

Fowler.

Kindly Feeling Isn't this true?

Courtesy is merely the natural expression of a kindly feeling. Politeness chills and repels those who otherwise might be drawn together; nor can an assumed insincere manner remain undetected. The only way is to have the genuine kindly feeling oneself and courtesy comes of itself. But it is easily crushed because it is so nourished.

Read the Label

Did you know that law compels manufacturers to label their goods? Housewives would save a great deal of money if they would get the habit honesty of contents and prevent adulterations and do away with the use of should really read the label and know what is in the package we purchase. A Few Helpful Sugestions

in closets or where the ants frequent. stains rub with a slice of potato.

ed with salt butter, then wash ther- one would come and take it away. She oughly in benzoline.

Honey Cookies

I cup brown sugar, 2 cups honey, 2 eggs, 3 teasp, soda, 1 teasp, cream of tartar, 3 teasp, ginger, flour enough to roll. Cut out and bake in morning.

Fruit Salad Dressing

4 eggs, 2 lemons, 1 cup of white sugar. Beat yolks well, add well-beaten whites, gradually add sugar, then the lemon juice. Cook in double boiler until thick. When needed thin with whipped cream.

Twilight Hour Story-What Lady Hen Did Chapter 2

Last week I said that Miranda Sparrow told Lady Hen not to lay her pretty white egg in her nest in the chicken house, didn't 1? She always did this before because she liked the kind lady from the big house who fed all the chickens such good things and gave them all the good clean water they could drink and because she did - these things it made Lady Hen Lucy want to leave that egg in the nest for - a present because she was so good to her. Nearly every day Lady Hen laid an egg and it always went along with all the others into the basket when they were gathered. But to-day she thought she would do what Miranda Sparrow told her to do and what do you think that was? Well, Miranda Sparrow told her to hide her eggs. She told her to hide them where nobody could find them. So Lady Hea Lucy went off by herself and thought the barn looked like a pretty good place. She walked right through the door, making sure that no one saw her go in, after which she started looking around for a place. At last she hopped up onto a manger. Do you know what that is? Well, it's the

know horses eat hay. came in for his supper, and oh-Lady tell apples from gooseberries!"

I have often noticed that people who. Hen was so scared she flew right in are ready to die for you never think his face. Old George was surprised it necessary to pass the salt .- Ellen too and didn't like it very well and he told her to please stay away from his feed-box.

She clucked around and didn't like it either because George frightened her. So she flew right over to where Molly, the nice cow with the kind brown eyes, gets milked. Molly likes to come into the barn every night to get all that good supper the nice farmer man puts in her manger for her to eat while she gets milked.

When Molly saw Hen Lucy in her tender and it is so delicate it mut be feed box she didn't like it either and told her to go to her own house and then put down her head to shove her away. So Lucy had to fly out of there

After all this she thought perhaps she had better go back to her own house and started back, but then she of reading the labels on the foods they thought of those little baby chicks buy. It would do much to make for again and remembered what Miranda hunting once more. Just then she job was the more difficult owing to noon-hour traffic. polsonous or harmful ingredients. We happened to see a nice little corner away back in the straw room where one end of an old board had fallen down. Under this was some nice soft For grit in the eye apply a drop or straw and it was dark and quiet in two of castor oil. It relieves the irri-, there, oh so quiet. She walked carefully under, looked all around and When a fern turns yellow slice a then clucked to herself, "well now, raw potato and put it on top of the this is just what I want." She rufsoil. This will draw out the worms. | fled her feathers and made a nice nest To prevent red ants coming in put in there. Soon she got up, looked 1 pint of tar in an earthen vessel, pour, around, and sure enough there was a on it 2 quarts boiling water, place this nice white round egg. Oh, how she wanted to call out and say "I laid an To cleause hands from vegetable egg!" over and over again as she always did before, but this time she Pitch and tar stains should be cover- thought she better be quiet or somewanted to keep it nice and warm so she sat on it all night and didn't go back to her house at all. She got sleepier and sleepier, for it was nice and warm in there and the kind old dark was coming and putting its gentle hands on her eyes just like it does to you, little girl, and you, little boy.

