

month as a motto. Such as, "The Master is come and calleth for thee" ; or good yearly mottoes, such as, "Helping together by prayer," "The Lord hath need of thee" and "My grace is sufficient for thee," different members being asked each month to select these. Those afraid of hearing their own voices in a meeting can do work like this. The texts may be printed on white cardboard and hung up at the meetings.

As a change from the programme committee, slips of paper may be given to different members, assigning them their work for six months ; one to select hymns, another the Scripture lesson, response to roll-call, special music, etc., the president keeping a list of all. The work may thus be evenly distributed and easy things given to the timid or to beginners and to girls busy with school work, arranging to give the latter harder work in the holidays. In this way every member has something to do. A look-out committee of two may be appointed for each month to look after absent members.

#### BIBLE STUDY.

One year our Band took up lessons from the life of Christ. The chapter from which the lesson was taken was announced the previous meeting. Sometimes questions on the lesson were prepared and distributed a week or two in advance, giving time to search the Bible for answers. Last year, every second meeting, the member having charge of the Bible study chose her own subject, sometimes distributing beforehand texts she wished read. The subject fixed on was often in harmony with the motto for the month or the