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## The Evening Chit-Chat

By RUTH CAMERON



How few people know half as much as they should about the art of self-expression.

Both by pen and by the spoken word I mean. You don't see just what I'm driving at?

Well, say your club or your society should ask you to draw up a set of resolutions on some subject. Could you sit down and write it off rapidly? I don't believe you could. If you are an average person I wager there would be infinite erasures, frequent interlinings and several drafts before the thing was finally done.

And again, suppose you were quite unexpectedly asked to get up and speak at a club meeting or banquet. Could you stand up without any feeling of embarrassment or discomfort and say just what you'd be glad to remember you said when you thought of the performance over the next day?

If you could, you are one in a hundred. There is no ability that helps so much in every business and profession as the ability to express oneself easily and well, both on paper and in person.

No matter what store of book learning, what equipment of special training, what talents, even what genius a man may have, he is apt to find his path far from smooth, if he is lacking in that ability.

It seems to me that just about twice as much pains as now is should be given both at home and in the school to training children in the power of self-expression.

For one thing I think children should be encouraged to keep diaries. Of course diaries aren't fashionable nowadays. A line-a-day book is the proper thing if you must keep any chronicle. I imagine by the twenty-first century it will have been boiled down to a word a day.

I'm sorry. I think a carefully-kept diary is the best English teacher a child can have.

Louise Alcott, the author of the world famed "Little Women," as a child was always encouraged and even required by her father to keep her journal regularly.

"No, I know that did not give her the ability to write "Little Women," but I have no doubt it contributed towards the simple, graceful style that helped to make "Little Women" the beloved book it is.

And although I don't say the keeping of a diary will make a Louise Alcott of your little girl I do think it will add something to her power of expression.

I know a man who has recently attained the position of treasurer of a large company. It is part of his duties to preside and speak before the board of directors. This he does very well so far as appearances go, but because he has never had sufficient training in self-expression, he suffers such agonies of concealed embarrassment that he has actually begun to take evening lessons in the art of elocution to overcome his weakness.

Almost any big man will tell you that the ability to express oneself easily and well is the best kind of oil for the machinery of business and professional life.

You may not be able to give your child all the advantages you would like, but you surely can try to furnish them with some of this oil.

Ruth Cameron

## GOLDS Quickly Cured

Everybody has a cold. Some resort to tablets and powders that contain dangerous drugs, and death from heart-depressing remedies is not infrequent.

It's poor policy to neglect a cold—especially when it can be cured so quickly without medicine.

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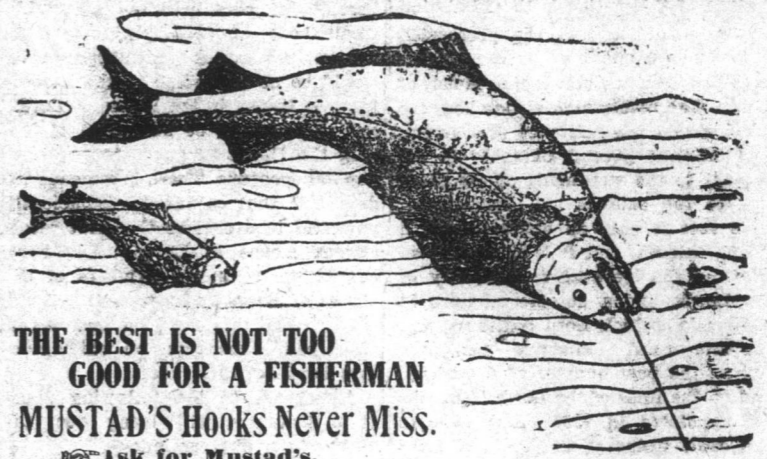
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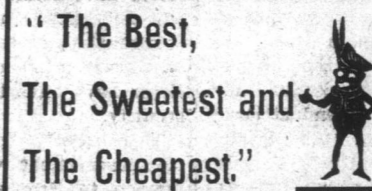
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## Silence!

The instinct of modesty natural to every woman is often a great hindrance to the cure of womanly diseases. Women shrink from the personal questions of the local physician which seem indelicate. The thought of examination is abhorrent to them, and so they endure in silence a condition of disease which surely progresses from bad to worse.

It has been Dr. Pierce's privilege to cure a great many women who have found a refuge for modesty in his offer of FREE consultation by letter. All correspondence is held as sacredly confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Favorite Prescription restores and regulates the womanly functions, abolishes pain and builds up and puts the finishing touch of health on every weak woman who gives it a fair trial.

It Makes Weak Women Strong.  
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You can't afford to accept a secret nostrum as a substitute for this non-alcoholic medicine of known composition.



## HOUSEHOLD NOTES.

Try tomato juice instead of milk for the omelet.

Never wash woodwork with hot water and strong soap.

A few minutes rest after eating facilitates digestion.

White of egg poured over a burn will give quick relief.

Honey is said to be a good substitute for cod-liver oil.

A weak solution of salt and water will brighten mattings.

Milk should not be covered tightly. Use muslin or cheesecloth.

Worn-out lace curtains, cut into squares, make good dishcloths.

Every cellar should be thoroughly whitewashed at least once a year.

When the skin seems too dry, use less soap and more good cold cream.

A dash of vinegar is an essential touch to a sharp salad dressing.

If a child's stomach is acid, lime water should be added to the milk.

Sponges are great germ collectors. They should be frequently scalded.

Water should never be used to clean gilt frames. Use a dry, soft cloth.

Turpentine, naphtha, benzine and kerosene are all deadly poisons to moths.

Newspapers are better than anything else for stuffing out bows and sleeves.

To take out iodine stains, sponge as quickly as possible with pure alcohol.

Silver may be cleaned and brightened by letting stand half an hour in scur milk.

The best fluid to use in washing

muslin dresses of delicate color is rice water.

Celery is a good nerve tonic, and it is said that it helps to ward off rheumatism.

White wood may be washed and polished with a mixture of olive oil and vinegar.

In washing remember that closely woven goods require less starch than others.

Dresses with a colored pattern on them should never be hung in the sun to dry.

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Each 25c. in air-tight tin box; yard rolls \$1.00, can be cut to any size.  
Beware of worthless imitations.  
DAVIS & LAWRENCE CO., Montreal.

Dr. A. L. Smith, a fellow of Balliol College, Oxford, recently lectured before a Toronto audience on Edmund Burke. He characterized Burke as "the greatest writer on political science who had ever lived in England. To Burke the country owed the system of representative Government, the liberty of the press and the abolition of slavery." The latter statement is far-fetched and unhistoric.

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Ayer's Hair Vigor is composed of sulphur, glycerin, quinin, sodium chlorid, castor-oil, sage, alcohol, water, perfume. Ask your doctor about this. Follow its advice. Promptly checks falling hair. Completely destroys dandruff. An elegant dressing.  
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