ELEANOR TO BETTY

Chatty Letter on Local Society Topics

(Written for the Sunday Colonist.)

Dear Betty,—A merry Xmas to you, mine began early. Early this morning, about 5 a. m., I was aroused with the blare of trumpets, the quick tap, tap of drums and the discordant shrieks—lings of the most diabolical invention in the way of a musical instrument it has ever been my lot to hear. A cross between a Jew's harp and a French horn! Presented by a fond godmother. I have never had a great opinion of godmothers, having a lively remembrance of my own, who struck terror into my youthful soul by demanding, in severe accents, if my name were "N. or M." Mine was also especially strong on the subject of loving my neighbor as myself. I remember her, however, when I took a lively interest in a very good looking masculine neighbor, she assured me emphatically the commandment alluded only to the feminine articles, an invidious distinction that rather puzzled me. While the orchestra took a very brief interval for rest and wind, refreshments of a very sustaining nature were handed round—gum drops, whose adhesive qualities were strongly recommended, accompanied by slabs of rich Xmas cake. After having waded through the first two delicacies, I was advised to have a couple of bananas, with an orange or so thrown in, a few chocolate drops and a stray walnut, to fill up the interstices. The latter delicacies I kindly, but firmly, refused, to the consternation of my offspring, who expressed fears that I was going to be ill and spoil all the fun. Everyone having absorbed as much sticky stuff, inwardly and outwardly, as they were capable of, the real business of the morning was entered into. "Yours, mother dear," and, like a bolt from the blue, the tip of a fly-rod gracefully interlaced through the back to keep it steady, a heterogeneous mass of tea cups, vases, gloves, a gorgeous looking pipe, a package of home-made taffy, and exuding from the wound made by the destroying umbrella an unsanguined mass which I am informed is jelly-cake, the effort of one of the most brilliant pupils of the domestic science cooking class. But on this day what matters anything, surrounded by merry, happy children. Talk of the good old days! There have never been such days as these; such smiling dollies and gorgeous picture books; such trumpets and teasets; such hideous and awful beetles that make short but brilliant journeys across the table, only finishing their "Unborn tomorrow, and dead yesterday. Why fret about them if today be sweet?"

You cannot expect me to talk fashions to you with a mind which is burdened with so many weighty matters, and as to your request for a few suggestions for Christmas gifts, "to be bought at the last minute," you must allow me to say that you have left it to the very last minute possible, so do not blame me if my ideas are meagre. I might suggest some of Spencer's dainty Toucaffe-work table-cloths, tray-covers, pillow-shams, wine dollies, etc. This work is far less expensive and much more durable than the Mexican drawn-work with which we have been so satiated of late. A few hand-worked handkerchiefs show a solicitude that is always flattering, and if you tuck one of these into the tempting bag of gray alligator-skin I saw in Redfern's window—the one with the watch in front and the silver trimmings—you surely will have reached the giddiest eminence of affection and remembrance. At the Japanese stores you can buy such pretty, smart turnovers for the girl who "never has anything to wear round her neck."

Now for the gardening hints you want. I myself, in the way of flowers, plant in shallow boxes wall-flowers, Canterbury bells and snap-dragons, in my kitchen window (as I have no greenhouse). With a little care and attention they will bloom early in the spring. Carnations of the early flowering sort may be planted in the same way, and will give a fine display of blossom in about six months. Understand, Betty, you must not book them by day and freeze them by night; an average temperature of 65 degrees is easily produced by banking the kitchen stove at night with coal; also keep a flat saucer near the plants filled with water to keep the atmosphere moist.

As to that border you want. Have it dug up and the sods left on the top to rot, ready for spring seeding. With regard to the vegetables, as long as there is no frost and you have a little warm, well-protected corner, you might sow a few cabbage, lettuce, long scarlet radish, round spinach, and cabbage, the latter for early spring planting; but remember, in case of frost these must be protected with old mats or fir branches. Of course, both garden and sweet peas can be sown, but more thickly than for spring planting. Knowing that you are an amateur, like myself, I give you the benefit of my own experience. Also prepare the bed for your carnations, if, like me, you intend making a study of these most beautiful flowers next year. Make it of a compost consisting of about three parts of the soil, with the sod attached, to one part each of cow manure and sweet-leaf mold, with a small addition of fine sand. Constantly turn this mass over during the winter, and by planting time it will be found ready for use.

By all means send to Liberty for a tea gown of the new "Myrans" satin. I have just received a dinner dress from the same firm. Imagine if you can a soft crepo satin, the reverse side being woollen, which gives it a rich clinging quality, rendering it invaluable in these new trailing dresses with their long, soft lines. The color in my case is a delicate old rose; it is made almost without trimming, except for a few touches of sable about the bodice and some filmy old lace of which I fortunately possess a few pieces. For your evening dress I should advise one of Liberty's "Ariel gauzes," 44 inches, at 50 cents per yard (English price). The latter you can probably procure from Spencer's never-failing Arcade.

