

COMFORT SOAP

THE OFTENER YOU USE IT—THE BETTER YOU LIKE IT.

POSITIVELY the LARGEST SALE in CANADA

THE HOME

GOOD TABLE MANNERS.

It is sometimes difficult to make young people—particularly boys—appreciate the value of correct table manners. "Aw, what's the difference?" they ask when told not to eat with their knives.

The difference is that, as a whole table etiquette is based upon the fundamental principles of convenience, neatness and self-restraint. Disregard of it causes the offender to appear slovenly, greedy and inconsiderate of the sensibilities of others.

Sit erect at the table; don't sprawl with your elbows on the table. Don't attempt to bring your mouth down to your food; raise the food to your mouth.

Don't shake your napkin out with a flourish; unfold it and spread it across your knees. Raise one corner of it to your lips as occasion arises.

In your own home, or in a house where you expect to be a guest for several meals, fold your napkin when you are through with it. If a guest for one meal only, crumple the napkin slightly and lay it unfolded beside your plate. The assumption is, of course, that it will not be used again until it is washed.

Do not break crackers in your soup. Look at the next person you see doing it, and observe what an unsavory looking dish it produces. Never dip crackers or bread into any sort of liquid.

In dipping up soup, move the spoon toward the outer edge of the dish. Take the soup from the side of the spoon.

When in doubt, use your fork, is a pretty fair table rule? The knife of course, is absolutely tabooed except for cutting and spreading. The spoon is used only for liquid and soft desserts. Vegetables served as a side dish are usually eaten with a fork.

In cutting meat, take the knife with the left hand and the fork in the left, cut off a proper mouthful, lay the knife down on the side of the plate, transfer the fork into the right hand, holding the tines pointing downward, and raise the meat to the mouth. It sounds slow, to be sure, but rapid eating is neither healthful nor pleasant to watch.—Woman's World.

A BEAUTY HINT.

Every woman who values her good looks during the cold weather will pay great attention to one point of vital importance. She will keep warm.

The value of keeping the body properly warm and comfortable cannot be over-estimated.

How frequently does one hear the remark: "Oh, I look terrible in the winter; my nose is red, my eyes look blue and watery, and my whole face seems to shrivel and be pinched up."

Very likely all you say is true, dear lady, and the reason, in nine cases out of ten, is cold.

Women, as a rule, are more careless about the comfort of their feet than anything else, and it makes one shiver to see lace stockings and

their open shoes when the rain is perhaps pelting down, or a bitter east wind is blowing.

You cannot look beautiful, no matter how perfect your features and complexion, if you are blue with cold all over. The feet must be kept warm, and this does not mean that they cannot be smartly shod. The two things are quite compatible.

I wonder if it is necessary to add that sufficient exercise must be taken to keep the blood circulating properly?

Glycerine and powdered starch are very well as artificial aids to disguise a red nose when the trouble arises from indigestion or some such cause, but the majority of pinched-up noses and blue faces which one sees in the winter time are entirely due to insufficient attention being paid to the important question of keeping warm. Remedy this, and the difference in your facial appearance will be quite remarkable.—Selected.

I was taught in my youth, and very vigorously taught, that it was not good manners to discuss physical ailments in general society, and that it was the height of vulgarity to refer to money or to what anything cost whether in your own case or in that of other people. I now hear surgical operations, physical functions, disease and its remedies, freely and fully discussed at dinner, and on all other occasions by the ingenious youth of both sexes. Money is no longer under a taboo. One's own money and that of one's neighbor is largely talked about, and the cost of everything or anything recurs as often in polite conversation as in a tariff debate. I am not concerned to decide which is the better fashion, the old or the new. I merely note the difference.

The world of Boston, when I opened my eyes upon it, was a very small and simple world as I look back at it now in the glare and noise of the twentieth century. There was an abundance of gaiety, but expenditures were small. Everybody knew everybody else and all about everybody else's family. Most people were related, for in the small colonial communities of the eighteenth century the established families had intermarried in a manner most bewildering even to the trained genealogist. Yet the extreme familiarity and ease of intercourse which I now observe among young men and young women entirely unrelated did not then exist. However intimate people might be, a certain formality of dress was thought to be demanded by good manners.—From "Some Early Memories," by Senator Lodge, in the January Scribner.

