

Abbey's effervescent Salt.

You know it's story of
health and happiness to
sufferers from stomach
troubles — that's all.

A teaspoonfull in a glass
of water in the morning.

25¢ and 60¢ a bottle.



One rub brings
the Shine.

That's what you want—a quick shine.
No time to wait in shine parlors—no energy to waste on
perspiration-bringing polishes.
Black "O" is paste and liquid combined.
Dab a very little Black "O" on your shoe, brush it off
with a cloth, and you have a brilliant, black shine in two
minutes time and no labor.
Black "O" will not injure the leather—are you sure the
polish you use now doesn't?

Black "O"

Bell

PIANOS WITH THE BELL PATENT IL-
LIMITABLE REPEATING ACTION ARE THE BEST

Endorsed by the leading musicians and Conservatories of Music. Built to last a lifetime.

The Winnipeg Piano & Organ Co.

Manitoba Hall, 295 Portage Avenue, - Winnipeg, Man.
Opposite Eaton's

ENTERTAINING MISCELLANY

VARIOUS SUBJECTS CLEVERLY TREATED

Two Men of To-day.

Jim Jones had a habit of laughing—
Whenever he spoke he would smile—
He never would recognize trouble;
He claimed that it wasn't worth while;
He paid no attention to trifles,
'Twas happy-go-lucky with Jim;
He always seemed short as to money,
But life seemed worth living to him.

John Smith had a habit of scowling—
He grumbled whenever he spoke—
He did everything with precision
And nothing to him was a joke;
He gave all his time to his business;
He worried and fussed every day;
He's rich, but his friends often wondered
If Smith ever made living pay.

Homelife Moulds Character.

A crowded home where love reigns is in-
finitely happier than one where no child's
voice is ever heard, where order rules
supreme because there are no small hands
to upset it. It may be "sharper than a ser-
pent's tooth to have a thankless child," but
when children are thankless it is usually the
fault of the parents. "Train up a child in
the way in which he should go, and when
he is old he will not depart from it." But,
as Mark Twain pithily says, "To train up
a child in the way in which he should go
you must travel by that train yourself!"
Example is by many times more powerful
than precept, and children are quick to
accept and copy object teaching. Where one
child, faithfully brought up in the straight

would be accounted a fool by his neighbors.
It is impossible always to protect our sons.
Even though we may long fence in our
daughters from temptation, sooner or later
we must send our darlings out among the
world's ravening wolves. And for such en-
counter there is no better armor than that
of good, sound principles instilled in the
nursery.

Home training, however, should by no
means consist wholly of correction and re-
proof; sunshine and dew are as necessary to
the growing crop as are hoeing and weeding.
The father who is to his children merely the
incarnation of justice, without love, should
not wonder if in after years they render
him obedience without sacrifice. The mother
who does not cuddle and comfort the baby
weeping over its broken toy cannot expect
that her grown up sons and daughters will
not seek consolation elsewhere in their sor-
rows. In the home love only is the fulfilling
of the law.

The Home Doctor.

Neuralgia and toothache are sometimes
speedily relieved by applying to the wrist a
quantity of grated horseradish.

A poultice of finely scraped garden beets
is well recommended for cuts with glass or
wounds from rusty iron. It should be fre-
quently renewed in order to keep the wound
moist for several hours.

The simplest and most scientific remedy
for ivy poisoning is to remove the exciting
cause as soon as the inflammation is felt
or seen. The poison can be dissolved and
removed by washing the irritated spots first
with alcohol (whisky or brandy will do)



Cutting Timothy.

paths, goes astray, are there not many who
are a credit and a comfort to their parents?
Boys who early take their places at their
father's side to help him care for those
who are unable to work? Girls who do much
to lighten the burdens of their mothers?
Children entail expense and occasion trouble,
but what upon earth is there worth having
for which one must not pay the price? Child-
ren are, in the main, much what their par-
ents and teachers make them. True, there
are inherited traits of blood or disposition
which no amount of training or precept may
ever suffice wholly to eradicate. No man
may train a Norman cart horse into the
steed which shall win the Derby, still much
may be done to improve his gait, so that
his stately stepping shall hold no hint of
clumsiness, while careful grooming and judi-
cious treatment will make him a thing of
beauty which heads shall turn to admire as
he draws his heavy load through the crowded
streets. Neither may the most skillful potter
fashion Sevres china from common clay; still
it is within the potter's province to make
one vessel to honor and another to dishonor,
and the shape thereof is altogether in his
power.