Another original table decoration! Insatiable Betty! And one without flowers. Rather a difficult task, but try this: Procure a piece of green Canton flannel, the length of the table and about 26 or 27 inches wide; brush it roughly against the grain, on the wooly side. Lay it on the table, rough side up, and sprinkle lightly with mica dust, obtainable at any chemist's. Border it with holly dipped in a solution of alum and water (this you must do the day before). Down the centre place a thin strip of board about three inches wide; on this fasten carefully-selected cedar branches, standing seven inches high; sprinkle these also with mica dust, and have the whole wired with tiny red and green electric lights; these latter Hinton & Co. can readily supply.

Here is a delicious receipt for Windsor soup, which I have tried with great success:

Windsor Soup.—Nine ounces of butter, two ounces of flour, two pints of stock, two ounces of pearl barley, yolks of four eggs, three-quarters of a pint of double cream, asparagus points. Method—Put five ounces of butter into a stew-pan to melt, add two ounces of flour to make it a brown color; moisten it with two pints of stock. When this boils add two ounces of pearl barley, and let it cook for about two hours. When cooked, put it through a sieve; then turn it into a saucepan and let it simmer for about ten minutes; add the yolks of four beaten-up eggs, three quarters of a pint of double cream and four ounces of good butter. Serve with asparagus heads.

I will conclude with wishing you a hundred happy Christmases, and with good digestion waiting on appetite.

ELEANOR.

CASSIE'S TRICK EYE.

Bobcaygeon Independent.

Mrs. Cassie Chadowick of New York is said to possess a hypnotic eye, and with this eye she has obtained over half a million dollars, from bankers without a cent's worth of security. Only one eye is mentioned. Possibly the other was a goo-goo eye. Such a combination is too awful to think of. Heavens, what if she had stuck Sandy And Cassie was made in Canada, too.

PROLIFIC CHINESE WOMEN.

World's Work.

One of the federal judges has estimated that if the stories told in the courts by the Chinese about being born in the United States were all true, every Chinese woman who was living in the United States twenty-five years

TRACES OF MORPHINE.

Paris, Dec. 24.—A morning paper affirms that a chemical analysis of the intestines of the late Deputy Syveston revealed the presence of morphine, and concludes from this that Syveston was drugged before he suffocated.

Sister's Sacrifice

By Gustave Leonard

"What is it to be, Minnie?"

Bob Durand looked lovingly into the eyes of the girl who stood before him.

"I do not know, Bob," faltered Minnie Penton.

"Then I must fix it if you will not," he declared, placing his palms against her soft cheeks and raising her head until he could look into those sweet eyes. The frightened expression which he detected in them perplexed him.

"Oh, Bob, it cannot be yet. Not for a long time, perhaps. I could not leave Jennie."

"But who said——" He was about to ask why she thought that marrying him meant leaving Jennie, but she interrupted him hastily.

"I could not leave her. She would die if deprived of my care. I have tended her since mother died and have devoted myself to making her happy, poor, crippled Jennie! I could not allow one more drop of pain to be added to a cup of suffering that is now almost full to overflowing. No, Bob, it cannot be."

"You are running on wildly, Minnie, dear," he expostulated with loving kindness. "I do not propose to separate you and your invalid sister. Whatever could have caused such a notion to enter your pretty head? She will live with us and she shall not know that any change has taken place so far as care of her is concerned. She will be as happy as it is possible to make such an invalid. . . . will see to that."

"It cannot be, Bob, dear. While my sister lives it is impossible for me to marry you. I know that you would do everything to make her happy, but she would not be happy if she knew that I loved another better than I love her. She has had my undivided love and attention so long that it would be a cruel blow to her, a blow that my love will not permit me to inflict. We must wait —wait while she lives!"

"But that is absurd, Minnie," cried Bob impatiently. "Why, we might have to wait a lifetime! I am willing to wait a year if you like, but not indefinitely. Come, within the space of twelve months you can gradually accustom her to the idea. Even twelve months seems a lifetime."

"It cannot be, Bob! I know that we may have to wait years, but we must wait. While Jennie lives I cannot marry. I will not keep you bound, you are free, if you desire it. Let us be friends ."

He turned on his heel with his usual impetuosity and strode away. She tried to call him back, but could not utter a sound. With a moan of anguish she sank to the ground and sobbed convulsively.

