

GIRLS' OCCUPATIONS.

Which Radcliffe Graduates Put Their Education.

Light is thrown on the way girls put college education to use nowadays by an examination recently made of the records of graduates of Radcliffe college, the women's institution affiliated with Harvard. Naturally it would be expected that young women trained as they are at Radcliffe, where the courses, teachers, examinations and general requirements for degrees are exactly similar to those of the men's colleges, would go into teaching or other professional work almost exclusively.

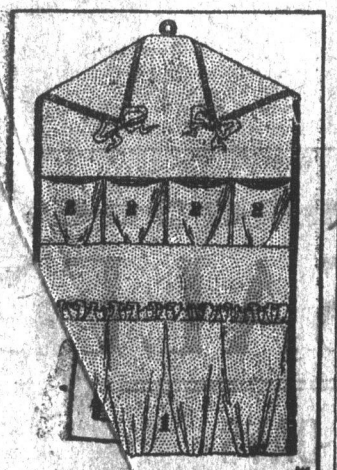
While it is true that a large proportion of the graduates still do this, there nevertheless a considerable number who take up occupations of a very different sort. Most prominent of these, perhaps, are the former Radcliffe girls who carry on a good share of the charitable work of great cities. The successor of Mrs. Rebecca Foster, for many years the "Tomb angel" in New York, is Miss Ada Ellis, not long ago a student at the women's college at Cambridge. One graduate of Radcliffe is head worker at Hartley House, in New York city; another holds a similar position in the Neighborhood settlement carried on by students and teachers of Pratt Institute, in Brooklyn; a third, who was graduated in 1895, is assistant secretary of the State Charitable Aid Association of New York, which has a kind of advisory oversight of all charitable and penal institutions on the continent; still another is at the head of the Friendly Aid House maintained by All Souls' church in the metropolis.

There are also a few trained nurses among Radcliffe graduates, and some of the girls who have taken up secretarial work have shown marked ability. As a rule, commercial life does not seem to make a strong appeal to these college graduates. In fact, only one downright business undertaking appears in the records. That is a partnership between a former Radcliffe student and a girl friend from the same town in the south who started in Boston a laboratory kitchen where, as a beginning, scientific baking was done. This start has now developed into two very successful restaurants in the New England capital.

SHOE BAG.

Footwear receptacle to hang inside of chest door.

To make a pretty shoe bag take one yard of wide red cream bed ticking. Cut from one side enough to leave



The piece is 18 in. wide. Place this in two inches in width. Cut a strip of red with turkey red of the largest to the bottom. Stitch this at the top. Take the ticking extra. The side and bottom are cut from a piece of red velvet. When folded it into four pieces, the bottom and sides are nicely. Turn over each of the corners and fasten with a bow or cord. A brass ring is sewed into the inside of the bag by the side of the clasp. The clasp is made of the same material and will make the bag close.

A Swam of Householders. Be careful. Care prevent many dropped stitches and bad breaks. Be prompt. Slackness makes loose, homes and weary world water. Be prompt. Be faithful. "Be thou faithful unto death, and I will give thee a crown of life." Be faithful. Be cheerful. Cheerfulness is the length of days and to days it is worth the lengthening. Be cheerful. Be thoughtful. Thoughtfulness too tender a plant of blessed fragrance to be "born unseen," etc. Be good humored. Good humored better than medicine. No matter how well the ill natured pill is sugar coated. Be good humored.

A Jar Holder. When the mother on her silver wedding anniversary received among other pretty things a silver jar made in Japan, she admired it and asked, "What is the hole in the bottom for?" No one could tell her, so we placed the jar on the sideboard, not daring to use it, for we did not know what to do about "the hole in the bottom." We did not find out until several months had passed, when the cousin from Boston came to visit us and told us it was not really a jar, but a holder into which was slipped the glass of jelly or marmalade which, when emptied, was easily removed by pressing upward through "the hole in the bottom" until the glass was raised above the top of the holder.

