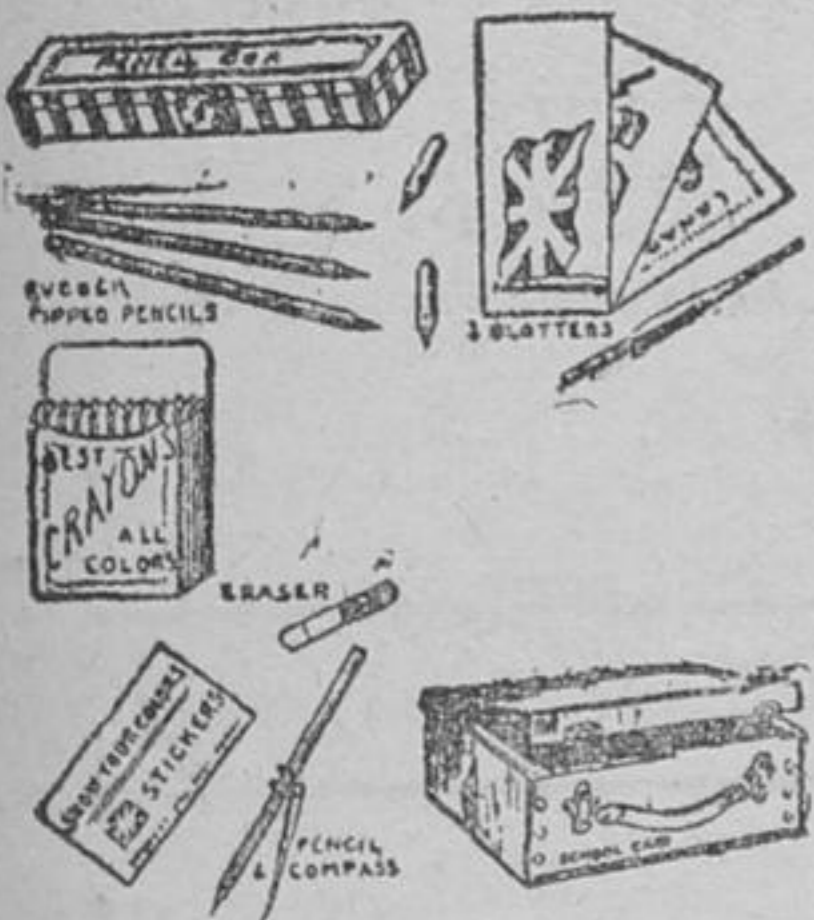


COMPLETE SCHOOL SET FREE TO BOYS AND GIRLS



This outfit complete

- 1 School Case
- 1 Pencil Box
- 2 Rubber Tipped Lead Pencils
- 1 Special Drawing Pencil
- 1 Compass
- 1 Pen Holder
- 2 Pen Points
- 1 Box of Crayons
- 1 Eraser
- 2 Packages Union Jack Flag Stickers, so that you can put the flag on your school books, letters, etc.

We will give you this whole School Outfit free of all charge if you will send just \$3 worth of lovely Embossed Easter Post Cards at 10c a package.

Send us your name and we will send you the cards to sell. When sold send us the money, and we will send you the whole outfit. Address

HOMER - WARREN CO.,
Dept. 23, Toronto.

Woman's Sphere

Self-Willed and Strong-Willed.

The parents of young children usually view with complacency the determination of their offspring to have their own way. They may not let them have it, but they comment approvingly on the strength of character indicated by tenacity, however disagreeably it may be expressed.

"He has such a strong will!" the mother exclaims with satisfaction.

"He'll know what he wants, and he'll go after it," agrees the father. "Pretty good trait."

It is not unlikely that, as the years go on, many of these inexperienced and prejudiced parents will continue to confuse strength of desire with strength of will. But strength of desire does not always imply strength of will; sometimes it even seems to prevent the growth of strength of will. If, as is often the result under improper direction, it leads to self-indulgence, it certainly does not produce strength of will. The self-willed person is usually the one least given to practicing self-control; and there is no better test of the strength of a man's will than the degree to which he practices self-control. The will to attain is an excellent trait, but it can only be developed if with it there is developed equally the power to forego.

Therefore the fathers and mothers who rejoice over their children's mani-

festations of a strong purpose to possess themselves of whatever they want may be rejoicing prematurely. The wisdom or unwisdom of their guidance is likely to determine whether the child in whom they have such pride grows up self-willed, self-indulgent and ineffectual, or strong-willed, resolute and capable.