Why had such a cruel fate been forced upon her? Bob had gone away angry with unsatisfied love, forgetting that she was suffering. No, not forgetting, but unaware of it. She excused him even in her sorrow. He did not know the truth; how could she tell him? How could she let him know that she could not marry him while Jennie lived, because the marriage would be a death-blow to her sister?

Poor Jennie had conceived a consuming passion for handsome Bob Durand ever since the day he had lifted her from the awkward position into which she had fallen while Minnie had gone in search of flowers for the invalid. Bob Durand had been struck with the beauty of the cripple and he was just as much moved by the loveliness and charm of the older sister when she returned two or three minutes later and warmly thanked him. After that Bob Durand had called under pretext of inquiring for the health of the invalid, but in reality to obtain a chance of a talk with Minnie. So they had drifted into love, Bob and Minnie, and the latter had suddenly awakened to the knowledge that her crippled sister had fallen in love with Bob Durand.

Minnie's grief exhausted itself, leaving a dull pain in her heart. She went to her own room to efface the marks of tears and then made her way to the chamber where her sister was lying.

"Has Bob been here today, Minnie?" she asked anxiously. "My Bob. I call him mine because I love him so, although I fear he cannot love me. You do not think me foolish, I know, Minnie. It is so sweet to think of him as mine. Has he been here; I did not hear his voice?"

"Yes, he came and stayed for a little while, dear. Are you comfortable?"

"Yes. It was strange to see such beautiful features in a cripple. A full during childhood had marred the making of a beautiful woman, and she was more like a lovely child in appearance than a girl of nineteen as she lay there in bed.

"I wish I had been up today," she sighed. "I should have liked to see him. My Bob! I know that he can never be really mine, but it is pleasant to say so to myself and to you, Minnie."

The cripple was quieted until the morrow, but Minnie was uneasy on Jennie's account. Suppose Bob Durand went away. What would Jennie say?

The next day came and began to wane, but Bob Durand did not appear. Minnie learned that he had left for Chicago, where his sister lived, and her heart sank. He was gone! Oh, how cruel he had been to her!

"Why has Bob not been here today?" "I suppose that something has prevented him from coming, dear."

"This is the first time he has stayed away since he helped me. I do not understand it."

The next day passed and still no Bob. Jennie was excited and irritable.

"Where is his, Minnie? Why is there no sign from him?" She glanced sharply at her sister and Minnie's face betrayed her. "You know why he is not here and you have not told me."

Minnie saw that it was useless to keep up the deception; Jennie must soon learn that he was no longer in New York.

"I heard that he had gone to Chicago, dear," she explained. She dared not trust herself to say more.

"Why has he gone, Minnie? I insist on knowing. Oh you have taken him from me! You have stolen his love from me! This is your devotion to me! You pretend to care for me and you take advantage of your health and strength, your upright figure, to take my lover from me!"

"Jennie, don't! don't!" cried Minnie, appealingly. She feared the result of this paroxysm.

Jennie's cheeks were burning now. She raised herself in the bed and pointed a finger with withering rage and contempt at Minnie and fell back in a faint.

There was no mistaking that Jennie's violent outburst had done irreparable mischief to her frail body. She changed visibly and would speak to Minnie only when absolutely necessary. Minnie in the greatest alarm sent for their family physician, who confirmed her suspicions that Jennie's days were numbered. Could anything save her? Only one thing offered the merest chance, and she resolved to do it. She wrote a letter to Bob at his sister's address and mailed it.

But a week went by and he came not. Jennie's attitude had changed somewhat —the softening influence that comes when the end is near was working silently.

One afternoon Minnie was sitting on her sister's bedside when the latter opened her eyes and cried: "Bob is here!"

Minnie gazed at her in deep anguish. The end was surely near, and her sister had mistaken her for Bob! She arose to bend over the bed, but started as the door was opened and Bob Durand stepped into the room.

"He has come to me!" cried Jennie, holding out a weak, emaciated arm and hand. Bob took it and glanced at Minnie.

"I understand it all now," he said, softly taking her by the hand that was disengaged.

"Yes, yes," said Jennie, weakly; "I do not mind; it is well; you are mine while I live, and——"

Her eyes closed. Minnie took her sister's hand, and thus they stood until she passed away from her life of pain.

"I did not get your letter for five days. I had gone to California, and it was sent on. I returned at once. Can you forgive me?"

SAVING FLOUR GOLD.

Discovery That Bright Particles Will Adhere to Crude Oil Is Principle.

Portland Oregonian.

