THE SECRET OF MARRIED HAPPINESS REVEALED

HELEN OLDFIELD IN NEW YORK AMERICAN:

 ${f g}$ participation of the composition of the c In marriage the measure of one's confirm the theory that possession happiness usually is in proportion to soon fraught with satiety, and that it one's deserts. For, after all, marriage is only the unattainable which continues to attract. This is all wrong; is a partnership; the closest, the most a woman should be able to keep her a partnership, and its weal or woe, its success or failure, depends upon the manner in which the partners gively as the course of the course o manner in which the partners, singly brave. and together, perform their parts, the to be cheerful, and if it costs her an ions to keep up, and there is perhaps contract must be executed in good effort to be so, not to let her husband a tyrant in the nursery who occupies female population of this little valley most of the young mother's time and

shrewd enough in everything else, are and it is surely an achievement well that other's point of view. ideal wives and mothers, and surrender on sight to the over-dressed, forward, and frivolous, not to say loud, women who do not possess a single quality Q

which makes for domestic happiness.
The secret of true marriage lies in similarity of taste, agreement of character, sympathy of spirit and harmony in disposition To these must be added 'they twain shall be one flesh" to the

more than in most, the art of making the best of things is worth infinitely truer word spoken than that "there is nothing so bad that it might not be worse." When the wife or husband is quick tempered the blaze is usually over quickly. Wisdom remembers that "where no fuel is the fire goeth out," back is vital. Its loss is like so much back is vital to be so is to have part of the essential fabric of existence part of the coming of conscious age nothing was irretrievable. Now the smallest friendship with the roots far back is vital. Its loss is like so much bodily warmth gone out of the system, and and replies with the soft answer which the time of fear has risen. Previously and replies with the soft answer which the time of fear has risen. Previously turneth away wrath. If stupid, he or it was possible to look at death insolentshe usually is placid and good temper-People with the bovine tempera-t may not be entertaining, but may not be entertaining, but the sum of the sum ment may not be entertaining, they are generally reliable. A post by the wayside is rarely a thing of beauty; the bears neither flowers nor fruit, but train attention chiefly to short distances. Such as it is it is always there, steady est against, safe to tie to.

not quick to take offense, neither over. One enjoys life again, only much

haste to tell unpleasant truths, as a criminal enjoys the respite between ence is not necessarily untruth, and the part of discretion to be "more an kind" to the virtues of those with whom one is associated in one's daily life; it is also wise to be "a little blind" to their faults when it is post-blind" to their faults when it is post-blind blind bl sible not to notice them. Mrs. Wiggs so many were the years ahead. But the fluence than reproof, indeed, reproof, ent. Then a little of it is apt to be a fective. It happens sometimes that an outburst of temper, if it is merely an outburst of tempers, if it is mer In nature, and clears the mental at-mosphere. It is the "continual drop-AGE. THE BE ping of contention" which wears away

is comfort. Many a one has married his housekeeper, induced thereto by the fact that she understood how to make him thoroughly comfortable, and did so. The woman who is always careful of a man's creature comforts becomes in time necessary to him. Kind words, thoughtful silence, a cheery smile, a heartfelt clasp of the hand, all have their place in keeping the wheels of the domestic coach running smoothly. Incorrigible disorder,

hopeless unpunctuality, lack of sense of the finest seem to belong to the hopeless unpunctuality, lack of sense of responsibility, careless forgetfulness engraving a-singular beauty upon features, and such defects, do not alter the love once past 50. The art of growing old, or destroy the sterling good qualities indeed, consists principally in the rementance of a person, but they go far to propose that every action of existence will in the end bear witness for or against us. ning smoothly. Incorrigible disorder, some of the finest seem to belong to the a person, but they go far to pro-ke discord and dissatisfaction in a me. In the end bear witness for or against us. No man or woman can make their own beauty or ugliness in youth. But old age

It often is claimed that the first year is in everybody's hands. To be attractive of married life is less happy than the second, since it is necessary to get in- who achieves it. In truth a beautiful or to the habit of being married, to become used to each other. With some something that reaches a deeper appretiation may be the case. The relations of the case of this may be the case. For this final charm is not a chance in-heritance, and has nothing to do with too many husbands and wives seem to

BABY'S AWARENING.

