

Cheerfulness.

Cheerfulness can become a habit, and habits sometimes help us over hard places. A cheerful heart seeth cheerful things.

A lady and a gentleman were in a lumber yard situated by a dirty, foul-smelling river. The lady said:

"How good the pine boards smell!"

"Pine boards!" exclaimed the gentleman. "Just smell the foul river!"

"No, thank you," the lady replied. "I prefer to smell the pine boards."

And she was right. If she or we can carry this principle through our entire living, we shall have the cheerful heart, the cheerful voice, and cheerful face.

"There is in some houses an unconscious atmosphere of domestic and social ozone, which brightens everybody. Wealth cannot give it, nor can poverty take it away."—Miss Mulock.

Still Going.

One day a Lie broke out of its inclosure and started to travel.

And the man who owned the premises saw it after it had started and was sorry he had not made the inclosure air-tight.

So he called his swiftest Truth and said:

"A Lie has got loose and will do much mischief if it is not stopped; I want you to go after it and bring it back or kill it!"

So the swift Truth started out after the Lie.

But the Lie had one hour the start.

At the end of the first day the Lie was going lickety-split. The Truth was a long way behind it and was getting tired.

It has not yet caught up.

And never will.—Chicago Tribune.

Sympathy.

How seldom do we stop in the rush and whirl of life to realize the full meaning of this word! We express our sympathy for our fellow-beings by thought, word or action, and, in the expression of this sympathy, should not overlook any, whether child or adult, for all need it in some way. The world at large has fallen into the habit of seeing and considering matters from a dollar-and-cent standpoint.

Practice brotherly love with those that are easily offended. If you see a member at fault, go and speak kindly to him about it instead of telling every other member of the fault.

The well-to-do need sympathy as much as the needy, for each one has his duties, temptations, affections and trials, and we should feel for each other in twenty ways that have nothing to do with the workshop or payoffice.

Sympathy for each other is needed between the husband and wife, each entering into the joys or disappointments of the other. A lack of this will cause an estrangement that is apt to be life-long.

Children have their difficulties, and a smile or kind word will bring sunshine to their sky. In training children have enough compassion to distinguish whether the child's action is done through ignorance or disobedience.

Remember the new family that has moved into your midst, and make them feel at home among you.

The young man that lacks moral courage, the one that feels he must do as the Romans do when among the Romans, must be looked after and helped to do right.

Let us cultivate more sympathy for our fellow-men, and thus follow the steps of our blessed Teacher.

Training Boys.

Rear a youth in a life of ease and self-indulgence, lay no burden of duties or no responsibility upon him, and there is hardly one chance in ten that he will grow up into any true manliness. Idleness leads to self-indulgence, and self-indulgence to moral weakness. This evil is threatening to undermine many of our youths, and to deprive them of that moral stamina which comes only by self-denial.

Society is to be commiserated when it reaches such a condition of wealth that our youth are exempt from industrial pursuits and professional

labours. The law of increase is through self-exertion and self-denial. The best manhood is the outgrowth of wrestling with opposing influences. Fond parents do not consider and weigh sufficiently this matter when they seek to lay up large fortunes for their sons. And inheritance of wealth may prove their greatest curse. No greater evil could befall them than to be placed in a condition of comfort which would exempt them from self-effort and application to some service.

God's favour does not seem to rest upon the abundance which is hoarded up for children, when the needs of the world are so great, and when so many are crying for help. The Lord's poor have some claim upon the wealth, and if withheld for the sake of family and children, it may prove their infinite loss. The youth with slender means and few opportunities, who will apply all his powers to what he has, will grow and make opportunities as he goes along.

The great want to-day is not more opportunities, but the power to grapple with hindrances to obtain the desired objects. The men who are filling leading places in the various callings and pursuits of life are usually those who in their youth had to battle with adversity and meagre opportunities, and who, by the force thus developed, have risen to their present high stations. It is interesting to note that on this principle the sons of the royal family of Germany are required to learn a trade, some manual industry, that they may learn self-mastery and be able to endure hardship.

A self-indulgent, easy-going boy, who never knew one act of self-denial, promises little in the years of mature manhood. The boy is father to the man in that sense.

Seven Scenes in the Life of a Woman.

A wee mother is carefully putting her favourite doll to bed. With tender solicitude she carefully removes each dainty garment and fastens on the tiny night-gown. Then, with a fond kiss, she hugs her treasure to her and places it in its little cradle. After patting it gently, she tiptoes out of the room as the twilight peeps curiously in.

A fair maiden stands before her looking glass adding the last touches to her evening toilet. Her lover will soon be here! Her eyes are full of innocent lovelight! She looks eagerly at her reflection in the glass! How glad she is that she is pretty! She frowns a little at a wrinkle that will not stay just as it should. A ring comes at the door and she hastens away to meet her beloved.