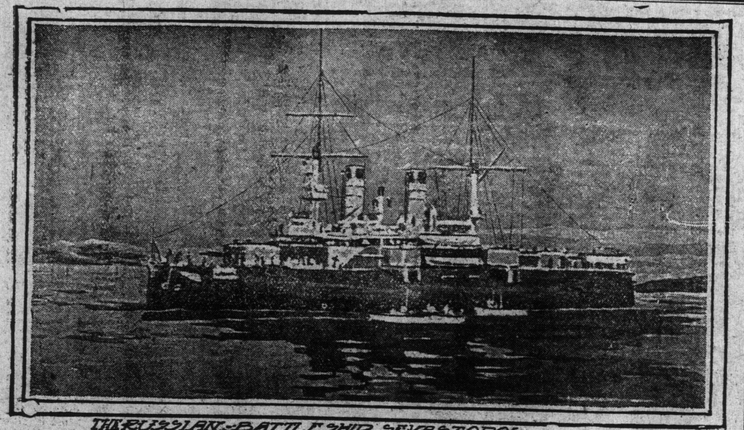
The first system evolved for saving flour gold with the use of crude oil or products of petroleum did not go beyond the utilization of the discovery that certain lustrous metals will adhere to oil. But it has been the means of starting experiments along a new line, that may result in some meritorious method of saving values of fine gold. Finley & Bandy, of Boise, Idaho, are building a plant for use on Snake river, that they believe may prove thoroughly practicable, and which involves some new principles other than those included in the Elmore system, which simply utilized the first discovery as above mentioned. Such an attempt was made to amalgamate Snake river flour gold, which proved impracticable owing to the large quantity of material that passed over the plates and escoured them, the Finly & Bandy project has excited great interest among those who are striving to master this difficult problem.

The concentrating device used first is of the belt table type, having nothing new in this respect, and is adjusted to save both the coarse cubical black sand and the fine gold. As the iron sand and flour gold constitute a heavy proportion of the dead material in a Snake river bar, the duty of the table is heavy.

The heavy product clinging to the belt and carried against the water current on the table is discharged into a larger tank than usual at the head of a Frue vanner. The agitation of the water in this tank is kept covered with oil. As the fine gold values come in contact with the oleaginous substance adhesion continues until the oil globules are borne to the bottom by the bunches of metal. The agitating device in this tank is not perfect in the experimental plant completed, yet the owners state that they have been able to effect a remarkable separation of gold from the black sand concentrate. If this concentrate product from the table were put through as thorough a mixer as the Elmore people used in their oil concentration work, no doubt is felt by engineers that the Snake river's fine gold would be taken up from the iron sand with great dispatch and economy.

SKATE-SAILING.

To be one's self the mast and the tiller and the boat—sailing and skating blended in the speed of a high-class locomotive—this is the sport of skate-sailing, says Country Life in America. In an automobile, in a racing keel, on a blooded horse, the man that guides by clutch or tiller or the reins of a piece of dead freight, being to the extent of his weight a drag on the speed, but skate-sailing alone, of sports that attack time, makes use of the guidance itself as a part of the propulsive force. The man himself is both sail area and live ballast. With a 40-mile breeze behind him and clean, green ice ahead, the skate-sailer comes the nearest we shall ever get to the wince-footed god that slid down a rainbow. Wings on his feet, and his arms tethered to great white wings, he is the type of the west wind in a kind of rhapsody of motion. He is as sensitive to the situation as a photographic plate. Every tremor of the sail action passes through him, and he adapts himself momently to the variations of an off-shore breeze. The Old World dream was a centaur—man-horse—two natures in one body. In this twentieth century sport we have realized a man-boat. The effort to be first a man may cover a mile a minute, unaided by steam or gasoline, by the propulsive power of wind alone, will be made this advancing season by some skate-sailers at least.



THE RUSSIAN BATTLESHIP SEVASTOPOL

According to meagre reports from the front the attack on the Sevastopol by the Japanese at Port Arthur was made in the face of almost insurmountable obstacles. The entire crew of the torpedo boat destroyers and torpedo boats volunteered for the attack, courting death in their efforts to destroy the only floating Russian battleship at Port Arthur.

Facing a driving snowstorm and heavy seas, the flotillas separated, and, under individual commanders, the vessels attacked independently

The decks of the destroyers and torpedo boats were coated with ice, and the men suffered acutely from cold.

The Russians resorted to the most extreme precautions to protect the Sevastopol. They dropped torpedo nets which shielded the bows of the warship, and the Sevastopol was further protected by a specially constructed wooden boom, the framework of which was composed of iron bound dogs and cables and heavy chains interlaced and entangled. From the surface of this boom hung a deep curtain made of torpedo nets taken from the sunken battleships, the purpose of which was to catch and destroy the torpedoes and their mechanism.

The Japanese probably refrained from attempting to cut or jump the boom, a plan demonstrated by the British, but the torpedo boats and destroyers evidently forced the openings, which the Russians had left so as to allow communication with the harbor.

