

## **An Old-Fashioned Essence**

and that the aspirations and purposes of the soul and mind can be best served by meagre, inadequate bodies.

The practical cultivation of gladdening and helpful loveliness needs no extraordinary wealth, no exceptional opportunities, no favoured habitat or environment, no peculiar advantage of air or season. In any garden of the spirit its growth may spring and flourish with modest rapture and invincible powers. Comeliness glorifies a cotton gown as enchantingly as it does a Paris "creation." One may wear clothes worth a ransom, and still be unlovely, even uncomely, — dowdy, mean, undesirable, and ashamed. It costs very little money but considerable nicety to be comely, — to be clean, cared for, and in keeping with just requirement. To be sincere and kindly is equally inexpensive monetarily, and more costly in unselfish effort and wisdom, yet not unattainable for the least of us even in a confusing and distracting world.

And always before us within constant touch