## This and That

AN OLD FASHIONED WOMAN. BY L. M. MONTGOMERY.

No clever, brilliant thinker she, With college record and degree, She has not known the paths of fame, The world has never heard her name. She walks in, old, long trodden ways, The valleys of the yesterdays.

Home is her kingdom, love her dower— She seeks no other wand of power To make home sweet, bring heaven near, To win a smile and wipe a tear, And do her duty day by day In her own quiet place and way.

Around her childish hearts are twined, Around ner canidish hearts are twined, As round some reverent saint enshrined, And following hers the childish feet Are lied to ideals true and sweet, Ard find all purity and good In her divinest motherhood

She keeps her faith unshadowed still—God rules the world in good and ill; Men in her creed are brave and true, And women pure as pearls of dew, And life for her is high and grand, By work and glad endeavor spanned.

By work and grad entersor.

This san old earth's a brighter place
All for the sunshine of her fece;
Her very smile a blessing throws,
And hearts are happier where she goes,
A gentle, clear-eyed messenger,
To whisper love—thank God for her.

—Exchange.

#### OUT OR IN

"Trouble is with Maris," said Cousin Jane, " that all her doors open in. Any thing that's brought to her she's willin' enough to have. If her friend'll come in, and make a fuss over her, Maria's glad to see them. Her door turns on the hinges essy enough to let in the things and the people she likes. When she was young and good-looking, and well off, Maria enjoyed life pretty well. What she wanted me to her, and she was contented enough But now that she's older, and hasn't as much to live on as she used to, she frets, and aplains that life isn't worth living, and thinks people slight her, and that she has had a hard and bitter lot. So far as I can see, the bitterness is mostly in Maria, more'n in her lot, for it's just an average lot-that's all. But Maria thinks no one has as much to bear in life as she has,

"If she once knew what some folks had to bear, she wooldn't feel so—she'd be thank'ul instead But her doors don't open out. She doesn't get out into other open out. She doesn't get out into other people's lives. She has never gone out of herself to help a friend, even. She's never set out to do any work for others. Things must come to her; she doesn't go to them. Reverything leads in, and nothing out, in Maria's life. It's no wonder folks have g't tired of bringing love and sympathy and cheerfulness and brightness to her, when she never comes out of herself to bring anything to anybody.

"If I was Maria, I'd take my doors off, and rehang them, all opening out instead of in. "Twould be something of a job in the way of renairs, but it would pay—yes, it would!"—Forward. "If she once knew what some folks had

### LEARNING THINGS

We Are All In The Apprentice Class

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When a simple change of diet brings back health and happiness the story is briefly tool. A lady of Springfield, Ill. says: "After being ifflicted for years with nervousness and heart trouble, I received a shock forr years ago that left me in such a condition that my life was despaired of. I could get no relief from doctors nor from the numberless heart and nerve medicines I tried because I didn, throw that the coffee was daily putting me back more then the Drs. could put me shead

"Flually at the request of a friend I left off coffee and began the use of Postum and against my convictions I gradually improved in health un'il for the pas 6 or 8 months I have been entirely free from nervousness and those terrible sinking, weakening spells of heart trouble.

"My troubles all crms from the use of coffee which I had druk & from childhood and yet they disappeared when I quite free and took up the use of Postum." Name given by Postum Co., Battle Creek, Mich. Many people marvel at the effects of kaving off coffee and drinking Postum but there is nothing marvelous about it—only common sense.

A gentleman 'hus accosted him one Sunday: Winston, I understand you believe every woman has seven devils. Now, how can you prove it? 'Well, sah, did yo' ebber read in de Bible how de seben debbels were cast ont of Mary Magdalen'' 'Oh, yes, I've heard of 'hat.'' 'Did you ebber hesr ob dem being cast out ob any under woman, sah!' 'No, I never did.'' 'Well den, de u'ders got em' yet.''

#### THE LITTLE PEANUT MAN.

Whoever heard of making a man out of peanuts? it can be done, however, by any boy or girl, and a queer figure it will make to hang up somewhere for your friends to admire

One peanut makes the head, on which you must make with a pin the eyes, nose mouth, ears and hair, and you may give him a beard if you choose.

Now, by means of a long need'e and a strand of thread, string together three pea-nuts, end to end, for the little man's body, two for each arm and two for each leg. Select two very small ones to make the feet, marking them with a pen to represent

But he will be a queer man indeed, if you

But he will be a queer man indeed, if you leave him in this condition, for he is a civilized little fellow, and must have some clothes. If you are a girl, make him a sult yourself; if you are a boy, get your sister to make it for you.

To give him a gay look, suppose you make his coat of red tissue paper, his trousers of yellow, and his leggins of green. Then finish him off by pasting the cup of an acoru on his head as a hat, and to this attach a thread, by which you can hang him up.

Try it, and see what an odd little fellow he will be.—Brooklyn Eagle.

#### A SAGACIOUS RAT.

One day a well fed and sagacious rat came across an object made of stout . ires, whose sole occupation seemed to be to take care of a liberal piece of cheese. Having had Several years' experience with men and their machinations, the rat looked the ground over with great cars, and he was still engaged in this occupation when a mouse appeared and wanted to know what

"Why, the fact is," replied the rat, "I have more cheese here then I can possibly eat at one meal, and as cheese quickly spoils in this climate. I was waiting for some one to come along and accept a partion."

"You are very, very generous," said the

"You are very, very generous, mouse,

'Don't mention it. Just step inside and pass the cheese out, wilt you?"

The mouse no sooner nibbled at the balt than there was a crash, and he found himself trapped.

'Ah that's the way it works, is it?' queried the rat. "I couldn't just make it out. Unt! I see. Springs there somewhere. Very good Ides."

'But I'm caught!' ex 'laimed the mouse, in great sgitation.

'So I observe."

'And what's to be done?'

in great sgitation.

So I observe '

"And what's to be done?'

"Well, I leave that for you to decide I

Winginia, and his ideas of theology and
and human nature were often very original.

There is a good moral to this anecdote.

Think it out,—Australian Record.

#### .- AT LEAST I MAY BE KIND. BY EVA WILLIAMS MALONE,

So great the world, so small am I,
So trite my daily round;
So menv stronger, nobler souls
For great risaks are found;
But shail I pine with idle hands,
And to the truth be b'ind
That in the world of aching hearts
At least I may be kind!

Not wise nor gras, nor penoplied
With riches and success,
I walk through still squestered ways
In humble, lowly dress;
Yet pilgrims there I daily meet
And many a drear shot I find
Where I may leave a bit of cheer—
Remembering to be kind.

Remembering to be kind.

Kind as the Master ever was,
In deed, in word. In thought;
With gentleness that never fails,
And love that is not bought;
This is the goal toward which I strive,
That I may leave behind
No bitter mem'ries to disprove
That I, at least, was kind!
—Children's Visitor,

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