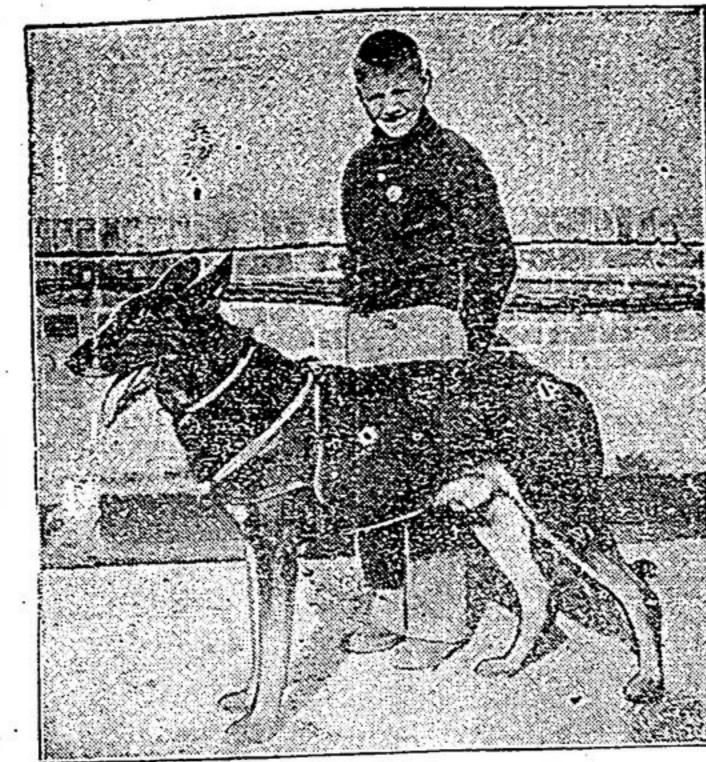
The dark is kind and cosy The dark is soft and deep, The dark will pat my pillow, And love me as I sleep. God made the dark so daytime Could close its tired eyes, And sleep awhile in comfort Beneath the starry skies. Next Week-"How Lucy Lived for a Long Time."



"When a man sits out a dance to rest his feet, he's dog-tired."

Old Norah Kelly, who kept a small place where the big horses and cows fruit stand in Dublin, was displaying get their dinners and suppers and you for sale a few water-melons. An American visitor, thinking he would "take It was filled with nice dry grass. a rise" out of her, took up one and That's why Lucy thought it would be said, "Guess those are frightfully but received also a Greek education. soft and warm in there. Then she small apples you grow over here! At Jerusalem, he had the great Gamsqueezed her way under the feed box Now, we have them twice this size." aliel as his teacher-Gamaliel, who is Oh, I'm sure that someone has been which held the oats, for horses have Old Norah surveyed him from head nentioned in chap. 5: 34 as a member oats to eat too, which is something to foot for a second or two. Then, in of the Jewish council, he spoke like our porridge before mother a tone of pity, she exclaimed, "Ah, against the persecution of the apostles, cooks it. She thought she found a sir, yo must be a sthranger in Ooire- by the Jews. Saul, or Paul, as we was thinking that, George, the horse, fruit of our country when ye can't master's moderation, but confesses spoons of glycerine, adding 15 grains said Tommy, "but, then, perhaps you master's moderation, but confesses spoons of glycerine, adding 15 grains said Tommy, "but, then, perhaps you

Good Dog!



Bruno, German shepherd dog, and Lorne Munnion, aged 14, whom he Sparrow told her, so off she went tracked downtown Winnipeg in a recent "Kidnapping" demonstration. Bruno's Familiar Quotations

Sunday School Lesson

Tarsus (How a Pharisee Became a ment those who had fled thither. Christian)-Acts 22: 3-15. Golden win Christ.-Philippians 3: 8.

