 feet; Ontario, Dundalk, 1,705 feet; Manitoba, Erickson, 2,053 feet; Saskatchewan, Senate, 3,171 feet; Alberta, Mountain Park, 5,820 feet; British Columbia, Stephen, 5,332 feet; Yukon, Meadows, 2,924 feet.

Men have lost more by crowding than they have by waiting their turn.

DELICATE GIRLS MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

If growing girls are to become well developed, healthy women their blood supply must be carefully watched. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It should be constantly borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular open-air exercise. But a lack of appetite, and tired, aching limbs tend to hinder progress. To save the weak, thin-blooded sufferer she must have new, rich, red blood and nothing meets a case of this kind so well as Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus promptly restoring health and strength and transforming anaemic girls and women into cheerful, happy people. Among the thousands who have obtained new health and strength through the use of Dr. Williams' Pink Pills is Miss Violet Booth, Glenarm, Ont., who says:—"For a long time I was in a badly run down condition. I was pale, breathless at the least exertion, and could hardly do any housework without stopping to rest. I often had severe headaches, and my appetite was poor and fickle, and I would get up in the morning without feeling the least bit rested. I had tried several medicines, but did not get benefit from anything until I began the use of Dr. Williams' Pink Pills. When I had taken two boxes I could see an improvement, and after using six boxes I found my health fully restored. I feel altogether different since I used the pills that I strongly advise them for all weak, run down people."

If you are weak or ailing in any way, avail yourself at once of the splendid home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville.

Canada's population is estimated at a little over two persons per square mile, as against 30 in the United States or over 200 in the British Isles.

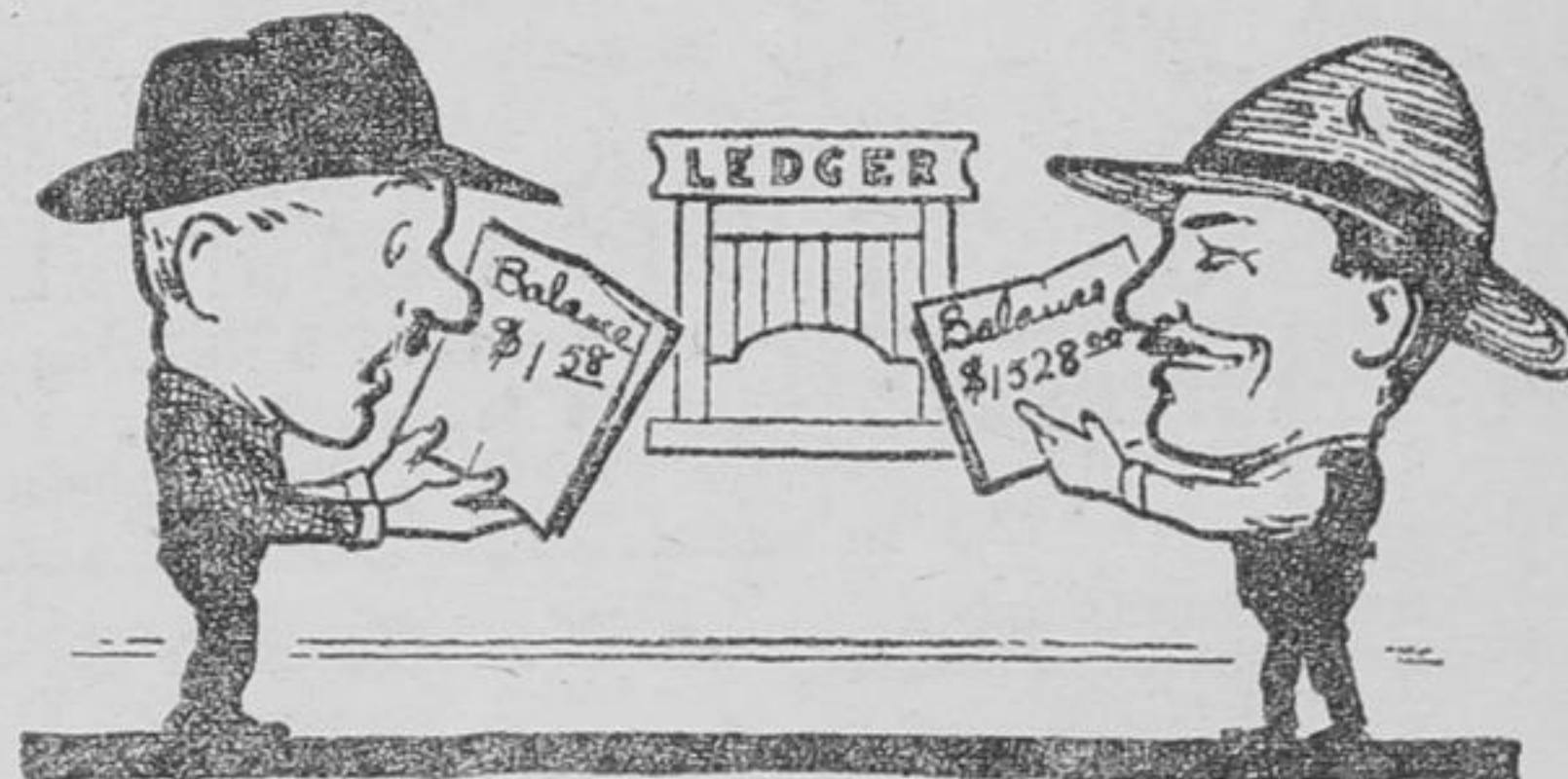
Five new school districts have been formed in Saskatchewan.

In these days of expensive fuel it is worth while to pay attention to a source that is too often neglected: the old stump field. Most, if not all of the coniferous trees have no taproot, but lay hold upon the ground with a widespread network of superficial roots that clutch the soil like a gigantic, many-fingered hand. Both stumps and roots are therefore easily blown out by a shot or two of dynamite. If they are the stumps and roots of any of the pine trees, they are full of pitch and resin that burn with a flame as hot and clear as oil.

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DAN

BILL

Notice Bill's Bank Book

Bill and Dan worked the same amount of land and had the same labor and expense, except that Bill used Gunns "Shur Gain" fertilizer. They both planted good seed. Bill's fertilized crop came up first, looked better during the growing period, matured earlier, was harvested first, produced a better yield and brought a bigger price on the early market.

The extra yield obtained by using "Shur Gain" fertilizer made the difference in the bank account.

Gunns "Shur Gain" fertilizer is sold throughout Ontario by representatives who are farmers and are using "Shur Gain" fertilizer themselves. Every farm is a factory—keep your "factory" running at maximum capacity.

GUNNS LIMITED, West Toronto.

If there is not a "Shur Gain" representative near you, write us regarding an agency.

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