

### Sleepytime Tales

#### BOBBY AND THE POLICEMEN

Once upon a time Robert and his parents went to live in another city. His father had told him not to go away from the house until he was sure he could find the way back and he had been very good, until one day he forgot and followed a hurdy-gurdy until he was out of sight of home. He turned to walk back, but after he had walked quite a way he found that he was in a strange place and he wasn't sure at all where his new home was. He walked and walked until he was so tired and sleepy and then he sat down on the steps of a church to rest and soon fell asleep. When he awoke it was nearly dark and poor little Bobby was tired, hungry and lonesome. Oh, how he did want to see his dear father and mother, but he wouldn't cry for that wouldn't be being brave and when he grew up he had decided to be a soldier and, you know, soldiers, never cry. Just then a policeman turned the corner and Bobby remembered that

his father had told him if he ever got lost to find a policeman. Bobby walked up to the officer and, with his hat in his hand and in his most polite manner, said: "Will you please take me home? I guess I am lost." The policeman was very much surprised, but said: "Sure, I'll take you home. Where do you live?" "I don't know," said Bobby. The policeman asked all sorts of questions but poor Bobby couldn't help him a bit and so they started together to the police station to ask the chief what to do. Bobby was given a nice supper and then was allowed to talk with all the policemen, who were very nice to him and let him try on their police helmets and swing their heavy sticks, but Bobby wanted his home and mother very much. Just then the telephone bell rang and Bobby leaned close to the policeman who took down the receiver to answer it. Bobby heard a voice that sounded like his father's, say: "Our little boy is lost. His name is Robert or Bobby, as we call him." Then Bobby called out: "Oh Father, I am here, it's me, see," and little Bobby was found.

### "Low Cost of Living" Menu

#### Menu for Saturday

- BREAKFAST**  
Omelette, Fried Bacon, Fried Potatoes, Eggless Muffins, Coffee
- LUNCHEON**  
Corn Fritters, Cheese Toast, Apple Sauce, Tea
- DINNER**  
Quick Potato Soup, Cold Roast Pork, Whipped Potatoes, Turnip, Maryland Salad, Strawberry Pie

half of baking powder. Drop in boiling fat by small spoonfuls.  
Cheese Toast—Mix a cup of cheese with a tablespoon of butter and a teaspoon of dry mustard. Spread on buttered toast and place in the oven until cheese melts.

**DINNER.**  
Quick Potato Soup—Cut enough raw potatoes to make a cup and a half. Boil in a quart of milk ten minutes, season and serve.  
Whipped Potatoes—Boil and mash add a little milk and butter and whip five minutes with an egg beater. Pipe as light as possible and dot with pieces of butter.  
Maryland Salad—Chop four sweet red peppers, add one cream cheese and half a cup of chopped cabbage. Pour over a dressing made from four tablespoons of olive oil, two of vinegar and one of chili sauce.  
Cranberry Pie—Boil until soft two cups of cranberries, a cup of sugar and one cup of water. Line a pie plate with a rich pie crust, add the berries, cut strips of crust to form small squares on top and bake in a moderate oven.



### "All Bosh—"

#### Tea and Coffee Don't Hurt Me

says the cynic—but, we live and learn and at some time of life many tea or coffee drinkers wake up to the fact that the drug, "caffeine," in tea and coffee is "getting them."

Headache, nervousness, biliousness, heart flutter, insomnia, etc., are often signs that tea or coffee is getting in its work; and the growing knowledge of its true nature has led thousands of former tea or coffee drinkers to turn to

### INSTANT POSTUM

This famous food-drink has a rich, snappy flavour, but is entirely free from caffeine and other harmful elements ever present in tea and coffee. It is made of whole wheat and a small portion of wholesome molasses, and permits Nature, unhampered, to carry on her work of daily re-building brain, nerves and muscle.

Postum comes in two forms: The original Postum Cereal must be boiled; Instant Postum requires no boiling—a level teaspoonful in a cup of hot water makes a delicious drink—instantly. Both forms are equally delicious and the cost per cup is about the same.

### "There's a Reason" for POSTUM

Sold by Grocers everywhere.

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### MONTREAL IN FICTION!

WRITERS HAVE NEGLECTED PICTURESQUE CITY.

Ancient Seat of the French Regime With Its Heroes and Martyrs and Its Devoted Teachers Still Leaves Fertile Fields for Writers — The Poets Have Made Better Use of the City's Color.