A young wife sits anxiously watching for her husband. At each approaching footstep her heart beats rapturously and then grows heavy with disappointment! She will not go indoors, it is so sweet out there! The creeping shadows cheer her trembling soul—so she waits and wishes, and the shadows lengthen into darkened night.

A mother is rocking her baby to sleep. He looks at her gravely while they move to and fro, as if asking why the bright sunshine must leave and the ugly shadows hide her dear face from him. There is a wealth of wisdom in his great, sweet eyes! He holds tightly to her dress, as if to keep her near him.

When at last his eyes are closed, she disengages the loving hand, kisses him lightly—he must not be awakened—and arises to put him into the crib. Then she sinks back into her chair and begins to rock him again. It is so pleasant to rest in the twilight, and he is so sweet to nurse!

A woman kneels by a fresh-made grave. The headboard stares coldly at her and seems to say over and over again the words inscribed upon it: "He was her only child, and she was a widow." With tear-laden eyes she bends down lower and lower, till her lips rest upon the earth. She longs so to kiss the quiet form it is hiding from her! And the twilight seems to hurry past and lose itself in the darkness.

A care-worn old lady sits watching the shadows come—they are friends to her; friends that she welcomes—for they always sing the same song to her, "One day nearer home." And she smiles to them her thanks. She, too, repeats, "One day nearer home." And so life—woman's life—goes on in the twilight till rest comes to her weary body and joy to her aching heart; till her spirit reaches its home, where never a shadow can fall upon it.

Hints to Housekeepers

CREAM WALNUTS. Take two pounds of sugar, a teacupful of water and boil until it threads. Take from the fire and stir until white and creamy. Have walnut meats ready; make the candy in small, round cakes, press walnuts in the sides and roll in granulated sugar.

CREAM CANDY.—Four cupfuls of white sugar, one of water, half a cupful of vinegar, one cupful of cream, a tablespoonful of butter and a pinch of soda. Let boil until brittle and take from the fire; flavour with vanilla. Pour in buttered plates and pull.

ARE YOU DEAF, or do you suffer from noises in the head? Then send 18 cent stamp and I will send a valuable treatise containing full particulars for home cure, which costs comparatively nothing. A splendid work on deafness and the ear. Address PROF. G. CHASE, Montreal.

BUTTER-SCOTCH. Take three pounds of sugar, a quarter of a pound of butter, a teaspoonful of cream of tartar and the juice of a lemon; add water to dissolve the sugar; boil until brittle. Pour in a large, shallow pan, and when stiff work off in squares.

HOARHOUD CANDY.—Boil a handful of hoarhound in a pint of water. Put two pounds of sugar in a kettle, pour the water over and boil until brittle. Pour in buttered dishes; when partly cool, mark off in squares.

WINTER SPORTS.—The gay winter season exposes many to attacks of colds, coughs, hoarseness, tightness of the chest, asthma, bronchitis, etc., which require a reliable remedy like Hagar's Pectoral Balsam for their relief and cure. Known as reliable for over thirty years. The best cough cure.

MOLASSES CANDY.—Boil two cupfuls of molasses and one cupful of sugar until thick, add two tablespoonfuls of butter and half a cupful of vinegar; boil until brittle. Pour in greased dishes, let cool and pull.

DYSPEPSIA.—This disease may be traced to a variety of causes, such as constipation, liver troubles, improper food, etc. There is one cure—Burdock Blood Bitters—which may be thoroughly relied on to effect a permanent cure. It has cured obstinate cases of 25 years' standing.

TAFFY.—Take a pound of sugar and four ounces of butter, boil with enough hot water to dissolve the sugar. Just before it is done add a tablespoonful of vinegar. Pour in buttered dishes; when cool, pull and form in little cakes.

Just why so many people suffer pain when a remedy of known and certain effect like Hagar's Yellow Oil may be had at every drug store, is not clear. This peerless pain soothing remedy is a prompt and pleasant cure for sore throat, croup, colds, rheumatism, lame back, etc. Price 25 cents.

THE BEST WAY TO REMOVE IRON RUST.—Buy four ounces of muriatic acid at a druggist's. It is useful for various purposes. Have it marked plainly. It should, moreover, be labeled as poisonous. Fill a large bowl with boiling water. Have another bowl or pan full of hot water. A bottle of household ammonia also is necessary. Place the spotted part of the garment over the bowl of hot water. Wet a cork in the muriatic acid and touch the iron rust with it. Immediately the spot will turn a bright yellow. Dip at once in the hot water and the stain will disappear. When all the spots have been removed, rinse the article thoroughly in several waters and then in ammonia water (a tablespoonful of household ammonia to a quart of water), and finally in clear water. The acid is very powerful and will destroy the fabric if allowed to remain upon it. Ammonia neutralizes it. If the directions be followed carefully, the most delicate fabric can be successfully treated in this way.