It ought to be a pleasure to look forward to baby's awakening. He should awaken bright, smiling and full the way of old-age beauty. Both men and women of large incomes are in the majority of cases ugly when they grow old. dread their little child's voice, because they know when he awakes he will cry and fret and keep everyone on the or and fret and keep everyone on the move until he falls asleep again from sheer exhaustion. These crying fits make the life of the inexperienced mother a torment. And yet baby is not crying for the fun of the thing—the thing of the thing the state of the properties of the well known among people of small into the properties of the pr there is something wrong, though the invariably barren of little kindneses, that mother may not see anything that ails they have no passion for giving pleasure, the child. Try Baby's Own Tablets in the child. Try Baby's Own Tablets in among those to whom generosity is also cases of this kind, and we venture to sacrifice. In order to grow old and exbaby will wake up happy and ing-an altogether different child. is proof from Mrs. John S. Suth-Blissfield, N. S., who says: doing one genuinely gracious action a day would improve any physiogonomy, and the greater the cost of the action probab-"My baby was terribly cross, and often kept me awake half the night before I got Baby's Own Tablets for her. ly the greater the subsequent effect upon appearance. A person who really dreads the outward have of eld age should be the outward have to strend to conduct by ly the greater the subsequent effect upon appearance. A person who really dreads she is perfectly well, sleeps soundly all the outward havoc of che age should be-night, and wakes up bright and fresh in the morning." Baby's Own Tablets are a safe medicine for children of all ages. They cannot do anything but good. You can get them from your old master. You can get them from your druggist, or by mail at 25 cents a box by writing the Dr. Williams Medicine Co., Brockville, Ont. Another form of wisdom in the matter of ageing is to accept the fact. A woman

worth while. Pope made no mistake when he portrayed the ideal wife as: "Blest with temper whose unclouded Can make tomorrow cheerful as today."

While the first year of wedlock usually determines the question whether or no the marriage has been a failure, it is in the second or third year that the romantic element finally disappears excepting with the few who

'Keep one sacred flame through life unchilled, unmoved, And love in wintry age the same as For Farm Work in Summer and Snow-Wading first in youth they loved."

Above all, it is her business weaknesses. There are no more illus-In the first place too little wisdom often is exercised in choosing a partner for life. Women fall victims to designing men, from whom a little pruncher of the complete might have saved them, while when it is a perpetual novelty, but when it is a perpetual new partner them. For this cause the wife should be careful to let her husband understand that the baby is doubly dear to novelty, but when it is a perpetual new perpetual new partner between them. For this cause the wife should be careful to let her husband understand that the baby is doubly dear to novelty, but when it is a perpetual new perpe dence might have saved them, while as for the men, whatever wits they may have frequently desert them altogether just when they need them together just when they need them full tones which greet one's ear day most. There same to be an attention of the whole in the properties of passion would be preferable to the frether together just when it is a perpetual ner because it is his, and hever sacrification of the whole field the properties of passion would be preferable to the frether they need them. most. There seems to be an actual in and day out. Some people are born consists largely in putting oneself in fatality about the way in which men, cheerful, others achieve cheerfulness, the place of another, and in sharing the place of another, and in sharing

The Art of Growing Old; Age Can Be Beautiful.

FROM T. P.'S WEEKLY, LONDON, ENG.

results the sincere and permanent love of the control of the contr Everything natural and inevitable is more especially should never forget her Everything natural and inevitable is more especially should never forget her tails, interesting in themselves, seem futile, and I can assure you that the fine ladies and idle gentlemen who Even the most practiced slip and slide. In marriage, truly, "love is the fulfilling of the law." A man should not
only love his wife dearly, but he should
tell her that he loves her, and that
often. The once for all plan is not one
which appeals to women in general. It
when the thought of old age is like a which appeals to women in general. It is a feminine quirk to love to be made love to, the more the better; to object to taking affection for granted. A man is too apt to think that the mere fact of his marrying a woman ought to convince her of his love for her henceforth and forever. On the contrary, she likes to have his continual assurgers that the thinks it the best thing affect hand forever and that what is to come will be incredibly out of all management. The age for this realization is not the same for both severs a man can assily seven.

Friends and contemporaries,

his sentence and its fulfillment. The knowledge of the painful brevity in be-

tween is always harking at imagination.

were to be as good as those before, light-

AGE, THE BETRAYER.

freshness or with ignorance.

personal attainment, the work of the individual who bears it.

