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calling all who long for happiness, to come unto Him and rest.

Christ never asks us to give up something merely for the sake of giving up. It is always to give place to something better. If we accept the teachings of Christ, we must believe that men are not wrong in wishing for happiness, but only wrong in their ways of seeking after it.

Four things have been truly said of happiness. It is inward, and not outward; and so it does not depend on what we have, but on what we are.

It cannot be found by direct seeking, but by putting our faces toward the things from which it flows; and so we must climb the mount if we would see the vision; we must tune the instrument if we would hear the music.

It is not solitary, but social; and so we can never have it without sharing it with others.

It is the result of God's will for us, and not of our will for ourselves; and so we can only find it by giving our lives into His submission and obedience to the contrivance of God.

We should truly accept the teaching of God in regard to the possibility and the duty of happiness. The atmosphere of the New Testament is not gloominess, but gladness; not despondency but hope. The man who is not glad to be a Christian, is not the right kind of a Christian.

The first thing that commended the Church of Christ to the weary and disheartened world in the early years of her triumph, was her power to make her children happy—happy in the midst of their afflictions, happy in release from the burden of guilt, and happy in the assurance of an endless life. Was not St. Paul a happier man than Herod? Did not St. Peter have more joy in his life than Nero? If we want the Church to be a mighty power to win men, and to be a source of light in darkness, we must remember that to each one of us as individual members of that Church, we must live in the spirit of Christ, and show the true relation of the true religion to human happiness.—M. C. B.

Women's Work in the Institute

Mrs. Frank Webster, District President
West Victoria Women's Institute

The institute is an organization in which all women may meet on a common level, denominational, to study the very best methods of doing their work and teaching their children.

It also teaches us, that to make a success of our lives, we must live for others, and by our own teaching and influence make the lives of those around us brighter because we have lived. What would this world be to any of us if it were not for little words and acts of kindness that we receive from others?

That man had the right conception of life who said, "I would rather save a million of men than save a million of dollars." Women are awakening to their opportunities, to enter as influential constructive factors into the currents of human history, and leave the whole world better because some of them have lived and done their part faithfully.

It is said that there are four things that bind men together: a common hope, a common work, deliverance from a common peril, and loyalty to a common friend. Mrs. Hunter in her reply to the address of welcome at the last convention at Guelph, asked these questions:

What have these years brought to us?

Have we received any benefit from the institute?

Are we more efficient home makers? Better wives? Better mothers? More kind to each other?

Are we any more loyal to our homes?

Are we more helpful to our husbands? Better teachers and compan-

ions to our children? And all together more necessary to every person we know?

She also said, "Future Canada is rocking in the cradles of our homes."

What an undertaking for the mothers of this present Canada. What a very great responsibility is resting upon the mothers of to-day. Napoleon cherished a very high conception of a mother's ability and influence when he said, "that the great need of France was mothers."

We hear much talk nowadays about political corruption and crime.

"Where did this originate? Has dishonesty been taught in the homes by some of the mothers that have lived, and perhaps are living still?"

Why it is practised? Simply because those who figure in it, see a few dollars for themselves, and they will sell name, character, and soul, for something that can at most give them but a passing pleasure in this world. But what about eternity?

We must teach honesty in our homes if we wish our children to live honest and useful lives.

Is it not time we were awake to the fact that there must be something done for humanity?

There is great need that honesty should be taught to our growing Canadians.

Who can do this work better than the mother who teaches the baby lips to lisping their first little words. But for us to accomplish this work we need all the good influence, and sympathy, that the fathers can lend us.

It is necessary for us to be very patient. Let us remember that the characters of good men and women were not formed in a day.

We must teach the very best we know how to teach, and continue doing this, just as long as we are able.

Then let us live in the bright hope of having our labor rewarded some day.

We must live for the people, for our sons, our daughters, our neighbors, our friends "and our enemies, too," if we are to be useful in this world.

We must not give so much thought to the things that to-day are "and," to-morrow are not.

Money would be very little use to any of us if we were sick and had no friends.

We cannot live successfully without our friends. I think that there is a very great missionary work to be done right here in Ontario, and when we start out to do it, let us look well into our own homes first.

Perhaps we will be surprised when we really look for such work at home. I would say to each member of the institute, let us all join hearts and hands for this good work; always remember to teach right at home first, and then what time we have to spare, let us help others along the pathway of life.

If we can only give a smile or a word of comfort and cheer it is not lost. Through co-operation with Our Mother and the institute we will accomplish at least some of the good work of living for others.

The satisfaction we will take in doing this, will more than repay us for all the trouble this labor of love has cost us.

Hang Clothes Well

Many clothes are ruined from being hung wrong on the line to dry. If hemstitched pillow-slips are hung with the hem folded over the line, the hem will not whip out or wear off until the slip is worn out. If hemstitched sheets are folded with the hems together and these hems put over the line to dry, the hems will not whip out with the wind. The same rule applies to all hemstitched articles.

If drawn-work scarfs and tray-cloths and similar articles are hung over sheets or pillow-slips, or even folded between them, they will last much longer than if they are hung in direct contact with the wind. Fancy silk-embroidered pieces can be hung between any thin fabric and their colors as well as the material preserved.

A little care will give a double length of life to many delicate pieces, as well as to those of heavier fiber.

To Protect Washstands

A house keeper may protect washstands from ugly rings and scars by pads made of common outing flannel of delicate hue and pattern. Double a yard of the material; spread several layers of paper between the folds and then buttonhole the edges with pretty silk thread. When it becomes soiled, clip the stitches.

Some claim that swallowing the white of a raw egg will immediately dislodge a fishbone in the throat, though a better and quicker method is to break off a piece of dry bread and swallow it without chewing. No difficulty is found in this simple method. It usually removes bone.

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