When Sickness Comes

there's always a need for Armour's Extract of Beef. It keeps up vitality and prevents excessive loss of flesh and strength. It's rich beefy flavor makes beef tea that is as appetizing as it is delicious and stimulating.

Sold by all Grocers and Druggists.

ARMOUR LIMITED, TORONTO.

Beef packers and shippers for Canada.



Cat Island Cats.

On Sable Island, off the coast of Nova Scotia, cats were introduced about 1890 and rapidly exterminated the rabbits, which had been in possession for at least half a century. In one of the harbors of Kerguelen Land, a barren and desolate bit of antarctic terra firma to the southeast of the Cape of Good Hope, cats escaped from ships have made themselves at home on a little islet known as Cat Island, which has long been used as a whiting place for sealers. Here they live in holes in the ground, preying upon sea birds and their young, and are said to have developed such extraordinary ferocity that it is almost impossible to tame them even when captured young.

When to Anchor.

A minister has given this well defined exposition of the text, "And having done all, to stand." On some body of water near his home there was one day a race between two boats. The captain of one saw that he was getting behind, but he also saw that at the particular point where they were the current was stronger than the wind and that the head boat, though apparently progressing, was really drifting backward. Quickly taking in the situation, this captain of the rear boat cast anchor and won the race.

Two Exceptions.

"They say that all the world loves a lover," said the rejected suitor as he ate his dinner from the mantelpiece, but there are generally two exceptions to the rule: the girl you want to be your wife and the man you want to be your father-in-law."

Submit to what is unavoidable, banish the impossible from the mind and look around for some new object of interest in life.—Goethe.

Pride carries with it a peculiar sort of inability to accomplish anything.

If you do not give your ribbons wings for good works they will take to themselves wings for good and all.

Take it altogether, some medicine isn't so bad after all.

MAKES MEN SOUND AND STRONG

Detroit Specialist Making Men's Diseases a Specialty for Years. Will Accept Your Case, Giving Individual Treatment. You may Use It in the Privacy of Your Own Home.

You May Pay When You are Cured. A Detroit Specialist who has a diploma and certificates from medical colleges and state boards of medical examiners, and who has a vast experience in doctoring diseases of men, is now curing a great many so-called incurable cases.



DR. S. GOLDBERG.

The possessor of 14 diplomas and certificates, who wants no money that he does not earn, in order to convince patients that he has the ability to do so, he will accept your case for treatment, and you need not pay a penny until a complete cure has been made. He wants to hear from patients who have been unable to get cured, as he guarantees a positive cure for chronic, nervous, blood and skin diseases, such as rheumatism, bladder or kidney troubles, blood poison, physical and nervous debility, lack of vitality, stomach trouble, etc.

The doctor realizes that it is one thing to make claims and another thing to back them up. He has made it a rule not to ask for money unless he is sure that you will be cured. He feels sure that you will willingly pay him a small fee. He will accept your case before him, which will receive careful attention, and a correct diagnosis. Your case will be made free of charge. If you do not want to pay, you must remember that all medicines for patients are prepared in his own laboratory to meet the requirements of each individual case. He will send a booklet on the subject, which contains the 14 diplomas and certificates, entirely free. Address him simply 111 Detroit, Michigan. Medicines for Canadian patients sent from Windsor, Ont., consequently there is no duty to be paid.

TABLE EXTRAVAGANCE.

Housewives Should Know the Nutritive Value of Food.

Of the three forms of table extravagance common to the household by far the most wasteful is a poor table. The wastefulness of mean economies is not appreciated because the consequences are not followed up by the average mind.

The first man, woman or child you meet is far more apt to be well dressed than well fed, for the reason that the world sees one's clothes, while it cannot witness the details practiced within the home, yet the results of dress economies can only mar self-complacency, while a stunted food supply entails a train of evils too far reaching and serious to be measured.