ANALYSIS I. THE PERSECUTOR, vs. 3-5. I. THE PERSECUTOR, vs. 3-5. II. THE CONVERT, VS. 6-15. II. THE CONVERT, vs. 6-15.

INTRODUCTION-There are three acthe speaker, 9: 1-19; 22: 1-21; 26: 1gave himself with whole-hearted de- gave himself for me," Gal. 1: 15-16; votion to the study and to the teaching of the doctrine of Jesus, son of throughout the Mediterranean world the word "Brother" upon his lips.

as it was in his day. Paul is here addressing the crowd which had a little before sought to kill him. Under the protection of the chief officer of the Roman guard stationed close by the temple in the town Caterpillar is sleeping as snug as car of Antonia, standing on the stairs which led up to the tower, he made IIIs cradle cocoon is so well made and this spirited and convincing answer to his accusers. It was after his return to Jerusalem at the end of his thir missionary journey. There he had been welcomed by those who knew and approved his mission to the Gentiles, but was warned of the strong hostility By rough Mister North Wind, he wil to him both of the Jews in general and of Jewish Christians who were zealous He'll not mind the cold or the storms for the ancient law, chap. 21: 17-26. Seven days later he was set upon in the temple by Jews from Asia, who accused him of bringing Greeks into the sacred precincts of the temple, was | When spring comes he'll wake up and dragged forth and would have been

vention of the Roman guard. as like Athens and Alexandria, university city. There he was both "instructed according to the strict Some fairy's wand made him a manner of the l: w" of his own people,

unto the death." Compare chap. S: 3; 9: 1; 26: 9-11; 1 Cor. 15: 9; Philip. 3: 6. It is interesting to notice here helps them who help themselves." that Christianity had come to be known as a Way, and as a Life, rather than as a doctrine or creed (see 5: 20 and 9: 2). Pau. was, during this period of persecuting zeal, commissioned by letters from the authorities in Jerusalem to the Jewish magistrate; in December 14. Lesson XI-Saul of Damascus, to bring back for punish- 'Not much the worse for wear," were

Many efforts have been made to ex-Text-I count all things but loss for plain what happened to Paul on the the excellency of the knowledge of way to Damascus as the resuit of na-Christ Jesus my Lord:-for whom I tural causes. It has been held, and suffered the loss of all things, and perhaps quite rightly, that he had been do count them but dung that I may deeply moved by the defence of Stethe heroic and blameless conduct of that first artyr to the Christian faith, and it ever since that event he had been lighting an inward battle against the growing conviction that Stephen was right (see v. 20). This experience therefore, was the climax

of that struggle in the blinding light of a great conviction. It was "the 6. Saul, in two of which he is himself; tempestuous montat when he stepped ing events cast their shadows before," from bondage into liberty." It was and "Tis distance lends enchantment 20. In several passages in his epistles the revelation of Christ in him, so that to the view. he makes mention of this great ex- afterward he could truly say. "Christ perience, the crisis and turning point liveth in me: and that life which I now of his life, Gal. 1: 15, 16; 1 Cor. 15: live in the flesh I live by the faith of 8-10; 1 Tim. 1: 12-16. Henceforth he the Son of God, who loved me, and

It was necessary that this shock of God and Saviour, and became the conviction should be followed by symapostle to the 'entiles, carrying the pathetic and friendly instruction in never;" "Look ere thou leap;" "The gospel message far abroad to Jew and the Christian way of life. "Ananias, a stone that is rolling gathers no moss." Greek, Roman and barbarian alike, in | devout man according to the law, who Asia Minor, Greece, and Italy, and could understand and perhaps to some perhaps as far as Spain. A Jew by extent sympathize with Paul's Pharibirth, a Greek by education, a Roman saic mind, was the chosen instructor. citizen, he was qualified in every way It was in a truly Christian spirit that to be the ambaesador of Christianity he came to Paul, the persecutor, with

The Changeling

In his silk sleeping bag, on the branch of a tree,

That he's sure to be comfy the whole winter long;

No matter how rudely he's shaken

about

not fall out; or the snow,

And what happens round him he never will know.

then you will see

killed had it not been for the inter- Him crawl from his bag to the twig of

his tree; Tarsus, in Cilicia, Saul's birthplace, And you'll see he has wings, and wil say: "I declare,

> changeling in there; For now he's a moth in a new velvet

cloak-

playing a joke." -By Maude Wood Henry

A good face lotion is made by mix ing 2 ounces of rosewater with 2 teathat he "persecuted this Way of sulphur and shaking well.