GRANDMA'S ROOM

A Department Where a Welcome and a Helping Hand Is Proffered to All

CHARACTER READINGS.

Heather Bell—You certainly succeeded in making a delightfully clear print of your hand.

You are very exact in all your work; giving close attention to details. You have a talent for music; and only that you tire so quickly of things and seek new hobbies so often, your talent might amount to genius.

You are particular in your choice of friends, and they like you as you like them; still you do not hold fast to any one for more than a few months; you do not quarrel; you simply pick up "new" chums and drop the old.

You would make an ideal stenographer, for you are exact, good tempered, obliging, and you have clear insight into business methods, so that you could do your work understandingly.

John B.—I think you are a preacher; you would at least make a good one. Your ideas are always alphabetically arranged. You are also neat and orderly in your dress. You are a natural ruler, but to rule your own household would not satisfy you, you must lead a number.

You are not strictly orthodox; you are too independent in thought for that. You have considerable imagination, governed by strong reason and a clear head. You are a pleasing speaker. You are given to worry over small things, and you are not very strong.

You have a fault—known well to yourself. While you are so fond of ruling, why not rule your own shortcomings and face them with obedience and control of that higher self which governs you in so many respects?

Dear Grandma—Tell me, please, does the color of one's eyes indicate any particular disposition? I do not pretend to read character, but I like to read your readings.

* * *

Ans.—I am pleased that you find pleasure and entertainment in Grandma's Room; come often, and ask for the particular entertainment you desire.

I will tell you what I can regarding eyes; but really, there is more required to indicate disposition than mere color. Size, shape and position, all enter into consideration, and you will see in some eyes an expression which will tell you volumes. The color of the eyes is said to give the natural temperament.

Dark blue eyes—A nature steadfast, true and reliable.

Light blue eyes—Gentle disposition, no business ability, no energy or determination.

Very pale blue—Secretive; unsympathetic; cold and weak, with lack of business faculty. If the owner of these pale eyes has strongly developed brows and heavy eyebrows, then these bad qualities are very much modified. Particularly does the brow and heavy eyebrows indicate business faculty.

Gray eyes—Lack of energy and business talent; inclined to be close and selfish, still very sensitive and easily hurt; practical and romantic.

Steel gray—Cold, selfish and revenge ful.

Brown eyes—Affectionate, kind, unselfish, quick tempered, irritable and forgiving.

Hazel—Changeable, inconstant, vascillating.

Green eyes—Indicate talent and clever ability; also recklessness and cunning.

Black eyes—Indicate ardent, passionate affection, but artful, crafty, quick temper and revengeful disposition. Are under control of impulse and emotions. Black eyes are very rare, so-called black eyes being really dark brown.

Changeable eyes—Eyes that change in tint and color under various emotions belong to imaginative people, fickle in their affections. They are courageous, quick tempered, and honest in business dealings.

Small eyes—Crafty, shrewd and observing; quick to take advantage of little opportunities.

Protruding eyes—Not very far apart, show a gift for language and memory for words; set far apart, stupidity.

Round "baby eyes"—Show strong interest in the opposite sex; are impulsive, bright and imaginative. Wide apart, are candid and simple. Close, shows concentration and a love of change and variety.

Heavy drooping eyelids show a coarse animal nature, indolent and sluggish intellect with a mind more given to dragging itself through the mire than attempting lofty flights.

GRANDMA'S CALLERS.

Dear Mrs. Grandma—I am not quite sure you are Mistress Grandma, because my Uncle Will says he thinks you an old maid. My Grandma is dead, and everybody else says, "Oh, go 'way and don't bother" because I ask such foolish things. But I want to know, and no one won't tell me. Where does the wind go when it ain't a blowing? I asked Uncle Will, and he said "You'll drive me crazy; go ask the Colonist's Grandma."

—Nelly McG.

No, Nelly, Grandma is not an old maid, though it is really not her fault, and she tries to make up for it by helping everyone she can, even little girls who ask deep questions. When you are older you will pity poor "Uncle Will."

The home of the winds is in the Realm of Aeolia, evidently a rocky, mountainous country, ruled by a monarch named Aeolus. This monarch is wise and very powerful in the command of obedience; though, like the wisest of modern men, he is in turn led by a pretty woman.

In a rocky cavern, in the side of the mountain, he keeps the four winds prisoners, behind strong bars and bolts. Only as he permits do they get out for work or play. When he opens the cavern door, they must obey his call.

South wind is gentle; she loves flowers, and showers blessings upon them. East wind is chill and snappy; the flowers crawl into the ground out of his path. North wind is a blustering, rough sort of chap, and West wind is sister to South wind, bringing warmth and verdure to us British Columbians in midwinter. The East wind wages war sometimes. I'll tell you about that another time. All these winds are given to raging moods, and so are not left to sweep over the earth as they will. Hence the prison and their keeper. Probably "Uncle Will" knows where Aeolia is. Anyway, make him think that you think he does, by asking him to tell you.

