

pretty home; in fact, it is a duty to have it so.

"Furnish your home in pretty sensible colors that will stand the light and sun without fading," is the advice of another. So you can leave the blinds up and can let in the sunlight and air. Men and children especially love sunlight and air.

Sunshine is one of our best friends in many ways, and no home can be attractive which is darkened up for fear of fading the furniture or letting a fly in. Flowers help to make a home attractive and they are cheap and within the reach of all. Almost every one loves flowers—and how much more beautiful the windows brightened with lovely blossoms and green foliage, than dark and cheerless, no matter how elegant and costly the curtains and fixings may be. Home may be made so pleasant and attractive that the inmates will not wish to go anywhere else for entertainment, though to accomplish this result oftentimes demands that the mother especially shall be a model of patience, purity and strength. Make good literature one of its leading features and endeavor to have all read and discuss the various current topics of the day. It is advisable to have our minds as broad and liberal as possible. Then we shall be better fitted to fill any position in which we may be placed in life. One may endeavor to look tidy at all times and be as refined and lady-like in print as in silks. Always greet company without embarrassment though one holds a scrubbing brush in hand and sleeves are rolled to the shoulder.

Moreover, it will take a great deal of piano playing to make up for an ill-cooked dinner, at least in the estimation of the men of the house. It is better to be competent to darn a stocking neatly than to injure one's eyesight doing fine fancy work. You would be surprised at the number who when asked what constitutes an ideal home would reply a handsome building and costly furnishings. But this is a mistake. It is the spirit not the outward appearance. "What more can one want with these elements," says one. You could make an acceptable home in a pioneer log hut or brick cottage without these.

Our Duty as Neighbors

FROM Mrs. A. E. Jennings comes an article with the above title, but the name of the Institute for which the paper was written has either not been given or has been mislaid. The paper has so many good points, that we give our readers the benefit:

This looks like an easy subject, and one that might be handled without much study; but when you get your pencil ready, you find your thoughts are not convictions, and your ideas are vague and not easily defined. There are books written on our duty to our home, our duty to our church, our country, the poor, the rich, the heathen, almost everything and everybody, but our neighbors. Why they are just the people who live next door to us, or in the same block, or on the same street, or in the same neighborhood gathered together without any thought of others who might be there, or any definite knowledge of them. Have we any duty towards such. If we lived in a large city we might hesitate about making any answer, as we have heard city people say: "We have lived beside these people for months and have not even learned their name." But we must be practical and consider our neighbors as we know them in the rural districts.

Have I then a duty to perform toward the people who may happen to come into the vacant houses on either side of me or near my home? And when does that duty begin? If we were out on the Western Prairie we would say your duty begins when you erect your little shack away there alone. Your duty to your neighbor begins by making the very best of yourself in your own life and home.

"What kind of neighbors have you?" is the anxious question that every mother asks when her boy or girl is starting their new home. A good neighborhood, Christian people, kind hearts, wise counsellors; and she says, "I guess they will not be lonely long."

But we are a busy people and home duties occupy our time and strength, and beside we are no good at mothering strangers. But, fortunately for this problem, we are not all alike. Neither are those who come to us; and if our attitude towards others is kindly and we desire to help, the opportunity will come. Our first duty will be to set them a good example—pure living, a

well-appointed home life, attractive home pleasures.

Good citizenship, obedience to the country's laws and rules, Christian citizenship, attendance at the place of worship, support of the Gospel, encouraging all moral reform. Our next duty might be as far as we are able to make it possible for our neighbors to join us in all these.

Then—Our social duty to our neighbors! It is impossible and even undesirable usually, that we should be in touch with all the daily incidents in our neighbor's home; but it cannot be considered as gossip to learn if any are sick or lonely or in trouble and we find time to help or cheer them. We can help sometimes by telling some good thing we have found to ease our work or improve our cooking or brighten our homes, or entertain our friends. We need not fear that scattering the good things makes them common and spoils their use. An exchange but heightens their pleasure; and, when they fail, some one is sure to be ready with its successor.

Church relationships often necessarily interrupt the exchange of social gatherings as neighbors, but should not prevent us from occasionally including them in our larger social life. In this way prejudice is broken down, kindness rewarded, and new friendships formed that broaden and enrich the straitened life of many retiring ones. The ideal neighbor guards her neighbor's reputation and honor, and happiness as she does her own. She repeats no breath of evil, she listens to no tale of slander, she construes no evil into an action she does not understand.

The ideal neighbor considers her neighbor's right and privileges and wishes, bears with a little inconvenience, exercises a little patience, even gives up a little of her rights to keep peace and good will.

The Harm of Worry

IN the modern world, there must be a great deal of fret and worry, if we may judge from the reams of advice against this, which we receive from all quarters. One of the latest contributions, coming from Mrs. John W. Mark of Oakwood, a member of the Linden Valley Branch of the Women's Institute, is worthy of quotation.