There is not an insect that lives that is not wiser and more truly affectionate than some mothers—supposedly educated mothers, too—far, while the insect never fails to understand requirements of her young and to make provisions for them, there are thousands of women who give no special thought to the needs of their growing families, leaving to chance or haphazard management their physical well being, their life's happiness.

It would be difficult to find a well dressed woman who did not know the difference between refined and cheap food, but not one in ten of their number, if asked, could tell the nutritive value of the food served upon their tables. I do not mean by this a technical knowledge of food chemistry, but just an everyday appreciation of what foods are nourishing and healthful and what are low in food value or indigestible.—Harper's Bazar.

THE CHARMING SMILE.

It Is Not Yours In Perfection Try to Cultivate It.

Smiles and laughter are supposed to be of the best of the world holds, and yet haven't you upon seeing some woman smile and laugh felt that you would give anything to have her remain so serious countenance? Haven't you seen her Cupid's bow of a mouth stretch itself until it reached back further than you had ever dreamed it could reach, until unbecomingly little crescents appeared carved in her cheeks at each side of the mouth and until her beautiful eyes fairly danced in a hideously unbecoming squint? And, after all, there was no more mirth and sunshine than if she had not gone through all these facial contortions.

The woman who can smile and laugh charmingly is one of the rarest beauties that we ever meet, especially in our own country. We have a painful way of overdoing things, and a smile is among the opportunities for overdoing which we seldom neglect.

It is marvellous to see how wonderfully big a girl can sometimes make a dainty mouth which was intended by kindly nature to be small and pretty. It is only the mirror were ever present to show us ourselves at others see us.—New York Globe.

HOUSEHOLD HINTS.

Starch and iron wide lamp wicks and wicks for oil stoves. They will not then cause trouble in sifting them into the burners.

Bronze lamps or chandeliers should never be wiped with a damp cloth or the burning will wear off. A feather duster only should be used.

Have a little bag hung on the inside of the sewing machine frame at the left hand to receive clippings that so quickly accumulate when working at the machine.

If a chimney catch fire run to the salt box and empty it out on the stairs. They will be reduced as if by magic, and then further steps can be taken to extinguish them.

A length of cretonne laid over the pillow in one woman's sitting room lay down in three days when fashion has declared pillow shams quite passe. Of course a spread of cretonne to match goes without saying.

When You Sleep.

When you are asleep always have the room dark, as light is a stimulus even to the closed eyes. Never let the light of the moon or the sun shine directly on your face. It is well to have dark shades at the windows unless you have the old fashioned dark green window blinds. Use artificial light in the bedroom as little as possible. If it is necessary, however, thoroughly air the room after the light is put out before getting into bed. And one point more—the ideal bedroom is without plumbing, for, although the plumbing may be perfect, there are many uncertainties. If you have running water in your room, however, leave a little water in the bowl and spread a damp towel over the top of the basin. There is no place where the note of harmony will have a more beneficial effect upon our spirits than in the room where we spend one-third of our lives in leisure, rest and sleep.—Ladies' Home Journal.

Tact In Dress.

Tact in dress is necessary to every woman who hopes to become representative of that refinement which is the chief ornament of womanhood or girlhood. It is rare that one sees French people dressed out of keeping with their surroundings or position. In the latter half of the nineteenth century a noted woman of France, Mme. de Girardin, said, "Style ought inevitably to vary according to the fortune, to the habits, to the form, to the circumstances and indeed to every detail in the life of those who wish to appear its leaders." This truism is as real today as at the time it was written, but unfortunately outside of a belle France this fitting of self to one's sphere is honored more in the breach than in the observance.

LIVING TOO HASTILY

CANADIAN WOMEN BREAK DOWN

Irregularities and Female Derangements Result—Cured by Lydia E. Pinkham's Vegetable Compound.