The training of a child cannot begin too
early. A woman once asked Bishop Butler
at what age she should begin the education
of her son, then four years old. "Madam,"
said the bishop, "if you have not already be-
gun you have wasted four years." The first
six years are those for which the Jesuits
asked. Early impressions are far more last-
ing, and object lessons have effect on babes
in arms. "Precept upon precept, line upon
line, here a little and there a little"; the
work, to be well done, must be constant
and unremitting; the light of a good example
must shine upon the pathway, so that no
mistake may be made. "Weeds grow while
one sleeps," says the proverb. "Whatever
ye sow that also shall ye reap." Now and
then outside influences, over which one has
no control, may frustrate the most earnest
endeavor. Flood may devastate or a cyclone
sweep away the fruit of long and patient
labor; nevertheless, in most cases, "God
giveth the harvest," and the farmer who
feared to plant for dread of storm or drought

and then with water. This was discovered
by two German experimenters, and the
United States Government published the
remedy in one of the Government reports.
It is the best, quickest and surest cure.

Experiments with a dietary of fruits and
nuts at the University of California have
shown that both furnish the body with
energy, and the nuts yield some building
material also. The cost of a diet exclu-
sively of fruits and nuts varied from 18
to 46 cents a day for each person, which
will compare favorably with the cost of an
ordinary mixed diet. One student gradually
changed from a mixed diet to fruit and nuts
without apparent loss of strength or health.
He was able for eight days of the experiment
to carry on his usual college work, and for
a part of the time he also performed heavy
physical labor. The articles are quite
thoroughly digested "and have a much high-
er nutritive value than is popularly attrib-
uted to them." The wholesomeness of a long
continued diet of fruits was not taken up.

Hottest Place on Earth.

Between India and Africa lies the hottest
place on earth. The Aval Islands cover a
fairly extensive area of the Persian Gulf,
lying off the southwest coast of Persia, and
it is the largest of them which enjoys the
doubtful distinction of leading all perspiring
competitors in the matter of heat. The mean
temperature of Bahrein for the entire year
is 99 degrees. July, August and September
are unendurable, save for the natives. Night
after night, as midnight comes the thermom-
eter shows 100. By 7 in the morning it is
107 or 108 degrees, and by 3 in the afternoon
140. It is stated by voracious travelers that
25,000 Arabs inhabit the Aval group, fully
75,000 living on Bahrein. The following are
the temperatures at some of the hottest
places in different countries: Hyderabad, 106
degrees; Lahore, 107 degrees; El Paso, 113
degrees; Mosul, 117 degrees; Agra, 117 de-
grees; Death Valley, 122 degrees; Algeria, 127
degrees; Fort Yuma, 128 degrees; Jacobabad,
122 degrees; Bahrein, 140 degrees.

Imm
Two caterpillars craw
By some strange
Their conversation,
Was that same argu
That has been "pr
man to man,
Yes, ever since this
The ugly cre
Deaf and d
Devoid of fee
That adorn
Were vain enough,
To speculate upon a
The first was optin
The second, quite dy
Said number one,
tion."
Said number two,
tion;"
Our ugly forms alo
And bar our entra
gates.
Suppose that death
How could we climb
If maidens shun us
Would angels bid u
I wonder what gre
mitted,
That leave us so fo
Perhaps we've been
'Tis plain to me t
living."
"Come, come, ch
replied.
"Let's take a look
Suppose we cannot
Are we to blame fo
Will that same Go
the earth.
A prey to every b
Forgive our captor
And damn poor u
wings?
If we can't skim
A worm will turn
They argued thro
nigh,
The ugly things
die;
And so, to make
plete,



Each wrapped h
sheet,
The tangled web
Each for his coff
All through the
ly
Dead to the wo
clay,
Lo, Spring comes
and love;
She brings sweet
above;
She breaks the c
dead;
Two butterflies
And so this emb
A sign of immo

Story of

John Adam
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