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Approving of One's Self.

By RUTH CAMERON.



There are many kinds of happiness in the world. There is the happiness that comes when the worldly hope men set their hearts upon prospers. Anyone who knows his Omar can tell what becomes of that kind of happiness.

There is the happiness that comes from giving pleasure to others.

There is the happiness which is the almost inevitable accompaniment of a thoroughly healthy physical condition.

There is the happiness that comes from being admired or envied.

There is that rich sense of satisfaction that springs from knowing one is well dressed.

And then,—and it seems to me there is nothing in the world that can quite compare with this,—there is the happiness that comes from approving of one's self.

Two courses of action were open to a friend of mine. She could seize a wonderful opportunity for foreign travel, thereby fulfilling the dearest wish of her life, or she could stay at home with the old folks to whom her absence would be a tragedy.

She had a very good reason for taking the first course of action besides her own pleasure. The oppor-

tunities of foreign travel where just what she needed to advance her in her profession. Many girls would have justified many qualms they had by this fact. She didn't. She recognized the greater opportunity and stayed at home.

We were talking about the matter one day, and when I tried to praise her she said whimsically, "You mustn't praise me. I was really selfish. You see, I knew that if I went I couldn't approve of myself. And that would make me unhappy. And I didn't want to be unhappy so I stayed at home."

Of course she deserved praise, and yet after all I fancy she was right and that she got the most pleasure that way.

Unless you have been able to stifle your sense of duty into insensibility, there is no misery like that of not being able to approve of yourself. To me the most impressive passage in Du Maurier's *Trilby* is that in which Trilby tells about the only time she really did wrong,—when she failed to take her little brother on a holiday trip she had promised him, and went off with a coaching party, leaving him crying at home. The misery she felt all that day is described with such a poignant simplicity that it brings to mind the days when we have failed of our obligations and were miserable because we could not approve of ourselves.

It is pleasant to have others approve of us but that pleasure isn't comparable to approve of one's self.

Ruth Cameron

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20 brls. Choice Herring.
700 boxes Digby Chicken.

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SOPER & MOORE

Engagements.

BY H. L. RANN.



An engagement is an exciting ceremony which is performed at the precise moment when platonic friendship ripens into love. Some of these friendships take so long to get ripe that they wind up in a breach of promise suit, compelling the plaintiff to come into court with a bundle of love letters that would raise blisters on a slate roof.

There are two kinds of engagements—long and short, but both will effect a cure if followed up by a quiet home wedding. The long engagement is a form of protracted entertainment included in by cautious members of the male sex who look before they leap. The longer they look the more cautious they get, but they keep on lapping up father's electricity and steam heat and steering the conversation away from the state of wedlock. When this has gone on for several years the neighbors begin to throw out disparaging remarks about cold feet and other blemishes, and this usually ushers in the ring service. Long engagements are all right where both parties have heard the last call to the dining car, but as a rule they are a dangerous proposition.

The short engagement is a foolhardy pastime which sometimes results in hooking a reckless suitor before he has time to don the conventional black. It has caused many a young man to plunge a 13½ neck into a matrimonial yoke with visible assets consisting of a copy of "Barriers Burned Away" and a \$2 bill. This short engagement is generally followed by an elopement which brings heavy grief to the father of the bridegroom, who has to telegraph money for the return trip and finish off the attic.

Engagements are always preceded by a painful scene known as the proposal, during which the suitor gets down on one knee and contracts lock-jaw in the calf of the right leg. Some men never have to go through this ordeal, as their time is fully occupied in trying to outrun some determined member of the opposite sex, while others propose to everybody they can back into a bay window with the lights turned low.

On Second Thought.

A man isn't much for looks, but he compares rather favorably with an Arledale terrier.

A colored skin and a disposition to preach saddles a man with a pretty heavy burden.

Nothing pleases a man so much as a reputation for being a spender.

Eph Wiley seems to take the common sense view of it. Eph says if a man wants to punish himself by becoming a Mormon that is his business.