PERHAPS no city in America, with the single exception of Quebec, offers greater opportunities to the writer of romance than does Montreal, and yet few have been more neglected. It has everything almost that the heart of the romanticist could desire. A picturesque and fascinating history of three centuries, partly under English and partly under French rule, presents possibilities of unusual interest. The founding of the city was the result of a mystical religious impulse, its first establishments were a seminary, a nun's hospital, and an Indian school, and to this day it remains one of the most pronounced strongholds of the Roman Church.

Almost from the first, Montreal was the headquarters for the fur trade in New France, and its history is full of memories of great trading companies, of daring adventurers, of merchant princes, of missionaries, and of royal governors. In many respects there is still much to suggest a city of the old world, rather than of the new, in its early buildings, its narrow streets with their curious names, its historic landmarks, its quaint market places, and its interesting old churches.

History takes on a new interest as one walks the streets of Montreal. Here were the homes of D'Iberville, who conquered Hudson's Bay for France; of La Salle, who discovered the great west and followed the Mississippi to the Gulf of Mexico; of Du Luth, who explored the Upper Mississippi and after whom the city of Duluth was called; of Cadillac, the founder of Detroit; of La Verandrye, who discovered the Rocky Mountains. Here also lived Alexander Henry, the pioneer of the fur trade in the far west; Sir Alexander Mackenzie, the first European to cross the Rockies; Simon Fraser, who found the river bearing his name; and other of the great merchants, who formed the famous North-West Company, which a hundred years ago and more established the commercial importance of Montreal.

But if the romanticists have overlooked Montreal, the poets have made up for their neglect. The city and its immediate neighborhood have furnished themes for many writers of poetry. W. D. Lighthall, who has been a diligent student of its history, has used it many times. "The Battle of La Prairie," is a ballad of the first encounter of the French and British in America, which took place in 1691, in the valley of the Richelieu. His "Caughnawaga Beadwork Seller," is placed in the Indian village at the head of the Sault St. Louis Rapids, opposite Lachine. Tom Moore's famous "Canadian Boat Song," written a century ago, will always keep in memory the village of St. Ann, at the western end of Montreal Island. The late Dr. W. H. Drummond, Mr. Alan Sullivan, and Dr. John Reade, the distinguished journalists, among others, have recalled the heroic exploit of Madeleine Vercheres, the young heroine of fifteen who, for an entire week, with the aid of three men and two little boys, withstood an Iroquois attack on the Vercheres seigniory, a few miles down the St. Lawrence near the Richelieu. It would scarcely be possible that the famous ice palaces and winter carnivals which a generation ago were held in Montreal, and which were responsible in some measure for the reputation of ill-omen attached to the climate of Canada, could escape the attention of writers dealing with Montreal subjects. John Reade in "The Winter Carnival," and Mrs. L. A. Lefevre in "The Spirit of the Carnival," have handled it in verse and cleverly caught the spirit of the occasion. The visit of Jacques Cartier to the Indian village of Hochelaga, which occupied the site of the city a hundred years before Montreal was founded, gives subject and title to a fine poem by T. D'Arcy McGee, and the retirement to St. Helen's Island of Marquis de Levis, commander of the last French army, where he burnt his flags in the presence of his army on the evening before surrendering the colony to the English, is the basis of Frechette's poem, "All Lost but Honor."

In prose Montreal's record has not been quite so ample. Many of the historic legends of the city and vicinity have been preserved in the "Jesuit Relations." Here they were discovered by Parkman and turned into glowing prose in "The Old Regime," "The Jesuits of New France," "Pioneers of New France in the New World," and other volumes dealing with the French occupation of Canada.

The story of the wonderful exploit in which young Dollard des Ormeaux with sixteen companions, four Algonquins and a Huron chief, sacrificed their lives at the Long Sault Rapids on the Ottawa, in May, 1690, is one of the most thrilling incidents in Canadian history, and the names, ages, and occupations of the young men are still to be read in the old register of the Parish of Ville Marie. George Murray tells the story of Dollard in stately verse in his poem "How Canada Was Saved," and Harry Hartwell Catherwood, an American novelist who has several times used Canadian historical material for literary purposes, has in "The Romance of Dollard" woven a fascinating love story around the person of the leader of the little band of heroes.

If an honest man is the noblest work of God if might be well to keep an eye on the self-made man. "Haste makes waste", despite the fact that one has to hustle in order to keep up with the wagon.

### NAUTICAL REVERIES.

Epigrams Bearing on the Life of the Sailor Lad.

The rollicking spirit of the Navy in the old days is reflected in the ancient nautical epigrams and verses, a collection of which is published in the 1,000th number of The Syren, and from which we have made the following extracts.