CONDUCT VS. AGE.

hale charm it is absolutely imperative to

become practiced in kindliness. Everything is a matter of habit. The habit of

ACCEPT THE FACT.

Real pleasure belongs to youth, when for all the sense of security it conveyed life

and that the thinks it the best thing that ever happened, to be told over and over again that there never was and over again that there never was and never could be any other woman in the same world who can compare with her in his eyes.

Sacrifices are absolutely essential to the happiness of married life. There must be a centilual giving up of one's own will to that of another, thought for another rather than for oneself. The greatest possible happiness to man is that found in making happy. The greatest possible happiness to man is that found in making happy another that is dearer than self. The man habors gladly to provide a home for the woman whom he loves; the woman poys in making that home a word of realize middle age is to find death whom she loves; There is no service, says Sir Philip Sidney, "like his that serves because he loves."

To the there is a man can easily escape to that the tent of growing old is all defore, it savors of sermon, in growing old is all defore, it savors of sermon, in growing old is all defore, it savors of sermon, in growing old is all defore, it savors of sermon, the transportation of the spring but the art of growing old is all defore, it savors of sermon, the could be and persons.

HAVE INTERESTS.

As I said before, it savors of sermon, the spring but the art of growing old is all defore, it savors of sermon, the said persons.

HAVE INTERESTS.

As I said before, it savors of sermon, the spring but the art of growing old is all defore, it savors of sermon, over-burdened the sense of the road discreption of the spring but the stay of the spring but the spring but the first of the valley of the spring but the s has beautified through fine living. One other necessity in the business of growing old is all there is space for in the inadequacy of a short article—the zest of little things. Once at the terminus of little things. stance, were pleasant enough before the forties. Afterwards they are very terms of happiness. To lose one is to have tial; but it is essential also not to grow sparse in amusements. One should cher-

RESCUED FROM THE **DEADLY CLUTCHES**

One More Cure of Bright's Diseasc by Dodd's Kidney Pills.

Mr. Theodore Young, Smith's Falls, Was Beyond the Doctor's Aid-Now He's Well and Strong.

Smith's Falls, Ont., Nov. 3. in most cases, a more potent to be dealt with. Some people, much to izen of this place, is one of the many be envied, have no great fear of death, and for these, if only the remaining years from the clutches of the much dreaded Bright's Disease, by Dodd's Kidney

heartedness could still continue. Only this is the impossible. The rubicon once passed, nothing has the same completewas very dark and I lost considerable ew blood, making me so weak I could scarcely stand. I also used many medping of contention" which wears away faith, hope and patience, and does to death the love which was upheld by take the worst without bothering, but to icines without getting relief.

these foundation stones.

What a man most desires in a home is comfort. Many a one has married aside all that it signified. The art of and after using the first box I found

pearls.

FOR YEARS Canadians have been using "The D & L" Menthol Plasters will be snowbound. and the sale for them is greater than all other plasters combined; a specific for backache, headache, sciatic pains. Whenever the temperature reaches snug. a certain point in Switzerland the wood under the house in a kind of This is a schools are dismissed, as the authori- open-air cellar, the chalet being reared ties say that after a certain degree of or standards, as if it had legs. What suffering is reached the teacher cannot do you think is one of their greatest mpart nor the pupil imbibe knowledge sources? that is worth anything.

Don't Neglect Catarrh When a Cure is so Easy.

It is dangerous to trifle with catarrh. The inflammation in the nostrils extends to the ears, causing deafness. The discharge is carried to the stomach, kidneys and liver, setting up catarrh of these vital organs. Why not cure yourself now, and be rid of this loathsome, dangerous disease? Japanese Catarrh Cure cures Catarrh at once. It relieves the head pains, stops the discharge and droppings in the throat. It is pleasant to use, no atomizers or syringes are required. And Japanese Catarrh Cure does cure catarrh per-manently. Here's what an English

clergyman says about it:
"I regret that I cannot get Japanese Catarra Cure here, and enclose post-office order for six boxes. Japanese Catarra Cure is the only medicine of the many I have tried that has done me any real good,"

Get it at your druggists, 5oc.

WOMEN WEARING MEN'S BREECHES

THE ENTIRE FEMININE POPULATION OF CHAMPERY DRESS IN MASCU-LINE GARB.

> in Winter -On Sundays They Den Their Skirts,

Champery, Switzerland. The entire of the plain, as far away as France.

mystical, occultly powerful, something equities that had been lost for acons.