\$150,000,000 Dam to Be Built In Colorado

A huge new dam is to be erected in America to provide the wheels of industry with a million horse-power.

The Colorado River passes through the Grand Canyon in Arizona. This fearsome cleft in the earth's crust is 217 miles long and in some places twelve miles wide and 6,000 feet deep. At a point where the gorge narrows to a little over 200 feet a dam is to be built 700 feet high and 900 feet wide at the bottom. It will cost \$150,000,000 and ten years will be required to build it.

The preparations for the work are tremendous. A town is being built to house a population of 5,000 workers, whilst a new branch railway thirty

miles in length is being constructed. To make the dam nearly 5,000,000 cuble yards of soil and rock must be removed, and for the building 5,500,000 barrels of cement, 23,000,000 pounds of steel, 35,000,000 feet of piping and miscellaneous metal 20,000,000 pounds of gates and valves, 50,000,000 pounds of electrical equipment, and 16,000,000 pouds of hydraulic equipment will be required. Some 7.000,000 tons of gravel and sand . ill have to be transported from the diggings to the concrete mixing plant.

And The Authors

It was Keats who said: "A thing of beauty is a joy forever." Franklin is authority for "God It was an observation of Thomas Southern that "Pity's akin to love." Edward Coke, the English jurist, was of the opinion that "A man's

house is his castle." "Variety's the spice of life," and

coined by Cowper. "When Greek joins Greek, then is the tug of war," was written by Na-

thaniel Lee in 1602. Edward Young tells us "Death loves a shining mark." and "A fool at 40 is a fool indeed."

"Of two evils, I have chosen the least" and "The end must justify the means," are from Matthew Prior. To Milton we owe "The Paradise

of fools." "A wilderness of sweets," and "Moping melancholy and moonstruck madness." The poet Campbell found that "Com-

Christopher Marlow gave forth the invitation so often repeated by his brothers in a less public way: "Love me litle, love me long."

Thomas Tasser, a writer of the sixteenth century, said: "It's an ill wind turns no good;" "Better late than

French Convicts Will Have Change of Air? Paris-M. Archambault, member of

the French Chamber of Deputies, has announced his intention to demand the Gates of Hell in the Bay of Thun- turn into jelly glasses.

Icebergs bob in the Antarctic seas just south of Kerguelen and the island's heights are covered with glaciers. But the lowlands are fertile, healthy farm country needing little labor for cultivation, according to M. Archambault, who ardently champlons a change from fever-ridden Guiana to the healthful South Polar

Husband-"The potatoes are only half cooked." Wife (coldly)-"Then cat the half that is cooked."

The inspector had come to take the class in physiology, and he tried little Tommy with this teaser: "How many bones have you in your body, my lad?" "Nine hundred," replied Tommy promptly. "Oh, indeed," said the inspector. "Well, that's a great many more than I have.' "Very likely,"

What New York Is Wearing

BY ANNABELLE WORTHINGTON

Illustrated Dressmaking Lesson Fur- arm yourself with a well-sharpened nished With Every Pattern



that is equally smart made with or or silver cloth, leaves, flowers, or in without the peplum frill on the skirt. beaded effects; your photograph; a

achieving a decide ly slimming effect. | made scarf or sweater-in short, any-This attractive Paris model Style! thing you would like yourself. No. 2816 may be copied exactly. It comes in sizes 16, 18 years, 36, 38, 40

and 42 inches bust. Size 36 requires 4% yards 39-inch with 1/2 yard 39-inch contrasting. Tete de negre transparent velvet is fascinatingly lovely and so youthful.