Looking Ten Pounds Lighter.

Do you look slimmer or stouter than you really are? If you tip the scales twenty pounds heavier than last year, do you show it? Or are your clothes helping you out. The right corset will slenderize ten pounds off one's looks. The result is quicker than rolling exercises or a diet list.

And the right corset is a matter of careful selection. Slim nineteen may choose a "clasp-around" just because it looks so delectable over the back of a chair. But when one is growing a little older and a little stouter, developing curves and maybe angles, it's more important to know where the waistline will come; whether the skirt is deep enough to hold in the thighs; whether the top is high enough to restrain the diaphragm. And the only sure way of knowing what the corset will do for you is to try it on.

If your store hasn't a fitting room ask the privilege of returning the corset, if it doesn't come up to qualifications. And state your case frankly to the girl behind the counter—stout and tall, short, high-busted, low-busted, short-waisted, long-waisted, large below the waist, or large above the waist. It will help her to show you the corset that suits your type. There is more than one kind of stout corset, you know.

And here is a check-up when you try on the corset. First, be sure it's adjusted properly. Loosen the laces and hook it from the top down. Slip one hand under the corset in the back and pull it down in the back with the other hand. Put your hand under the corset in the front and gently raise the abdomen. Then start pulling the laces from the bottom up. Hitch the corset up a little in front. If the corset is pulled down too low in the front, it will poke out at the top. Then fasten the garters. The front ones ought to come to the inside of the leg and be loose. Fasten the side and back ones snug.

See that the waistline comes at the right place. It's most important to the woman of large proportions. A corset that rides up makes angles instead of smoothing them down.

Make sure that the skirt part is long enough to hold in the thighs—that the bottom of the corset doesn't cut across the fullest part of the thighs and invite a bulge below.

Notice if the top is high enough to take care of the diaphragm. Remember that corsets are made to sit down in as well as stand up in. Try sitting down to see if the steels are the right length.

And take a good look at yourself in a full-length mirror. If the corset gives the correct gentle persuasion you will be smoother of line and perhaps a little straighter.

Of course you will need a brassiere—that dainty piece of underwear that now takes the place of the old-fashioned fitted lining. The open-back variety of strong cotton broche with diaphragm reinforcement is excellent for the stout figure. And no doubt you will be glad to know that they

are making brassieres longer—no gap between the corset and the brassiere to give that uncomfortable coming-apart feeling at the waistline.

It's a good idea to have your brassiere fitted at the same time you do your corset. Corsets and brassieres are a good deal like shoes. You can't be sure they are comfortable unless you try them on. And, like shoes, they will wear better if you don't put on the same ones day after day.

Perhaps you like the idea of having a less expensive light corset and brassiere for working around the house and outdoor exercise, and a heavier better grade one for wearing your new Poiret twill or Rhama crepe. I know stout women who are doing it.

Women Turn Inventors to Lighten Home Duties.

To-day in England there are more

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OGDEN'S CUT PLUG

15¢
per packet

½ lb. tin
80¢



"A Real Old Country Treat"

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ASK FOR

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(In the green packet)

IT IS THE BEST



Willing to be Taught.
Lecturer (in a small town)—"Of course, you all know what the inside of a corpse is like."
Chairman of Meeting (interrupting)—"Most of us do, but you had better explain it for the benefit of them as have never been inside one."

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When you find that tea or coffee makes you nervous, keeps you awake at night, or causes frequent headache, it's time to change to Instant Postum.

This wholesome, healthful table beverage gives you all the comfort and satisfaction of your usual morning cup. It has charm without harm to nerves or digestion—cheer without fear of a dangerous "kick-back."

Made instantly in the cup at the table—no boiling, no waiting, no waste.