The moral atmosphere of Cham- wear pants. pery breathes the equality of the two In summer time and early autumn

of fittle things. Once at the terminus of youth every man and woman should acquire as many hobbles as possible and as many interests. Doing good is essential; but it is essential also not to grow sparse in amusements. One should chersparse in amusements. One should cherish engrossments, and having once squared up to the knowledge of life and death, the wise should merely use their "Dent du Midi" in a mountain whose at the wrist. The explanation is that death, the wise should merely use their knowledge to deepen pleasure in trivialities. For in wholesome trivialities lies the descent requiring five more. In the termon. She had returned from the descent requiring five more. In the termon. She had returned from the descent requiring five more. In the termon she had returned from the descent requiring five more.

Blanc and the Alps of the Valais and Bern is imposing; the background to the south is formed by the Alps of came to stay in the Vale of Champery

neuve to Vevey. torrents and the rivulets of pasturages ington Star. or take long walks making snapshot photographs. How heavy ought a lady be before renouncing to martryise poor little thin-legged ass or pitiful donkey no bigger than a St. Bernard dog? Nine-tenths of them-I refer to Parisiennes-fear to ride muleback "be- that "Necessity is the mother of incause the mule is so high." So they squelch their poor little ass. I have seen the legs of one bending and trem- teacher who can accomplish such plump, to put it mildly, the unfortun-

WHY THEY WEAR PANTS The inhabitants of Champery are all The teacher who rules by fear or surprising qualities of unselfishness according to law, each tree being numthe valley, and the wearing of men's pants by yomen had its origin, they learn through love and not fear. snow wading in winter.

this valley far from the town? We gan at their tops and crept down will learn.

large. Chalets are commodious.

Making bread, In the absolutely snow-bound period hey mix and knead and bake their bread for the whole year.

I have seen, handled and eaten this bread. You would imagine it dry after being kept, say six months. It is dry. And they take good pains to keep it

to eat a loaf they take it down and le The worth of gold-filled jewelry depends upon the maker. H. Q. A. S. stamped on gold-filled Watch Chains is a pledge of worth and wear - 10, 15 or 25 years.

it rest in a moist room for two or three days, and you might not know it from bread three days old when limb

MEN DO WOOD CARVING. You see, the fire that bakes the year's supply of bread heats the house at the With the perfume of bread baking in the air they sit all warm and cozy. The men do encloses wood carving with razor-edged knives, gouges and other tools. It is they who carve the jumping-jack wooden bears, the cuckoo clock cases, the toy chalets, the wooden dolls, the wooden penholders, inkstands, bracelets and endless wooden jimcracks sold in every Swiss bazar from Villeneuve to Geneva. Also they carve wooden shoes—not for themselves, who must wear heavy hob-nailed leather brog-All women wear men's pants in ans in the mountains, but for the folks

Outside are nothing but snowdrifts. faith and love, and then:

"Ran, tan, too, throw the old shoe, The wedding is sure to be lucky."

In matrimony, as in other undertakings, a good beginning is half the battle. In the first place too little wisdom of-It is an ideal valley of equal rights rejoicings. But when Marie and Josfor the two sexes-for you will per- ephe and Helene feed chickens, milk ceive that wearing pants has something the goat and go for water, they must regularly wade through snow up to that draws with it a whole train of their knees. So they wear men's pants. In the springtime when they plant It is not that Mother Pallenberg—for their gardens and begin to graze cattle, instance-smokes a pipe. We have seen pigs and geese, Marthe and Berthe and ladies do that nearer home. Nor is it Lise live a diagonal existence. That is that pretty Marie Stressa, who is to say, their whole world slants. The blonde and seventeen and plump and truck patch is at an angle of forty derosy, with two big blue eyes like two grees. Cows have to kneel as if saylittle mountain lakes, declares that ing their prayers, when they graze. when she falls in love-or if she falls Pigs grow hump-backed rooting. Julie, in love-she will see no good reason why Marcelle and Euphemie develop reshe shall not go herself and tell the markable calves from climbing ever. lucky youngster in place of coquettish- The winds are something flerce. Tourly attending till his heart-and eyes- ists girls, bending to pluck some mounshall open. Girls have done that at tain flowers, have been lifted up like balloons. So the girls of Champery

sexes in a way that makes these de- when they cut hay and reap grain the

pride. Not coquetry. They want to show the world that they have skirts

latter part of the summer the path is church and village promenade in her almost free from snow, and there are no glaciers to cross. The view of Mont the skirt and put on pants. So the cor-

