

one. One little single hygienic law of sleep, of diet, of dress or exercise, the first and simplest that you know, obeyed, and the work is begun. Knowing the next thing to do is not important until you have done the next thing you know.

Any society, called by whatever name, that so begins and so goes on, begins at the root of noble living, and may be sure, however slow their growth, that every step planted firmly on a hygienic fact will be a step not only toward personal physical well-being, but toward the uplifting of the race as well.

If women once arouse themselves to the danger, and take hold of the matter in earnest, we shall not be long in seeing a more hopeful sign in the sky. Already is there a morning glimmer flashing in the columns of the press. No man who stops to ask himself the question how many healthy women he numbers among his acquaintance but will welcome the gleam of this dawn.

A Word to a Wife.

If a wife wants a peaceful atmosphere and the same unlimited adoration that she had from the individual who was her lover in her earlier days, one of her first endeavors must be to retain it by in some measure deserving it. One of the first things for her to attend to in that line is that of keeping the household and other expenses entirely within the sum that she and her husband have decided to be fit and proper; and a system that will insure that having been established, to let her husband's pocket rest in peace, to ask for no more money, and to have none of those trifling, teasing expenses of which each single amount is small, but the sum is comparatively enormous. One of the next things for her to do is to remember that a well-fed man is vastly better and more amiable, healthier and happier, than one poorly nourished, and to govern her table and her cookery accordingly; and if the effort causes difficulty with her servants, to let him know nothing of it; and if she has no servants, to husband her strength in other ways, and to make the work easy for herself by a systematic procedure—a day for this duty, and another for that; a place for everything, and everything in its place. It would be a poor sort of husband that would not appreciate this effort, and meet it more than half-way. That business attended to, a wise wife will try and keep up with her husband's tone of thought and with his reading, and will bring forward subjects for conversation and discussion not altogether personal, omitting scandals and fashions, making herself so companionable and agreeable to him intellectually that he will not need to go elsewhere for such society. Still another point for her to consider is that of the exercise of as much courtesy to her husband as she was wont to use toward him in the days when it pleased her to think she attracted him; never, moreover, to let him see that in anything she feels herself better than he, conscious that there is no quality sweeter in a woman than humility; undoubtedly the fact remains that in many ways she is better than he, but it will not help him at all to have the fact thrust upon him, for we all wish to live up to our reputations, and if he thinks he is a faultless husband, he will try to continue so.

And then, as her husband is mortal, she is to remember that fact, and not be surprised and manifest her surprise at his want of perfection, remembering also her own want of it, and the possibility that she too may have fallen short of an ideal. It is a good plan for her to remember that she pleases not so much by brilliancy as by charm, and therefore not attempt to dazzle this husband by a superior wit and knowledge, which, after all, may not be hers, but to put herself in the attitude of listening and learning from him whenever that is possible; and if upon the occasion of any argument she should allow him to convince her, by not assuming a hostile frame of mind immediately, and by not insisting upon the last word herself, she might find that she had won more as a wife than she has lost as an advocate or a conversationalist. It may be felt base and unworthy and of the nature of old harem usages to endeavor to charm, but, all the same, her whole domestic well-being lies in the fact that she does charm. And whether she charms or not, a wife's duty, first of all, is to make home happy and attractive, and attention to a few points like these is one of the quickest and easiest ways of meeting that duty.

Irate Father—Young man, when I was your age, I earned my own money, and didn't get myself up in such shape as that.

Son—I'm sorry for you, pap, but I'm glad you cornered the wealth. Have you a couple of five's handy?



FIG. 31.—No. 4807.—LADIES' BASQUE. PRICE 25 CENTS.

Quantity of Material (21 inches wide, for 30 inches, 3½ yards; 32, 34 inches, 4 yards; 36 inches, 4½ yards; 38, 40, 42 inches, 4¾ yards.

Quantity of Material (42 inches wide) for 30 inches, 1½ yards; 32, 34 inches, 2 yards; 36 inches, 2½ yards; 38, 40, 42 inches, 2¾ yards.

If made of materials illustrated, 1½ yards of 42-inch material, and 2¾ yards of velvet and 1 yard of braid trimming will be required for the medium size.

No. 4810.—LADIES' WALKING SKIRT. PRICE 30 CENTS.

This design cuts from 22 to 32 inches waist measure, and the quantity of material required for each size, of 21-inch goods, 10 yards, or 42-inch goods, 5 yards. If made of materials illustrated, 4½ yards of 42-inch material and 1 yard of 21-inch velvet will be required for each size.

The Conqueror Conquered.

