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Your jeweler can supply you with any of the standard Waltham models—three of which are here illustrated—in handsome gift cases.

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Write for the Booklet "Concerning a Timepiece"

WALTHAM WATCH COMPANY
MONTREAL

LITTLE MANDY'S CHRISTMAS TREE

By James Whitcomb Riley

Little Mandy and her Ma
"S' poorest folks you ever saw!"
Lived in poorest house in town,
Where the fence 'uz all tore down.

And no front-door steps at all—
Let a' old box 'g'inset the wall;
And no door-knob on the door
Outside—My! but they 'uz poor!

Wuz no winder-shutters on,
And some of the winders gone,
And wherg they 'uz broke they'd pas'
1st brown paper 'cross the place.

Tell you! when it's winter there,
And the snow let 'em 'where,
Little Mandy's Ma she say
'Spec' they'll freeze to death some
day.

Wunst my Ma and Me—when we
Be'n to church, and's goin' to be
Christmas purty soon.—we went
There—like the Committee sent.

And Sir! When we're in the door,
Wuz no carpet on the floor,
And no fire—and heels—and—head
Little Mandy's tucked in bed.
And her Ma telled my Ma she
Got no coffee but 1st tea
And fried mush—and's all they had
Sense her health broke down so bad.

Nen Ma hug and hld me where
Little Mandy's layin' there;
And she kiss her, too, and nen
Mandy kiss my Ma again.

And my Ma she telled her we
Goin' to have a Chris-mus-Tree
At the Sunday School, 'at's fer
All the children, and for her.

Little Mandy thuk—nen she
Say, "What is a Chris-mus-Tree"
Nen my Ma she gived her Ma
Somepin' 'at I saw.

And say she must take it—and
She 1st mak'd her keep her hand
Wite close shut, and nen she kiss
Her hand—shut 1st like it is
Nen we comed away—And nen
When it's Chris-mus Eve again,
And all of us children be
At the Church and Chris-mus-Tree—

And all git our toys and things
'At old Santy Claus he brings
And puts on the Tree,—wite where
The big Tree 'uz standin' there.

And the things 'us all took'd down,
And the children, all in town,
Get their presents—nen we see
They's a little Chris-mus-Tree.

Write behind the big Tree—so
We can't see till men, you know,—
And it's all 1st load'd down
With the purtiest things in town
And the teacher sully and say:
"This here Tree 'at's hid away
'It's marked "Little Mandy's Tree!"
Little Mandy! where is she?"
Nen nobody say a word,
S'fist place you ever head!
Till a man tipoe up where
Teachers' still a waiting there.

Nen the man he whisp'ers, so
1st the Teacher hears, you know,
Nen he tipoe back and go
Out the big door—1st as slow!

Little Mandy, though she don't
Answer—and Ma say "she won't
Never, though each year they'll be
"Little Mandy's Chris-mus-Tree!"

Fer pore children—my Ma says—
And Committee say they guess
"Little Mandy's Tree" 'ul be
Bigger than the other Tree!



STRENGTH

Life's greatest assets are Health and Strength and without these existence becomes intolerable.

THE HUMAN BODY

The Human Body, under the best of conditions, is a fragile structure, easily susceptible to climatic conditions, over-heating, exertion, mental and physical emotions. This subject requires constant attention if health and strength are to be continually maintained. The most sensible method of preserving health is to consume food which produces it. The food which produces health is, that which contains Carbo-Hydrates, Proteins and Fats. COCOA—a palatable liquid food containing, when mixed with milk, all these necessary substances in a form that is not injurious to the weakest digestion. For the easiest and most pleasurable way to obtain just the right kind of nourishment the body needs—drink Cocoa—for the best and quickest results drink—Cowan's Perfection Cocoa.

Always boil your cocoa. It brings out the true flavor of the cocoa bean.

COWAN'S COCOA—

"Perfection Brand" Purest and Best

Packed also in attractive round ten-cent and half-pound containers, having the same high-grade and nutritious Cocoa as in the ordinary tin. Watch for this new style of container.

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You can see a full assortment of "Queen Quality" Italian Silk Lingerie. This superb line is woven, cut and finished entirely in Canada from directly imported raw silk.

It is made for women who desire the utmost in refined quality at moderate prices. There is unalloyed comfort in its soft, shimmering surface and enduring pleasure in the knowledge of its exquisite daintiness. At the same time it gives long wear, thus promoting the true economy. Ask your dealer for the "Made in Canada Queen Quality" Italian Silk Lingerie.

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THE KING'S BEARD

An interesting story is told in connection with the Swedish actor, Ferrasi, who was called upon to take the part of Oscar I. in a play under that name, at Stockholm, Sweden. The actor was ordered by the director of the opera to make up with a full beard, but during one of the intermissions, he hunted up the director and told him that Oscar I. never wore such a beard. "What kind of a beard did he have then?"