Owing to our mode and manner of living and the nervous haste of every woman to accomplish just so much each day, it is said that there is not



Miss Irene Haggood

one woman in twenty-five but what suffers with some derangement of the female organism, and this is the secret of so many unhappy homes. Lydia E. Pinkham's Vegetable Compound, and no woman can be amiable, light-hearted and happy, a joy to her husband and children, and perform the duties incumbent upon her when she is suffering with headache, nervousness, sleeplessness, bearing-down pains, displacement of the womb, spinal weakness or ovarian troubles. Irritability and merry retorts take the place of pleasantness, and all sunshine is driven out of the home, and lives are wrecked by woman's great enemy—womb trouble.

Read this letter:

Dear Mrs. Pinkham:— "I suffered for four years with what the doctors called inflammation of the fallopian tubes, which is a most distressing female disease, undermining the constitution and sapping the life force. If you had seen me a year ago when I had begun taking Lydia E. Pinkham's Vegetable Compound, and had noticed the aching eyes, yellow complexion and general emaciated condition, and compared that person with me as I am today, robust, hearty and well, you would not wonder that I feel thankful to you and your wonderful medicine which restored me to life and health in five months. My friends all marvel at the change it has made in me, but none can appreciate it better than I can myself."—Miss Irene Haggood, 1028 Sandwich St., Windsor, Ont.

At the first indication of ill health, such as painful or irregular menstruation, secure at once a bottle of Lydia E. Pinkham's Vegetable Compound and begin its use.

WHY SHE COULDN'T FIND IT.

Inquiry Into Early History of Germany Developed a Puzzle.

In the state department where a fair knowledge of history is the one requisite above others, information concerning the earlier history of Germany was desired. The employee upon whom this task of finding this derelict was a young woman who passed the civil service examination with an A1 grade. She went to the bookshelves and looked in that section where the historical data of this country are kept.

"That's funny," she murmured, after rummaging through the volume, "Here is Germany, but these books don't go back far enough."

After another desultory search through the volumes she came and stood beside an older woman whose early education, though by no means as comprehensive as that of today, consisted in learning what she did learn well.

"Do you know where the rest of Germany is?" the girl asked.

"It's all there," was the answer.

"But it can't be, because it doesn't go back as far as I want." The older woman looked at the slip of paper in the girl's hand on which a date prior to the time of Frederick the Great was written.

"There was no Germany as early as that," she said promptly.

"Then how can I find it?" the girl helplessly asked.

"Look under Prussia, of course," the older woman answered.

"Oh!" said the girl.

That Hacking Cough!

Keeps You Awake at Night?

Then Get Rid Of It.

Stop and consider that neglected coughs and colds, if not cured immediately, are followed by Bronchitis, Pneumonia, Catarrh, and Consumption. Better cure your cold now with a few doses of

DR. WOOD'S NORWAY PINE SYRUP.

It is a pleasant, safe, and effective medicine that may be confidently relied upon.

Mrs. Brenton Smith, Pembroke, N.S., writes:—"Some time ago I was troubled with a bad cough, and thought I would try your valuable cough mixture, Dr. Wood's Norway Pine Syrup. I purchased a bottle, and as soon as I began taking it I could tell it was helping me. I kept on, and in a short time my cough was cured. I would advise anyone suffering with a cough to get a bottle, for it will soothe, heal and cure."

Price 25 cents.

Get Dr. Wood's. Refuse substitutes.

THE T. MILBURN CO., LIMITED, TORONTO, ONT.

FROZEN Dainties.

Pretty and Tempting Fancies In the Serving of Ice.

Most cooks nowadays—even the plainest and most bent on remaining so—have discovered how easy it is to produce good ices, these being, as a fact, far less trouble than many commonplace sweets accepted as a matter of course. One very great advantage of ices is that they may be prepared so many hours beforehand, and are, indeed, all the better for standing some little time.