In Southern archipelago he fought the bloody cannibal;
He'd skinned and tanned the crocodile and found him very tannable;
Not a word of fear he'd uttered, not a word and not a syllable,
When he killed the Bengal tiger, and he found him very killable.

He claimed his strength was very great, for bears and lions suitable;
He used to boot the grizzly bear, and found him very bootable;
He claimed in killing monstrous snakes that he was very capable,
No box-constrictor could escape, for he was un-escapable.

Just then his wife came in and said: "I'd think it quite commendable
If you'd go on and tend the baby; and you'll find him very tendable."
The way she took him by the ear will make this poem readable;
She pulled him out and led him home, and found him very leadable.

The Golden Age.

Who shall say what is the Golden Age of a woman's life? Is it sweet 16, gay 20, mellow 25, or easy-going, calculating 30? The girl who has learned to take things easy by lying in bed mornings, sipping coffee leisurely and, on the sly, puffing away at a cigarette, has reached the Golden Age of her existence, however old she may be in real years. "A man is as old as he feels. And a woman is as old as she looks" is a maxim that no one disputes. So, surely, if a woman is sensible enough to appear at ease and idle away the morning hours enjoying herself at doing nothing, she may be said to have reached that most charming period of any one's existence, the Golden Age.

Severe frosts and heavy snowfalls are reported throughout Europe. In Paris snow has fallen to a depth of several inches.

THE LADIES' JOURNAL.

Gives a Daily Prize of a Handsome China Tea Service.

One dollar will get you THE LADIES' JOURNAL for one year. If you send correct answers to the following questions along with your dollar:—Where in the Bible are these words first found, 1, Money; 2, Coal; 3, Wood; and if your letter is the first one received at THE LADIES' JOURNAL office any day between now and 25th March next, containing correct answers, you will get a handsome China Tea Service of 44 pieces. There is also three large lists of other valuable prizes, pianos, gold and silver watches, silver tea services, china dinner sets, silver dinner and tea knives, large cash rewards and scores of other prizes. Send ten cents in stamps and get a sample copy of THE JOURNAL containing these lists in full, or better still send your dollar and answers and get THE JOURNAL for 12 months. Address Editor J, LADIES' JOURNAL, Toronto, Canada. No matter where you live, you have a good opportunity to win this daily prize, as it is the first letter received each day.

TRUTH'S SPECIAL HOLIDAY OFFER.

The Old Reliable Gives a Gold Watch Every Day.

Till the 31st of January next, inclusive, the publisher of Toronto TRUTH will give every day, in connection with the Holiday Bible Competition now in progress, a Lady or Gentleman's Solid Gold Filled Hunting Case or Open Face Watch, with excellent movement. The gold watch will be given to the sender of the first letter received by mail, each day, at TRUTH Office in the regular way, containing correct answers to the questions: Where in the Bible are the following words first found: COLD, FROST.

All persons competing must send one dollar with their answers for which TRUTH will be sent weekly for four months. This daily gold watch prize is given in addition to the large list of prizes, such as pianos, bicycles, silver and china tea services, shot-guns, rifles, books, gold and silver watches, and scores of other valuable articles. When you send in your dollar and get TRUTH you will see full particulars of the Annual Holiday Bible Competition, and you may get another big prize at the close of the competition in addition to the watch, if your answers are correct. Address, S. Frank Wilson, TRUTH, Toronto, Canada. Full lists of the Daily Prize Winners will be given in each week's issue of TRUTH.

A Stroke of Lightning.

So long as women will be foolish men will be deceptive. One day I sat behind a couple on an Ohio and Mississippi train, and it wasn't 10 minutes before I discovered that the girl was a village belle who knew nothing of the world, and that her companion was a traveller who saw in her a victim. Several others noticed them as well, but it was hard to see how anything could be done. He professed great admiration for the girl, and she blushing queried:

"But how do I know you are not a married man?"

"Oh, but I assure you on my honor that I am not."

"Where do you live?"

"In Louisville."

"And you have neither wife nor children?"

"No."

At that instant the conductor came in with a telegram and called out the address, "Tat's for me," said the man in the seat.

MEAT PIE.—Cold roast beef, or pork, or both, cut in small pieces. Place in buttered pudding dish. Fill the dish two-thirds full. Slice an onion and strewn over it, adding the gravy, or nearly cover with water; sprinkle with flour; add small bits of butter, pepper and salt; cover with crust made as for biscuit; bake twenty minutes or half an hour, according to size.

Health cannot be maintained without good digestion. Try Adams' Tutti Frutti Gum as an effectual remedy for indigestion. Sold by all druggists and confectioners. 5 cents.