The little life, which blandly ignores all care and conflict, soon becomes flabby and invertebrate, sentimental and gelatinous. The strenuous life, which does everything with set jaws and clenched fists and fierce effort, soon becomes strained and violent, a prolonged nervous spasm.

He who restrains not his tongue shall live in trouble.—Braham Maxim.

How to Treat a Cough.

Coughs arise from different causes, so before rushing off to buy some patent medicine to stop the cough, try to find the cause of it. A cough is really an effort of nature to bring up and get rid of secretion that ought to be cleared from the lungs. Some cough mixtures dry this up instead of removing it, and that is not only harmful but may be very dangerous. In the case of an old person or a child nothing in the form of laudanum, opiate, or morphia should be given, as the effect may be disastrous.

Some coughs arise from a deranged stomach, so that any of the above drugs taken for such a cough would be quite wrong. The best cure for a cough of that kind is change of air, careful dieting, avoiding rich foods, and taking a few doses of fluid magnesia. If a cough continues to be very tiresome and no relief can be obtained by home remedies, it is possible the lungs may be affected, therefore the doctor should be seen, and the chest examined with a stethoscope. A very safe remedy for the ordinary winter cough is a dose of codliver oil. Some coughs arise from a little throat irritation, and are generally dry and hacking. Relief can be obtained by dissolving some sugar candy in a little lemon juice, and taking occasionally a teaspoonful. For those who are troubled with a tickling cough I would advise them to always carry some glycerine lozenges, and take one the moment they feel the least irritation.—A Physician.

WORRY A SOURCE OF INDIGESTION.

Worry is a baneful curse and source of untold evils. It sears the face with lines and furrows and has a most depressing effect upon that hypersensitive organ, the stomach, which at such times becomes a most unwilling and laggard servant. Indeed it is safe to say that unless encouraged by a cheerful temper and bright, or, at least, hopeful, thoughts, the stomach will play truant or sulk, and do no work which it can shirk. The physiological explanation of this is the close alliance of the great sympathetic nerves, which are worse than the telegraph for carrying bad news; the worry and anxiety which depress the brain produce simultaneously a semi-paralysis of the nerves of the stomach, gastric juices will not flow, and presto—there is indigestion. One sign of mental health is serenity of temper and a self-control that enables us to bear with equanimity and unflinched the petty trials and jars of life, especially those arising from contact with scolding, irascible, irritating folks. It is well to remember at such times that these unfortunes are their own worst enemies, and a cultivation of the art of not hearing will help us very much. It is a very useful art all through life and well worth some trouble to acquire.—Selected.

YOUR MOTHER.

Your mother's life has not been easy. Your father was a poor man, and from the day she married him she stood by his side, fighting as a woman must fight. She worked not the eight or ten-hour day of the union, but the twenty-four hour day of the poor wife and mother. She cooked and cleaned and scrubbed and patched and nursed from dawn until bedtime, and in the night was up and down getting drinks for thirsty lips, covering restless little sleepers, listening for croupy coughs. She had time to listen to your stories of boyish fun and frolic and triumph. She had time to say the things that spurred your ambition on. She never forgot to cook the little dishes you liked. She did without the dress she needed that you might not be ashamed of your clothes before your fellows. Remember this now when there is yet time, while she is yet living, to pay back to her in love and tenderness some of the debt you owe her. You can never pay it all.

We wish to call your attention to the fact that most infectious diseases such as whooping cough, diphtheria and scarlet fever are contracted when the child has a cold. Chamberlain's Cough Remedy will quickly cure a cold and greatly lessen the danger of contracting these diseases. This remedy is famous for its cures of colds. It contains no opium or other narcotics and may be given to a child with implicit confidence. Sold by druggists and dealers.

A flock of 1,250 turkeys were driven into Sedalia, Missouri, from the north-east part of the county and sold at sixteen and one-half cents a pound. The turkeys were driven twenty-six miles, and travelled at the rate of two miles an hour. The birds averaged over sixteen pounds, and brought their owner nearly \$3,200.

CHARM OF CHARLESTON.

A City Where Every House Faces Toward the Sea.