Patterned crepy woolen in dark

green is smart suggestions for all-Crepe marocain, crepe satin, flat crepe and crepe Roma appropriate.

HOW TO ORDER PATTERNS. ly, giving number and size of such hostess), candle-sticks with fancy patterns as you want. Enclose 20c in handles; a framed mirror, an elaborpatterns as you want. Enclose 20c in ate sewing-basket, things for her stamps or coin (coin preferred; wrap dresser in silver, enamel or ivory. it carefully) for each number, and address your order to Wilson Pattern

Cranberry Jelly

ter to each quart of cranberries, and cigarette box for his dresser, a flask, the transfer of the penal colony in cook until soft. Strain through a jelly a set of travelling-cups, a set of tra-Guiana to the farthest French out bag, and measure the juice. Put the velling coat-hangers in a leather case, post in the world-Kerguelen Island, juice in a pan over the heat, and a framed picture, books, cuff-links, an which lies between the South Pole when it reaches the boiling point, add evening dress stud set, a gold knife, a and the tips of Australia and Africa. 1 cup of sugar to 2 cups of juice fountain pen, a gold or silver pencil, Devil's Island would be exchanged Stir until sugar is dissolved, boil a bill-fold, a leather collar-bag, for Desolation Island and the port of briskly for about 5 minutes, skim, and leather toilet-roll for travelling or usa-



ed, my child." your hair?"

min Disraeli.

The Correct Girts To the Right Person

The "g'ving season" is near at hand-and if you are a wise personpencil and pad of paper-then make a list of your family, friends, acquaintances with the Xmas remembrance opposite each name. In this manner you will save yourself no end of time, fuss and worry and above all, you will have that satisfied feeling of "Forget ting No One!"

Below is a list which will perhaps offer many suggestions and answer that hectic question, "What shall I give to -- ?"

For Children

For the very little baby, dainty baby clothes, woollies of all descriptions, hand-knitted seeks and bonnets and mitts and sweaters; homespun cribcovers, carriage blankets; baby hot water bottles; rattles; ivory-teething rings; silver porringers and mugs and spoon; soft brushes with ivory backs; powder-puffs, and if you are a very close friend, the beginning of baby's first bank account.

For the older children, you are usually safe in giving a girl something to wear, a necklace, a set of bangle bracelets, a protty halr-ribbon, silk socks, the material for a frock, a bright muffler, a doll with a complete wardrobe, doll furniture, tea-set, a miniature stove, a paper doll set, the beginning of dainty dresser things.

For the boy, mechanical toys are an equally good choice, boats and engines and building things, motor toys, balls, bats, skis, snowshoes, skates, toboggan, boys' books, tales of adventure, books of birds or of dogs, woollen socks, mufillers or caps.

From Girls to Girls

Hand-made underwear in crepe de chene, glove-silk, satin or fine voile; dresser things of all sorts; sachets; A astinctive black canton crepe pretty bandeaux for the hair in gold It smartly wraps the figure with its! pretty workbag, a silver thimble, a colsurplice bodice and side closing skirt, lar and cuff set; a vestee; a hand-

From Boys to Girls

Books, perfumes, flowers, music, candy to the girl you do not know very well. If you are a boy of older growth and you are engaged, or hope to be engaged to the girl, you may look over this list of from

Men to Women

A silk unbrella with one of the pretty fancy handles; a bar-pin; beads or a pendant, ear-rings, a hand-bag, a vanity-case, a travelling-clock, wrist-watch, a boudoir lamp, a pepper-Write your name and address plain- mill of wood or silver (if she is a

From Women to Men

Silk socks, a tie if you are very sure of his taste, hand-initialed linea handkerchiefs, one of the new silk Allow three-fourths pint boiling wa- bandanas, a pipe, cigarete case, or ful for a man living in a boardinghouse, a bridge set, a set of ash-trays,

a reading-lamp, a sofa cushion. For the Invalid

A flash-light, a sweater-scarf, a thermo jug, a potted plant, a framed painting or photograph, a box of stationery, a hand-embroidered towel, a reed flower-basket, a hot-water bottle or electric pad, a clock with radium face, a fountain-pen, an individual china set for the tray, a fancy blanket, a note-book with pencil attached, a telephone extension.

