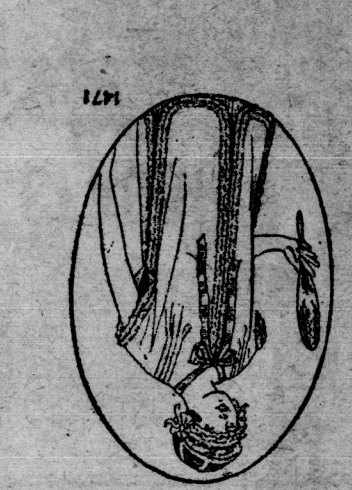


HOW TO ORDER PATTERNS
 Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred); write return mail.
 Our Fashion Book, illustrating the latest requirements, 20 cents.
 Consult back of pattern envelope for pocket, No. 1274 is in one size only, but has two pockets, the other for a pocket, or yoke and skirt.
 The fancy tea aprons are of various sizes. One has two pockets, and per-
 forted for embroidery dots, the other with bib and pocket.
 Size 38 requires 1 1/2 yards 36-inch material and 18 yards narrow yards head-
 bon, 20 cents.
 And 8 yards lace and 2 1/2 yards rib-
 bon, 20 cents.

GIFT SUGGESTIONS
 Very simple make yet extremely useful are the dainty things shown here. The dressing sash or bed jacket is effectively trimmed with net-
 row lace, and has a novel collar, and buds over each shoulder. The head band is trimmed with lace to correspond with the jacket. No. 1471 is in sizes 34, 36 and 42 inches bust.
 Size 38 requires 1 1/2 yards 36-inch material and 18 yards narrow yards head-
 bon, 20 cents.



"IDEAL" Fashioners
 9 Lombard St., Toronto

Classified Advertisements.
REMNANTS.
3 LBS., \$2. 5 LBS. PATCHES, \$1.50. A. McCreery, Chatham, Ontario.
SILVER FOXES
SILVER FOXES, \$100-\$500. Large, Summerside, P.E.I.
SALESMEN—We offer steady employment and pay weekly to sell our complete and exclusive lines of guaranteed quality, whole root, fresh dug-to-order trees and plants. Attractive illustrated samples and full co-operation, a money-making opportunity.
Luke Brothers Nurseries, Montreal

In the West.
 Rancher—"We don't need a telephone. Our neighbors have one."
 Caller—"Where do they live?"
 Rancher—"About 40 miles due east."
 A single pair of elephant tusks will make sufficient keys for between thirty and forty pianos.

Plans for Homes
 Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for current issue.
MacLean Builders' Guide
 344 Adelaide St. W., Toronto, Ont.

Rheumatism.
 Massage

CHILDREN LIKE THEM
Baby's Own Tablets Are Effective and Easy to Give.
 You do not have to coax and threaten to get the little ones to take Baby's Own Tablets. The ease with which they are given, as compared with liquid medicines, will appeal to every mother. None is spilled or wasted; you know just how big a dose has reached the little stomach. As a remedy for the ills of childhood arising from derangement of the stomach and bowels they are most satisfactory.
 Mrs. Rose Veyer, Winhamatic, Conn., says:—"I used Baby's Own Tablets in the Canadian Northwest and found them a wonderful medicine for children's troubles, especially indigestion and constipation. I have also given them to my children for simple fever and the restlessness accompanying teething and they always gave relief. I can recommend Baby's Own Tablets to all mothers."
 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.

Nature's Reserve.
 When Nature tries her finest touch,
 Weaving her vernal wreath,
 Mark ye, how close she veils her round,
 Not to be traced by sight or sound,
 Nor soiled by ruder breath?
 Who ever saw the earliest rose
 First open her sweet breast?
 Or, when the summer sun goes down
 Light up her gleaming crest?
 —John Koble.

THE LOST ART OF A VANISHING RACE
 It is a strange fact that the art of building spruce bark canoes, which were used extensively as temporary conveyances in hunting expeditions by the Malecite Indians of New Brunswick, should, within the short period of thirty years, be lost to these people. This was disclosed recently by an ardent student of Indian lore and considered it remarkable, after many failures, to discover that old Peter Bear, age 76 years and one of the very last survivors of the original tribe, still had the knowledge of this art. He is still living the simple Indian existence of years ago, and believing implicitly in the legendary teachings of his people.