Mrs. B.—Will Grandma kindly tell me how to crochet an "umbrella shawl" and how much worsted I shall require. I hope I am not outside the limit of Grandma's Room" in asking for fancy work, but I thought I would venture.

I am so glad that you did "venture," and I hope that this pattern will meet your requirements.

For a large shawl, one and one-half pounds of Shetland wool; a bone crochet hook of medium size. This is so easily made, and still so pretty, that I send it in preference to others:

1—Chain 10; join.

2—Chain 3 for a treble; put 26 trebles into the ring, joining the last to the top of chain 3.

3—Chain 3 again; a treble between two trebles, then 2 trebles between next 2, so on around the 26 trebles. This will give you 13 widening points.

Repeat this for 35 rows, taking care to put 2 trebles in each of the widening points, with one treble between every other treble. In the last row there will be 36 trebles between each widening point.

The Border.—Make a shell of 4 trebles between third and fourth trebles of last row; miss 3; shell between next 2; repeat all around shawl.

2—Shell on shell; fastening down between each shell of preceding row with double crochet stitch.

Third and fourth rows, like second.

5, 6, 7—Shells of 6 trebles each.

8—Shells of 8 trebles each.

9—Shells of 10 trebles each.

10—Shells of 12 trebles each.

11—Shells of 18 trebles each.

Draw the shells a little lighter in each row, the last row being of very large shells. Edge with a double in top of treble; chain 4 and so on round the shawl.

LORD STAIR

LADY STAIR AND HER TWO DAUGHTERS

London, Dec. 25.—The Countess of Stair, who resides at Cadogan Terrace, London, has raised an action in the Edinburgh Court of Sessions for divorce on the ground of desertion of her husband. The present Earl of Stair, who as Viscount Dalrymple he was formerly James Grant-Suttie, sixth Baronet, and tenth Earl, was eighty-five years of age and succeeded his father last January. He ranks as a peer of Scotland, having filled the positions of Lord High Commissioner of the Church of Scotland, Chancellor of Glasgow University and married Louisa de Franquetot, daughter of the Duc de Coigny, who died in 1896.

MENTAL SUNSHINE.

I will send forth helpful thoughts.—Sunbeam Message.

Do you realize that there is a power in thought, by which you may help or retard another's happiness or success?

Thought is a subtle force which you send forth, and even when sent almost unconsciously is fruitful of good or evil.

But when sent with concentration of mind and earnest desire for result, the effect is almost beyond the credence of one who has not given the subject sincere study.

I am not asking you to believe that which you may not prove for yourself. The next evening which you spend in a theatre choose any subject in front of you; a stranger will prove the fact more surely to you. He need not be near you so long as he is in clear range of vision. Between the acts, when his mind is not intent on any particular point of interest, fix your eyes upon him, and strongly and steadily "will" that he shall turn and look at you. Do not remove your eyes, nor permit your mind to wander from that one idea that he shall turn. If you have strength and concentration of mind he will turn, after growing restless for a moment. Experiment upon the crowd and see how many you can influence. Do you wish to attract the attention of a friend to sign him to come to you? Force him to look for you, through concentration of thought.

How quickly a public speaker is set at ease by an audience who is "with him" in sympathy of thought, and how quickly depressed by a few, or even one, antagonistic mind.

An earnest wish for another success is a positive aid to that success; and the wish earnestly set forth with concentration of thought becomes an answered prayer.

So, to all, send forth helpful, strong, uplifting thoughts, wishes of success, and courage and sunshine in the daily life. Do not let yourself harbor depressing thoughts, for you will send them forth like germs, and others will suffer; so for the sake of being an uplifter in life, think bright, helpful, optimistic, healthy thoughts.

HEALTH AND BEAUTY AIDS.

To those who own a steam bath cabinet, these notes will prove of little value, as they have doubtless already learned its value and its dangers.

This talk on vapor baths is intended to help those who would like to reap the benefits of the miniature Turkish bath, but who cannot spend the dollars as they choose.

For the full benefits and enjoyment of this bath you do not require a "cabinet" at all. Neither is an assistant necessary. The outlay would prove very slight for a vapor bath outfit which you can manage by yourself.