A sailor who had the misfortune to be thrown upon the neck of his horse while riding one day provoked this tragic-comic verse:

Spectator, cease your cruel glee,  
From taunting jests refrain;  
Sure, 'tis no wondrous thing to see  
A sailor on the mane!

The following is equally entertaining:

"A leak, a leak," the sailors cry,  
The vessel heaves and rolls,  
And every heart with dread beats high—  
All seem despairing souls.

Except one fellow, short and fat,  
A Welshman, I suppose,  
Who cried, "A leak! I'm glad of that,  
Oh, bring it to my nose.

"No vegetables have we had  
For many a tedious week,  
Oh! look you now, her heart is glad:  
There's nothing like a leak!"

The courageous spirit of the ancient British mariner is demonstrated in this short and witty epigram entitled, "A Carpenter Before a Surgeon:

A cannon ball, one fighting day  
(Sirs, doubt it not, I beg),  
Came in a merry captain's way  
And took away his leg.

Cries one, "A surgeon bring with speed  
The fracture let him view."  
"No," said our merry friend, "indeed,  
The carpenter will do."

#### Spooing an Editor.

There are tricks in every trade, and a story told by Mr. Malcolm Stark, in "The Pulse of the World—Fleet Street Memories" (Skeffington) illustrates the subterfuges which have been employed by journalists of Fleet Street.

Such was the interest taken in the execution at Newgate of Wainwright, the murderer of Harriet Lane in Whitechapel in 1874, that a provincial newspaper determined to issue a special edition giving an account of the last scene—a remarkable piece of enterprise in those days.

"The representative of this journal," says Mr. Stark, "arrived in London on the eve of the execution, but to his dismay found a ticket of admission to the prison had not been obtained, and it was too late to make an application to the Lord Mayor. An ingenious friend said he thought he could solve the difficulty.

"This friend forthwith proceeded to a haunt of the 'liners.' He soon discovered that one of the fraternity was in possession of a ticket. It was sold for two guineas, coupled with the condition that a descriptive report would be furnished to the 'liner,' who had engaged to do it for a country paper. The ingenious friend returned in great glee to his companion.

"The special edition was a veritable triumph," and a young man, who was not in Newgate at all, prepared an elaborate descriptive report for the other paper! Three days after the 'liner' told me in a fit of laughter that he had received a most cordial letter declaring that his account was the best that had appeared in any journal."

You never realize how dearly you have paid for your whistle until you try to sell it.  
When men have more money than they need they think they need more than they have.



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### "ASHBY"



Courtesy opens many doors and the lack of courtesy leaves them open. A man's strength is estimated by his ability to fight against odds. Hope is all right when it forms a partnership with haste.

### Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

#### A New Frock to Lure Femininity.

the waist is trimmed with braid loops and fancy buttons.

Some of the most attractive of the spring frocks are shown in the new pongees, which are beautiful, soft, thick and crepe in quality. Here is a design developed in a deep ivory tone that is almost yellow. The frock has an underbust of chiffon in the same shade and is trimmed with silk buttons and loops. The skirt is a two-piece affair with slightly raised waistline. It is shirred about the hips and closes at the left side-front. With the costume comes a removable jumper, which may be of pongee or taffeta. Made all in the same material, however, the dress requires 5 1/2 yards 44-inch pongee.

Today's home dressmaking has particularly to do with the cutting of the dress, because much of the success of the design depends upon this feature. Study the guide carefully and note how the front and back gorse of the skirt are laid on the lengthwise fold of the pongee. Next come the back of the jumper (1) and the back of the underbust (2). The peplum follows, being laid on a lengthwise thread, with the collar sections to the right. These, however, are laid on a lengthwise fold. The belt and band, while not laid directly on the fold of the pongee rest very near the edge. The pleatings for both gorse of the skirt are laid on the selvage edge, and following the pleating to the right of the back gorse are the jumper front, underbust, front and sleeve, all on a lengthwise thread of material.

For the V-shaped neck, if this outline is chosen for the underbust, cut out the neck edge of underbody front on small "o" perforations, after turning the hem. Small "o" perforations are also provided to indicate the method of shortening the sleeves and skirt.

The smart silks in which regular or irregular stripes are repeated on a ground of natural color silk tone are also very desirable for these costumes.



Pongee of beautiful, thick, soft, crepe quality is used for this costume. The skirt is shirred about the hips, and



Pictorial Review Costume No. 6667. Sizes 24, 26, 28, 30, 32 and 34 inches. Just. Price, 15 cents.

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