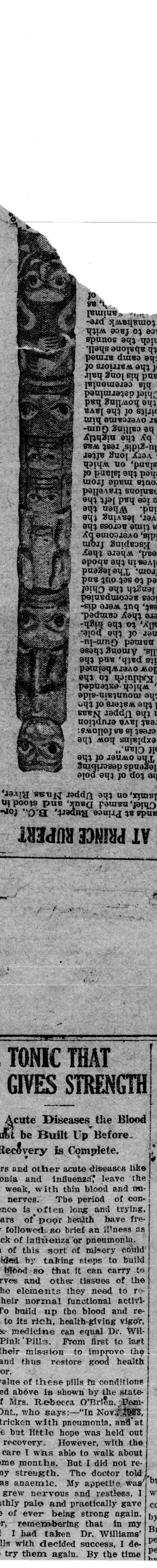


A PLEASANT WAY TO EARN AT HOME
 It is impossible for a great many teachers to have a hot meal at home, such a lunch is greatly missed, especially in cold weather. Sometimes a number of them try to persuade some woman who lives near the school from dwelling upon the exceedingly low cost of the individual dishes. Following are some of the menus she has served this term:
 1. Cream of tomato soup; cabbage (sauté); hot rolls and butter; sliced oranges; cup cakes; milk.
 2. Creamed potatoes; deviled eggs; apples; whole-wheat bread and butter; olive oil.
 3. Creamed potatoes, deviled eggs, apple tapioca pudding, milk.
 4. Meat pie; tomato and celery salad; hot rolls and butter; baked apple pie; cocoa.
 5. Park sausage with apple rings, baked potatoes, baking-powder biscuits; cocoa.
 6. Hamburg with spaghetti, white or shell, catsup, rolls and butter, peaches with marshmallow, cake, milk.
 7. Hamburg with spaghetti, white or shell, catsup, rolls and butter, peaches with marshmallow, hot apple sauce, cookies and milk.
 8. Hot meat loaf, mashed potatoes, corn, rolls and butter, apple pie and cocoa.
 9. Hot meat loaf, mashed potatoes, corn, rolls and butter, apple pie and cocoa.

THE TONIC THAT GIVES STRENGTH
After Acute Diseases the Blood Must be Built Up Before Recovery is Complete.
 Fevers and other acute diseases like pneumonia and influenza, leave the patient weak, with thin blood and unstrung nerves. The period of convalescence is often long and trying, and years of poor health have frequently followed, so brief an illness as an attack of influenza or pneumonia.
 Much of this sort of misery could be avoided by taking steps to build up the blood so that it can carry to the nerves and other tissues of the body the elements they need to restore their normal functional activities. To build up the blood and restore it to its rich, health-giving vigor, no other medicine can equal Dr. Williams' Pink Pills. From first to last it is their mission to improve the blood and thus restore good health and vigor.
 The value of these pills in conditions described above is shown by the statement of Mrs. Rebecca O'Brien, Pembroke, Ont., who says:—"In Nov., 1923, I was stricken with pneumonia, and at the time but little hope was held out for my recovery. However, with the best of care I was able to walk about after some months. But I did not recover my strength. The doctor told me I was anaemic. My appetite was poor, I grew nervous and restless, I was deathly pale and practically gave up hope of ever being strong again. However, remembering that in my girlhood I had taken Dr. Williams' Pink Pills with decided success, I decided to try them again. By the time

WOLF TOTEM POLE AT PRINCE RUPERT
 This totem pole, which now stands at Prince Rupert, B.C., formerly belonged to a Nishga chief, named Dak, and stood in the front of his lodge, at Ghatkadmik, on the Upper Nas River, in Northern British Columbia.
 The carved figures seen on the top of the pole represent the principal actors in legends describing the origin of the family crests. The owner of the totem pole belonged to the "Wolf Clan."
 The principal legend which explains how the wolf was adopted for the family crest is as follows: One day, long years ago, a great lava eruption took place, at Ghatkadmik, on the Upper Nas River. The molten mass pushed the waters of the river back across the valley to the mountain-side and formed a great lava plain, which extended from the head waters of the Kalluh to the canyon, at Ghatkadmik. The fiery flow overwhelmed the villages and fishing hamlets in its path, and the people fled to the surrounding hills. Among these hills was an Indian chief named Ghatkadmik. He had a son named Dak, who was a brave and a hunter. One day, while Dak was hunting, he saw a wolf. The wolf was very old and had a white mane. Dak was very much interested in the wolf, and he followed it. The wolf led him to a great cave, where he found many people. The people told Dak that they were the Wolf Clan, and that they had been living in the cave for many years. Dak was very much surprised, and he asked the people how they had lived in the cave. The people told him that they had lived in the cave because they were afraid of the lava. Dak was very much interested in the people, and he decided to join them. The people were very glad to see Dak, and they told him that they would be his family. Dak was very much pleased, and he decided to stay with the people. The people told Dak that they would be his family, and that they would be his totem pole. Dak was very much pleased, and he decided to stay with the people. The people told Dak that they would be his family, and that they would be his totem pole.

TO WOLF



[The page contains a large amount of text, including an advertisement for Dr. Williams' Pink Pills, a story about a totem pole, and several other articles and notices.]