An alcohol lamp with a ring upon which to set a small tin boiler. Have a tinsmith make for any quart tin pail a close cover with three tubes leading upward from it, the tubes to be about three inches long. Fill this pail two-thirds full of boiling water; fit on the cover, and set it over your lamp, the whole to go under a cane seat chair. Fold a small blanket and place on the chair to sit on. Place your feet in a bowl of warm water, and wrap a quilt or thick blanket about the chair, bowl and yourself. Or a large cape may be made of table oilcloth, to fasten about the neck and encircle the bath, reaching the floor in folds so as to retain all the steam. Ten minutes, after the steam has begun to fill the cape about you, is sufficient for the first bath or two. Later, the time may be increased to twenty minutes, or even half an hour. If you feel that you are growing dizzy, or your head is aching, have a cloth wrung from cold water ready to lay on your head. Have also prepared beforehand a tub of tepid water, that is of the same temperature as the body, and at least two large bath towels with a pair of bath mittens. These last are to be worn while you are in the bath, and put to active service.

As the preparation begins to steam through the pores, rub the body with the mittened palms; kneading, rolling and pinching the flesh wherever it is found in superfluous quantities, or working in the same way with stiffened, sore muscles.

When your steam bath is complete, throw off the cape and step into the tepid bath, washing the body down quickly with the salt water and rubbing the flesh with the mittens; one minute of this, drop off the mittens and take the rough towels and rub briskly.

If there were no benefits to be derived from this bath beyond the joy and comfort of it, it would repay the time, cost and trouble. But there are skin as no other bath can begin to do; improves the complexion, softens the skin, removes blackheads and all roughness of the epidermis on face, arms and body. It breaks up colds and fevers, cures rheumatism and neuralgia, acts beneficially on the liver and kidneys, overcomes stiffness of the joints, removes soreness from overtaxed muscles, and removes many impurities from the body through the pores.

Twice weekly is quite often enough for this bath, much becomes debilitating if taken too often or too long. If the heat of the bath becomes too great, as indicated by rapid pulse, headache, flushed face and rapid heart action, lift the cape, letting a little cool air into the bath. There is danger in 120 degrees of heat in this bath.

Bath Mittens.—May be made of crash or of Turkish toweling. Cut out in mitten shape without a "thumb" and sew on machine. Around the wrist sew a tape casing, through which run elastic cord, and fasten to hold the mittens on through the bathing process.

Care of the Feet.—Many troubles of the feet, particularly "tenderness," burning and smarting, may be overcome entirely by careful and regular bathing of these abused members. A daily hot bath, with vigorous and brisk rubbing of the soles and joints, cures and prevents a host of ills. Give to the nails of your toes one-half the care that you give to your fingernails, and you will not be troubled with ingrown nails, and certainly not with a deep purple, painful dent in one toe where the nail of his neighbor has pressed under the influence of tight boots or "pointed toes."

Corns—Soak the feet in hot water, then paint around the corn with melted tallow or with vaseline. Dip a fine camel's hair brush into strong acetic acid and apply to the centre, or hard point of the corn. Nitrate of silver applied to the hardened portion of the corn is also good; but here again the healthy skin should be protected by a coating of oil.

Soft corns may be treated with powdered alum mixed to paste with the white of an egg. Dust cornstarch and powdered alum between the toes and on the soles of the feet when troubled with moist, cold feet or with offensive, perspiring feet.

Wash for Fetid Feet.—In half a pint of soft water dissolve a heaping teaspoonful of powdered sal ammoniac. After the hot foot bath dry the feet well, then rub them with this solution. Vinegar and water in equal parts is also a beneficial wash for the feet and armpits.

For burning, tired feet, the hot foot bath, upon retiring or through the day, followed by raising the feet for half an hour, either resting them on a chair before you, or by lying down and resting the feet on cushions, at an elevation a little above that of the body. Cold water cloths held under the bend of the knees for a few moments also cools the blood and helps to relieve the burning sensation.

For a bunion there is only one cure—rest; a large, loose, soft shoe, and frequent resting of the feet in an elevated position. Bathing with cold water and vinegar, or hot water and turpentine, removes the inflammation. Once this is done wear a boot a little too long, and be careful not to irritate the deformed joint again. If it is a recent acquisition it will soon disappear.

Chilblains.—Are a great source of misery at this season of the year, particularly to the youngsters who delight in "coasting" and run in every five minutes to warm their feet. It is this constant change of temperature which causes the trouble. To cure it, give the feet a long, hot bath; dry well, and rub with turpentine and sweet oil mixed in proportion of one teaspoonful of turpentine to two of oil. Camphorated oil is also an excellent remedy. To make camphorated oil, dissolve camphor gum in sweet oil until a deposit of gum is left in the bottom of the mixture. This is full strength, and you can make it in any quantity you choose.

GRANDMA.

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Seal Catch Is Small

Number of Skins Taken the Past Season Is One of Lowest on Record.

Reports Received Show Seals Branded by Americans Are Dying Out.