And when you have made your purchases do not forget that the "gift may bear on it a message that may mean more to the recipient than the present itself, and that, no matter how His Ma: "The leaves have all turn- tiny your remembrance is, if it shows the evidence of love and thought and Willie: "Why don't you put some of care in its selection and if it goes that stuff on them that you put on daintily wrapped and tied with ribbon and adorned with Christmas seals and Christmas wishes, it will carry with it Justice is truth in action. Benja- a message of gladness and of goodwill that will help to make Christmas morning happier to you and to your friends.

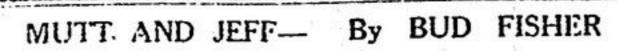
Hair Grown on Watch

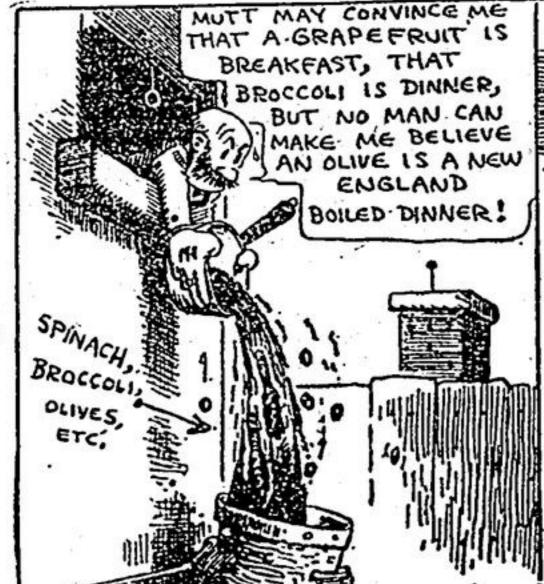
Crystai by Scientists London-British scientists have succeeded in growing hair on a watch crystal.

This has been accomplished at the Leeds headquarters of the Wool Industries Research Association. A woman scientist takes tiny grafts of a guinea pig's skin, transplants them to the surface of an inverted watch crystal, and feeds them with plasma and a special extract to nourish the roots. The hair keeps on growing, and in many cases has doubled and in some instances trebled its length.

The experiment is one of a long series that the association has been conducting to find out why hair and wool grow, and how they can be made to grow faster and thicker.

-----Overheard on the Loch Lomond steamer: She-'Wit wid ye dae gin I fell overhoard?" He (pause)-"Weel mebbe I micht throw ye a rope." She -"Micht?" He--"Week ye ken I'm no' a perrson o' inclaisa."







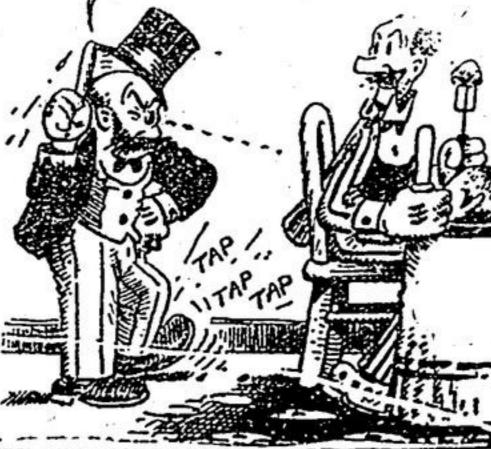
THAT DIET IS OFF



SAY, WOT DO YOU MEAN, JUMPING

YOUR DIET? HOW DARE YOU EAT

SIRLOINS, CHOPS AND CHICKEN !





He Will Never Get Into The World's Series.