Undoubtedly one of the chief reasons for the increased popularity of all kinds of frozen dainties is the introduction of the many simple and efficient little freezers, which are not only inexpensive, but easy of manipulation, and convert the freezing process into a light and quickly accomplished task. Most freezers carry with them the proper directions for their use in the manner best suited to their mechanism. Where ice is delivered in lump it is most easily broken by putting it in a stout



NUT ICE CREAM IN A SHELL.

carden bag (kept for the purpose), and pounding it with a wooden mallet or the flat side of an axe.

A so called quart machine is large enough for small family requirements; still, a three pint, or two quart, machine is very useful, as a small quantity may be made in it when desired with very little more ice than for the smaller size, while it is sufficiently large for greater requirements.

In household manufacture it may be sometimes necessary to serve ice cream in the usual small plain portions, and it is seldom advisable to attempt ices molded in the form of fruits, flowers or large fancy pieces. There are, nevertheless, many dainty little ways of rendering the serving of ices more attractive. Perhaps the simplest of these are the pretty little paper cases now to be bought in such variety to harmonize with the table decorations.

A pink lotus flower, for instance, is very cool and dainty looking for a summer repast, and especially pretty filled with raspberry ice cream and garnished with a berry. Another pretty case is a shell filled with nut ice cream and garnished with a half nut. It is, of course, necessary to be expeditious in filling the small inner cases which slip into the outer decorative ones, and these should be arranged in complete readiness for serving without delay. Some little garnish, such as a half nut on nut ice cream or a small piece of crystallized fruit or a crystallized flower or a sprinkling of chopped roasted almonds or pistachios or other like additions, add much to the appearance of small individual creams.

As exceedingly dainty and novel way of serving creams and sherbets is inside fruits from which the interior has been neatly scooped out.

Sea Mosses.

On reaching home after collecting sea mosses these should be "floated" out in dishes of salt water and then be cleaned of any adhering sand or shells with a pair of pliers. Trim away parasites and superfluous branches and then dip a piece of cardboard into the water and carefully arrange it under the floating plant until the branches are spread out in a satisfactory manner. Then slowly lift the cardboard from the water and arrange the details of the delicate parts with a needle. After the "finishing touches" transfer to a drying press made of blotting or drying papers, upon which is placed a weight.

A Dainty Garment.

Although of extreme simplicity, this model for a negligee will be found very effective. It is fashioned of apoc-



ted muslin, which is gathered back and front into a round, long shouldered yoke, outlined with wide lace, while quite narrow lace edges the neck and the hanging frills on the sleeves.

Baked Tomatoes.

Select firm, ripe tomatoes and arrange with the cut sides on top in a buttered baking pan. Salt and pepper and set in a well heated oven. Bake for half hour, and then transfer, without breaking if possible, to a platter or dish, where the gravy is poured over them. A sprig or two of parsley may be laid around each tomato as a garnish.

"Child's Play" Wash Day

Means: To make the dirt drop out, not be rubbed in, use

Surprise Soap

the "Surprise" way without boiling or scalding the clothes. Its a new way and a clean, easy method of doing the wash.

Surprise is all Soap; a pure Soap which makes a quick lather.

Read the directions on the wrapper.

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THE T. H. TAYLOR CO'Y

Are now prepared to show you the latest patterns in Spring Suits in Fancy Worsteds, Scotch Tweeds, Black and Blue Twills, Vicunas, Cheviots and Canadian Tweeds in prices to suit your pocket-book.

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in the most up-to-date style with best trimmings and workmanship? A perfect fit guaranteed. No trouble to show goods

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Settlers' Trains

Will Leave Toronto Every Tuesday During March and April at 9:00 P. M. for

Manitoba and the North-West

and run via Grand Trunk, North By and Canadian Pacific. A Colonist Sleeper will be attached to each train. Passengers traveling without live stock should take the train leaving Toronto 1:45 p.m. Train leaving Toronto at 9:00 p.m. is for passengers travelling with stock.

Full particulars and copy of Settlers' Guide and "Western Canada," from W. H. HARPER, Canadian Pacific Agent, Chatham, or C. B. FOSTER, D.P.A., Toronto.

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