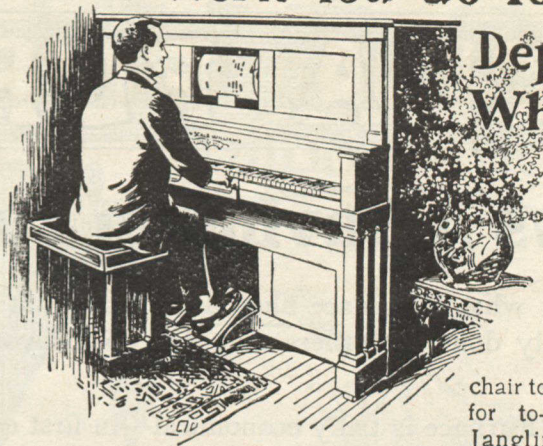
Man is mortal, created by God and placed in this beautiful world surrounded by the glories of nature, where the roses bloom among the thorns. Then why should we blight those lives by indulging in worry, which will never accomplish anything for us? Worry is a morbid exercise of mind and nerve, resulting always in excessive strain, loss of energy, and exhaustion of vitality, without any healthful reaction, leaving the one who indulges in it, or who has come under bondage to it, wearied without work, irritable without warrant, and most unreasonably depressed. Worry is worse than work. We may worry all day long and have nothing to show for it; whereas, if we work but a few hours, we are sure to accomplish something. Worry is often one of the results of overwork, sometimes of ill-regulated work, but oftener of an ill-regulated and discontented mind. What an age of hurry-scurry, we live in! The day is not long enough for all the occupations we try to crowd into it. Consequently, our minds are in a state of mental turmoil.

When there is only one woman in the house, it would almost stagger her to sit down and think that there are just one thousand and ninety-five meals to prepare in a year, besides extra lunches and other household duties. But, on the other hand, when we consider that they only come one at a time, and remembering God's promise, "As thy days so shall thy strength be," then why worry? Don't cross the bridge till you come to it.

But then we may ask: How are we to stop worrying? We find ourselves exclaiming, "Oh, dear!" Let us, say "Praise the Lord!" instead and endeavor to cultivate a cheerful memory. To do this we must first believe that we have a right to do so. There are many people who have cultivated the habit of an unpleasant memory and it is this habit that is blighting a multitude of lives in this beautiful world where peace should reign supreme. Some have a habit of letting some annoyance attach itself to an event or day instead of casting their annoyance out of sight and mind as quickly as possible. Some have no friends because their conversation is full of doleful memories; others

Continued on page 42

The Work You do Tomorrow Depends on What You do Tonight



After a wearing, grinding day, you need more than food and an easy chair to make you ready for to-morrow's work. Jangling nerves and whirling thoughts must

be soothed and pacified. Restful sleep would do it—"if I could only sleep".

Softly stealing o'er our senses, Music smoothes away the trials of the day—brings the brain back to its normal rhythm—soothes, and quiets, and rests.

Because music is created by the best that is in us—and makes its appeal to the best that is in us. The best investment a business man can make is a

NEW SCALE WILLIAMS PLAYER PIANO

It means more than pleasure. It means relaxation from business cares. It means mental rest and mental quiet—peaceful sleep—and the conservation of energy. The New Scale Williams Player Piano merely plays the notes. You create the music. You interpret the thoughts, the ideals, the very souls, of the masters.

Or you can wander in musical fields as fancy leads from grave to gay—with dashing songs, light opera, grand opera—anything and everything scored for the Piano, is at your command, to be created anew by your interpretation. You rebuild when you relax. Music relaxes mind and body. The New Scale Williams Player Piano is a mental tonic.

Business men can hear our Player Pianos at any time they choose to visit our ware-rooms. An ideal way to spend a half-hour or so at noontime or during the afternoon, is to visit us and listen to some of your favorite selections played on a New Scale Williams Player.

The Williams Piano Co., Limited, - - Oshawa, Ont.

BRANCH OFFICES: { Winnipeg, Man., 323 Portage Ave.
Montreal, Que., 733 St. Catherine St. W.
London, Ont., 261 Dundas St. 169 A

HEADACHE

Stop it in 30 minutes, without any harm to any part of your system, by taking "NA-DRU-CO" Headache Wafers 25c. a box, at all druggists'. NATIONAL DRUG AND CHEMICAL CO. OF CANADA LIMITED, MONTREAL, 27

Do you use our Patterns?
Those who have used them say they are perfect.



Never accept as genuine 'Wolsey,' any garment which does not bear the 'Wolsey' head trade-mark.

Run no Risks—buy 'Wolsey'

— and so make sure of getting the highest possible satisfaction.

The 'Wolsey' brand on underwear stands for pure wool; for perfect fit, finish and comfort; for health protection and lasting wear. Wolsey is made by the largest firm of underwear manufacturers in Great Britain and the care bestowed on its production has made it the most popular underwear in the world.

WOLSEY PURE WOOL UNDERWEAR

is guaranteed unshrinkable, and will be replaced free if found otherwise. Made in all weights and sizes for men, women, and children. Ask also to see Wolsey Cashmere Hose and Cashmere and Fingering Half-Hose.