Switzerland a Poor Customer of Canada — Gossip From Ottawa.

From Our Own Correspondent.

OTTAWA, Dec. 28.—According to reports which have reached the fisheries department, the sealing catch of the past season is one of the smallest on record. Allowing 1,000 skins as representing about the aggregate of the catches of Indians along the coast, the total returns for the year are 13,005 skins.

The reason of the decrease is due in a great measure to a smaller fleet operating. Twenty-six schooners sent out in 1903 secured, with the "Shere" and Cape Horne catches added, 20,470 skins. In 1902 the number of skins taken out was 16,301; in 1901, 24,169 skins; in 1900, 35,548 skins, and in 1899, 35,471 skins.

The season just past on the British Columbia coast, in Behring Sea and off the Copper Islands, has been, generally speaking, stormy. Of the largest of the fleet were lost. The Triumph, with a full crew, having disappeared entirely early in the season, presumably in one of the fierce gales which swept the coast in March last, and the Penelope, having driven ashore on the rocks in Chatham Bay, when just starting out on her spring cruise. Apart from these regrettable incidents and the loss of a man from the Casco, the fleet escaped serious injuries.

The greatest luck of the year was that encountered in Behring Sea. Here navigators report seals were more plentiful than they have seen them for many years previously. But while seals were numerous, the weather was none too favorable. Through the success of a number of the northern expeditions, the year, which began so forbodingly on the coast, has been turned to good account. There will be fewer skins on the market, in view of the partial abandonment of the Cape Horn and Falkland Island grounds, by sealers, and of the interference which the war has caused to the Japanese industry. Copper Island catches have been small and the most valuable fur anywhere found is that which has been the most plentiful. Among the catches a smaller number of branded skins are seen this year than for many seasons, showing that those animals which had been tortured a number of years ago by the Americans simply for identification, are dying out.

Of all the countries which trade with Canada, Switzerland stands out conspicuously as the poorest buyer of our goods. A trade statement issued shows that this country purchased only sixty-three cents worth of goods from Canada in the three months ending October 1. The exports to Switzerland for the year before amounted to only twenty dollars, and nothing at all for these months in 1902. The sales were nil for last September, and $20 the previous September. Very different is the record of the sales by the Swiss people to Canadians. In July, August and September, Canada imported $44,753 worth from Switzerland and nearly as much during the corresponding period in 1903. Last September, when Canada sold nothing to Switzerland, she purchased $187,775 worth of her produce.

From Fort Churchill, on the Hudson Bay, to Liverpool it is 1,000 miles shorter than from Quebec to Liverpool. From Regina to Fort William it is 843 miles. From Regina to Liverpool by way of Quebec is 4,740 miles. The navigation of the Hudson Straits is perfectly safe and open from July 1 to November 1, a period of four months. The carriage of grain at 15 cents a bushel on the estimate of one-half cent a mile for a crop of sixty millions would mean a saving of $9,000,000 to the farmers of the Canadian West. On these statements Commander A. P. Low, of the government steamer Neptune, made an investigation for the Canadian Club of Ottawa for the utilizing of the Hudson Bay route to Great Britain for the Western trade. Low gave the list of distances to Liverpool and declared the navigability of Hudson Bay and Straits was quite feasible and made a plea for the establishment of a rail and steamship route in the interests of the West. He said that for a few years the insurance tax would be heavy until the safety of the route was established, but he had not a doubt but it would prove as feasible and as safe as the St. Lawrence route.

A friendly arrangement has been reached between the two parties on the subject of seating accommodation in the House of Commons.

Several Dominion officials will attend the American Forestry Congress at Washington next week.

Thirteen candidates for Huntonburg village council failed to make property declaration as required by law. The old council is therefore elected by acclamation and there are thirteen furious men in Huntonburg.

Goodwin today signed the contract for the National Victoria Museum.

CONDITIONS IN MOROCCO.

Advices Received at Washington Say Situation Is Critical.

Washington, Dec. 28.—Conditions in Morocco apparently have entered on a critical stage, according to cable advices received at the American state department today from Hoffman Philip, the acting American consul at Tangier. After recalling the indefinite postponement of the fish mission, the withdrawal of the French consul and the warning of all French subjects away from Fez, Mr. Philip added that the foreign ministers, including himself, were awaiting instructions, and Mr. Pearce, the third assistant secretary of state, promptly cabled Mr. Philip direct to, in the event that serious trouble should appear imminent, to advise American citizens in Morocco to come into Tangier. The consul-general is directed to observe strict impartiality and to keep the department fully informed.

REFORMS IN RUSSIA.

St. Petersburg, Dec. 28.—The municipality today adopted a resolution in favor of petitioning that a congress of representatives of all the Russian municipal councils should be convened.