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******** ***** THE WOMEN WHO WAIT. He went to the war in the morningbe The roll of the drums could heard. But he paused at the gate with his mother For a kiss and a comforting word. He was full of the dreams and ambitions That youth is so ready to weave, And proud of the clank of his sabre And the chevrons of gold on his sleeve. He came from the war in the evening-The meadows were sprinkled with Snow The drums and the bugles were silent, And the steps of the soldiers were And hopes eternal that to the heart slow. He was wrapt in the flag of his country When they laid him away in the mold. With a glittering stars of a captain Replacing the chevrons of gold. With the heroes who sleep on the hillside He lies with a flag at his head, But, blind with the years of her weeping,

His mother yet mourns for her dead. The soldiers who fall in the battle May feet but a moment of pain,

But the women who wait in the homesteads Must dwell with the ghosts of the

slain -Minna Irving, in Boston Pilot.

THE GENTLE ART OF KNOWING

HOW.

We have all smiled over the little ated means a "long straight road," is knowing how. Nothing so lightens labor, transforming it from drudgery to pleasant occupation, as knowledge of doing work the best way possible -a saving of time, money and strength.

In illustration, take a simple task in the ordinary routine-ironing. Correctly made starch does not stick, properly cared for irons are satin streaks. tigue soft house shoes, each plays an him. important part, work progresses rap- facts as they are. idly without vexatious interruptions Liszt wished and hoped to be and peace reigns.

er's aims

to her paradise.

utmost capacity

to the present day, women have been abbe." "She knows nothing of housekeeping too closely on his later years. -cannot even cook a meal."

The efficacy of Bickle's Anti-Consumptive Syrup in curing coughs and

LIFTING THE BABY.

The importance of handling and lift- one sort or another. ing a baby properly is one that many happen.

der the hip supporting the limbs. Let the right hand go over and under his head and neck, placing the head gent-

ly on the bend of the arm. he is at least six months old.

of the body

No matter how he may try and how ter. Sir Thomas Barlow has deable he may seem, the strain on mus- scribed Lord Strathcona as "an ideal cles is too great and should not be dietist." Nothing will tempt him permitted. When beginning to sit he from his simple, nourishing diet, and may be put almost anywhere, but the in his active body and mind working back must always be supported by a in harmony on two meals a day. soft pillow

One of the best ways of strengthen- The superiority of Mother Graves' ing an infant's limbs and one that he Worm Exterminator is shown by its enjoys is to put him on his back on good effects on the children. Purchase burn Co., Limited, Toronto, Ont. a big bed and allow him to kick for a bottle and give it a trial.