To this Ferrasi replied "Moustache and goatee, like Napoleon III."

"How do you know that?"

"The conclusive reply was offered, 'From my postage stamp collection.'"

The change was made and at the second performance the public noticed with astonishment how King Oscar had altered the cut of his beard. To stamp collectors, it is hardly necessary to point out that Mr. Ferrasi secured his information by looking up the seal of Norway, 1856.

at which their honest, religious hearts rebelled. They spent their very first Christmas in their newly adopted country—America—in having the first house in Plymouth (Mass.)

To those who have never experienced a Southern Christmas, can hardly be told the spirit of cheer and unbounded hospitality which exists even in these busy times, though they had their inception in the days before the Civil War when everybody's latch-string was on the outside and nobody could do too much for his neighbor.

For days before Christmas Southern kitchens teemed with marvelous odors of mince pies, sausage stuffing, steaming hot punch and savory ragouts. Christmas eve was made, tables. Christmas eve was made, merry on the plantation, entirely grammie, usually by the family's pillow to enter the holidays. Christmas parations for the holidays. Christmas breakfast was always a gala event, just less than the dinner itself. Waffles, fried chicken, sausage, hot biscuits, jellies, syrup, coffee chocolate and milk constituted a normal meal. After breakfast, "mammy" usually routed the youngsters as well as the grown-ups out into the frosty air, until she could assemble her apprentices and prepare a feast fit for the gods. The spirit still exists, but alas! for the high cost of living; it keeps us from so indulging our appetites. Our matter-of-fact times and modes of thinking and living are driving away all the old happy illusions, until we, as nations and individuals, have reason to sigh to be kids once more.

THE VITAL FIGURES

United States government statistics reveal these facts which every life insurance agent should have on the end of his tongue:

285,000 out of 100,000,000 people report incomes in excess of \$2,500 per year.

Ninety per cent. of estates of over \$5,000 are entirely dissipated in seven years.

Over 8,000,000 women must work to live.

Nineteen out of every twenty fail to provide for their old age or families.

Ninety-five per cent. of men engaged in business fail.

Ninety per cent. of children who enter school at the age of six have to stop before completing the eighth grade to go to work.

One in every two men at age twenty-five will be dependent upon some one else at sixty-five.

Nine out of ten men leave no estate.

Life insurance companies are distributing more than \$2,000,000 per day.

Life insurance has decreased pay-erism more than thirty-three and one third per cent. in thirty-five years. Life insurance saves the nation more than \$30,000,000 per year in maintaining the poor.

For Safety's Sake.

Two brothers who live in an East Lancashire manufacturing town were noted for being exceptionally "well-served with nasal organs."

One of the ring splitters at the mill where they worked invited them to a wedding, and promised to send a cab for them.

The cab duly arrived and the two brothers entered and planked themselves down, one at each window.

In order to create an impression during the drive to the wedding, the two brothers were looking out of the cab, one on either side, so that the people could see them.

All went well until the cab came to a rather narrow railway arch, which our travelers had to pass through. The cabman looked back to take his bearings and seeing the two brothers noses sticking out of the windows on either side, shouted: "Put them elbows in, please!"

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ENTERTAINMENTS AND CUSTOMS OF LONG AGO

Early in the fifteenth century bus-leagues of great extravagance were introduced into the castle of the nobility, and even at court, where the noble ladies and lords were no doubt bored with the heretofore solemn celebration of the English Christmas. These buffoneries were taken part in by all the retainers in the household and elaborate costumes were provided some of them of oriental splendor. In the sixteenth century, however, these became more refined and were known as Masques, from the masks still worn by the performers. They resemble the private theatricals or drawing-room plays of the present times.

Our Pilgrim fathers contemned no such frivolities in their Christmas celebrations. These Masques were no doubt among the many worldly things

LADY OFFICERS SURPRISE HIM.

Interesting Account by French Journalist of Visit to Canadian Forestry Corps.

Writing in La Liberté, a Paris Journal, Louis Satapie, who has paid a visit to the Canadian Foresters in Windsor Great Park, England, says: General MacDougall is a type of the man of action formed contact with rude realities. His abundant energy is accompanied with a flow of good humor. Here we have seen the trees of the great Windsor forest fall as if struck by the Attila of the woods. Here is a century old pine whose head reached to the clouds. It is now fallen; the woodsmen armed with grapp-

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You get the flavor, the richness and the aroma of pure tea at its very best, because RAKWANA TEA is made from carefully selected leaves from which the large stalky fibre has been extracted. Tea made from the whole leaf is full of stocks and tough bits of fibre which contain absolutely no real tea essence. It is clear waste. RAKWANA TEA is all good. It is so rich that one small teaspoonful will go farther than a heaped teaspoonful of the ordinary tea. RAKWANA TEA is the very essence of tea goodness.

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