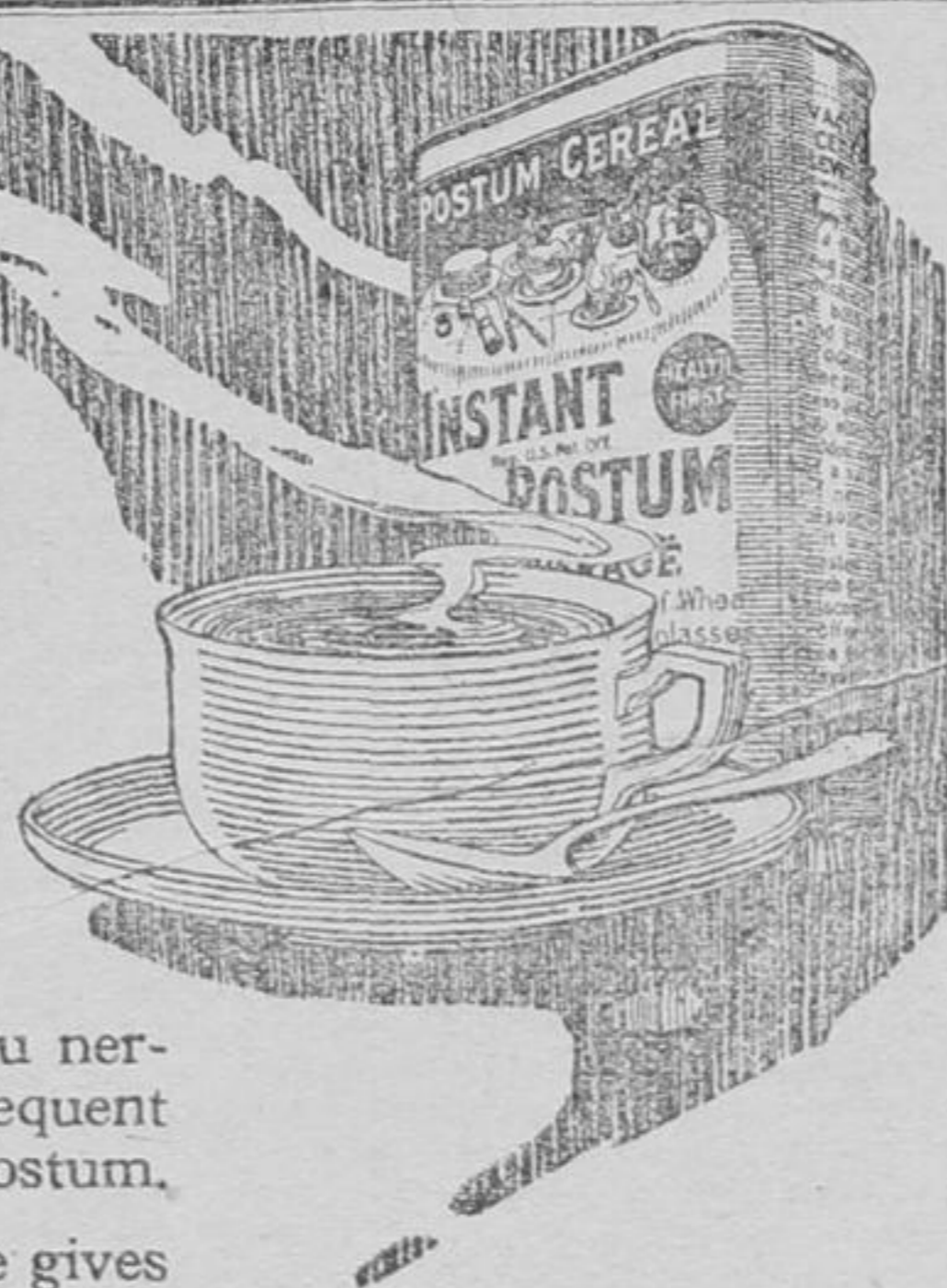
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"There's a Reason"

A generous sample tin of Instant Postum sent, postpaid, for 4c. in stamps. Write:

Canadian Postum Cereal Co., Limited, 45 Front St., E., Toronto. Factory: Windsor, Ontario



To My Son.
Do you know that your soul is of my soul such a part,
That you seem to be fibre and core of my heart.
None other can pain me as you, dear, can do;
None other can please me or praise me as you.

Remember the world will be quick with its blame,
If shadow or stain ever darken your name.
"Like mother, like son" is a saying so true,
The world will judge largely of mother by you.

Be yours, then, the task, if task it should be,
To force the proud world to do homage to me,
Be sure it will say when its verdict you've won,
She reaped as she sowed, lo! this is her son!

—Margaret J. Graffin.

Curious Fact.

It is a curious fact that the higher the civilization of a race the lower the action of the senses. Actual experiments have shown that, whereas the ear of the white man responds to a sound in 147-thousandths of a second that of a negro responds to 180-thousandths, and that of a Red Indian in 118-thousandths.