Every house in Charleston faces seaward. It frequently happens that the streets do not adjust themselves to this disposition of the house plan, in which case the street line is calmly disregarded and the house is built so that it shall square with the four points of the compass. The result of this is curious and most interesting, at times disconcerting, but frequently as pleasing as one of Whistler's audacious and unexpected color schemes.

As in the mansions of old Virginia, the general form of the Charleston houses is very simple, and they depend for their beauty upon the fine balance and spacing of doors and windows, the character of the cornice and, above all, upon the dignified beauty and classic porticoes and galleries which adorn one side of each structure.

But Charleston has another and quite unique architectural feature in the arched and ornate walls of moss grown brick which close in all of the fine residences and the highly decorative wrought iron gateways which give access to the private grounds. In a city which was at one time the port of call of all the pirates of the Spanish main—where one day it was found advisable to bury forty of these worthies under the sea wall of the city, where half civilized negroes formed always an overwhelming majority of the population, it was the part of common prudence to erect a strong barrier between the streets and the private domains of the better class residents. Out of this necessity grew the infinite number of gates and grillages of twisted iron which are the chief pride of Charleston today and whose only rivals are the far famed gates of Seville. These marvels of wrought and beaten iron were all the work of local smiths. I was told that no two gates of the city were of similar design, and I certainly saw no single example which was not in itself beautiful.—Birge Harrison in Art and Progress.

MEN OF STONE.

Queer Figures Dot the Crest of the Superstitious Mountains.

Among the natural wonders of this country are the Superstitious mountains, which loom up from the arid desert to the east of the Salt river valley.

These mountains are so curious that the Indians will have nothing to do with them. In consequence they are full of deer, bear and other big game. The Superstitious mountains rise out of the level surface of the desert like the pyramids of Egypt.

On the crest of this unique range and in full view of the rarefied atmosphere for an immense distance from the plain are hundreds of queer figures, representing men in all attitudes. When you look first you are sure they are men, and when you turn your gaze again to them you are as absolutely certain of it as you can be of anything.

They represent bull throwers, out-looks, mere viewers of the country roundabout, men recumbent and contemplative, others starting a foot race and in every conceivable posture and position. They are not real flesh and blood men, however—nothing but stone syenite—yet nothing can convince the Indians that they are not genuine. They say they are real mortals turned to stone, petrified by the peculiar condition of the air in the mountains.

This belief has grown out of an Apache legend, handed down for hundreds of years. They have it that an ancient chief who had learned of the curious character of the Superstitious mountains forbade any of his people to go there. A large band, however, one day discovered a way to get in by a precipitous route and finally reached the top. It resulted as the chief had said, and they never got down alive.—St. Louis Globe-Democrat.

Nothing More to Live For.

Without question the Scots curler of whom Lord Lyveden tells in Fry's Magazine placed the proper value on his sport.

During a curling match in Switzerland the skip of one of the teams, who happened to be a Scotsman, was so delighted with the accurate shot of one of his team that he was heard to address him in the following manner: "Lie down and die, man; lie down and die. Ye'll never lay a finer stone nor that if ye live to be a hundred."

Weird Story of a Chair.

In the museum at Cape Town is shown an old fashioned, high backed wooden chair, to which attaches a weird story. It is related that the chair is the one in which the Dutch governor was found sitting dead a few moments after the execution of a soldier whom he had sentenced to be hanged and who on his doom being pronounced solemnly called upon his condemner to accompany him to the throne of the Supreme Judge.

Odd.

Ernest Shinn, whose paintings of ballet girls have made him well known, said at a dinner in New York:

"Very few artists can draw a horse, yet any horse can draw an artist, and, by the same token, few artists can paint a ballet girl, yet any ballet girl can paint herself."—New York Press.

Mother as an Accelerator.

Registry Clerk—it is necessary for me to ask the mother of the bride if she has nothing to say before I proceed with the ceremony. Voice of Mother (in background)—All I have to say is that if I hadn't had a good deal to say already they never would have landed here.—Steggendorfer Blatter.

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M. K. PIPER, Monitor Office. Bridgetown, June 18th, t.f.

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It is reported that President Taft has made up his mind to accept the offer of the Kent professorship of law, at Yale, and will probably take up his duties at New Haven in the spring.

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