The barber does his best, but if you care anything about your personal appearance you must comb your own hair.

A political campaign bring many intricate problems to light. How many votes does a brass band get?

However, the man who says he is willing to leave his case to the people usually prefers to settle it in some other way.

You may have to urge a girl to take the nickel you wish to give her. But a boy elongates the tendons of his arm reaching for it.

Wonderful Cures Reported in Germany.

The use of simple herbs as remedies instead of the more concentrated and usually more dangerous inorganic substances, has been revived very widely of late. In Germany a new school of physicians has arisen which throws out almost a whole of the pharmacopoeia and relies on an adaptation of the method of wild animals in curing themselves.

It was Dr. R. V. Pierce, chief consulting physician to the Invalids' Hotel and Surgical Institute of Buffalo, N. Y., who first advocated the extended use of some of our native roots, such as: Golden seal and Oregon grape root, mandrake and queen's root, black cherrybark. These are the chief ingredients in Doctor Pierce's Golden Medical Discovery, which has been so well and favorably known for nearly half a century. A harmless cleanser and stomach tonic that nature has provided.

J. DONALD MATHESON of Ossining, N. Y. says: "I suffered for over five years with what the doctors told me was dilated condition of the stomach, associated with a catarrhal condition of same, and nervous heart. I had tried enough nux, bismuth, gentian, rhubarb, etc., to float a ship and naturally thought there was no cure for me, but after reading what eminent doctors said of the curative qualities of the ingredients of 'Golden Medical Discovery' I gave it a fair trial. Took the 'Discovery' and also the 'Pleasant Pellets,' and can truthfully say I am feeling better now than I have in years. I cheerfully give permission to print this testimonial, and if any 'doubting Thomases' writes me I will 'put him wise' to the best all-around medicine in the country to-day."



J. D. MATHESON, ESQ.

Fashions and Fads.

The newest sashes have tassle ornaments.

Some of the new hort coats resemble boleros.

Some full-basqued coats have pleats in the back.

Suit coats with deep cuffs of furs are in fashion.

Rhinestone buttons are still most liked for evening gowns.

Opossum fur blends well with yellows, blues and browns.

One of the novelty furs this winter is smoked fox, pointed.

White will be much used with brilliant colors this season.

Cloth and crepon are being combined for afternoon dresses.

"Copper red silk and black velvet make a delightful combination.

Upturned brims will be one of the features of the spring hats.

Boots with silk uppers are one of the newest vagaries of Paris.

The tall curving feather, the "question mark," retains its favour.

Browns and grays are expected to be strong rivals for the all black hat.

Decorated hosiery is the fashion with the ultra-fashionable woman in Paris.

The light laces—shadows and so on—are the kinds promised for spring.

A lovely combination for evening is taupe tulle with gold and silver brocade.

Dresses of brocaded charmeuse with Bulgarian embroidery are charming.

Moire is fashionable, but it cannot be said that it has had much success.

Cords are still used on handbags

and are one of the most graceful fashions.

White mourning negligees of crepe de chine may now be seen in the shops.

The blouse, cutaway and straight coat are all adapted to young girls' coats.

A good rule in choosing a hat is to have black above the face and white below it.

Wreaths, bands, knots and aigrettes of flowers will be seen on the spring hats.

Beaded materials and beaded trimmings are being used extensively for evening gowns.

Dark colors—especially golden brown—are the latest Paris fancy for evening gowns.

Brocaded crepe de chine is one of the novelties we shall see used the coming season.

Caution crepe trimmed with colored printed crepes is to be used for spring street dresses.

The new semi-tailored waists have a great deal of self-trimming in the shape of tucks, etc.

Simple street dresses of crepe de chine in dark colors are among the most popular just now.

Tailored suits are to be brightened by collars and jabots of lace, lingerie frills and pleated linen.

Tank Beverly says the treasury sharps who are reducing the size of the money can't make a dollar bill smaller than the one now in circulation.

We credit the man who wears whiskers with a single to left. He generally has a sufficient sense of the fitness of things to stuff off roller skates.

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