Dauphiny and Piedmont; and the 90 years ago, when men quit wearing Lake of Geneva is visible from Villepants. The girls began at the same That is the sort of thing we do. We time with them. And there you are. hire mules and asses from the folks of "Pants?" says old Mother Pallenberg; Champery and make "ascents" to the "pants are liberty!" "Pants" murtail-ends of glaciers, picnic in pine murs pretty Marie Stressa, "pants are forests, fish for trout in the pools of protection!"-Sterling Hellig in Wash-

Love, the Teacher.

People say that experience is the vention," but after all, there is no bling. Once, when the lady was really results: there is no teacher so great beast seemed flattened-shorter- as Love and it is only through love

farmers and woodsmen-chopping trees the mother whose children obey her and worth under the influence of her Fifty per cent of the insanity in ber in a census. In the town they live in trembling are to be pitied, for they very much on tourists, because Cham- have not found out that the greatest bered in a census. In the town they live teachers in the world rule by love

Can you imagine what the winter is successful teacher and that is to gain indulgence and a little more love. like in one of the isolated chalets of your pupils' love and confidence, and It would be so easy to check their

Then the inhabitants of the isolated under one teacher whom she does child feels that "It's no use trying to chalet must depend upon themselves not like, will "blossom forth as the be good; nobody cares," and another till late next spring. Families are rose," and will display surprising child cynic comes into being. Do There is any quantity of dry talent under a teacher who has power show your love for your children

NOURISH

the body, don't dose it with medicine. Scott's Emulsion is the best nourishment in existence. dry, spread out on shelves in a particularly dry room which is called the "bread room." But when they desire to eat a loaf they take it down and it. digests perfectly easy and at the same time gets the digestive functions in a condition so that ordinary food can be easily digested. Try it if you are run down and your food doesn't nourish you.

SCOTT & BOWNE Tonto, Ont.

Why Tea Quality Varies

YOU know how the quality of strawberries from the same patch will sometimes vary from one day to

One day sweet, compact, well ripened, well colored, richly flavored-next day it rains, is cloudy,-following picking is soggy, sour, green, coarsely-flavored, poor.

Tea, also, on account of its volatility of flavor, after picking and during the curing process is very susceptible to weather changes. A few hours of sunshine or bad weather after picking may make the difference between good and poor tea.

So that while one picking may be first class, the next from the same garden may be very poor.

I select only the pickings which come up to the Red Rose standards of richness and strength in Indian, and delicacy and fragrance in Ceylon teas, and thus that "rich, fruity flavor" of Red Rose Tea is produced and

Red Rose is good Tea T. H. Estabrooks

You Get Extract of Beef, Not Water



when you buy Armour's Extract of Beef. Armour's Extract of Beef is highly concentrated. Its strength, is its economy. Use only 1/4 the quantity of Armour's that you do of ordinary Beef Extracts and Fluid Beef.

A two ounce jar of Armour's goes as far as an eight ounce bottle of Fluid Beef. You add the water yourself.

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A WOMAN TO BE PRETTY must have pretty hair. Beautiful locks

Drug Stores, \$1. Send i0c, stamps, to HERPICIDE CO., Dept. H, Detroit, Mich., for a sample C. McCALLUM & CO., Special Agents. | Applications at Prominent

You have seen a flighty young girl, husbands who do their work with a rea-

It is amazing what love can accomplish. One often wonders when one Davos. But the town folk, even, own alone and that the happiest, most sees children who are being ruined their fields outside, here or there in obedient and most studious pupils by the inconsiderate lack of parental say, in the farm work of summer and There is only one way to be a parents do not display a little less

childish faults if you only spoke this valley far from the town? We after that there is no doubt that you childish faults if you only spoke are now in September, and snow has already fallen. The mountains are cov- can teach them anything and they gently and sweetly to them, but scoldings and "spankings" only harddown, day after day. In October they A child who is apparently stupid en their little hearts until finally the and you will never be disappointed in the results accomplished by "Love,

lems come up for discussion at this time lems come up for discussion at this time of the year in the London newspapers that it is a matter of some surprise," says Henry Labouchere, "that the important question, How to thrash your wife, has not received the attention it deserves. It is a question in which there is room for a great diversity of opinion and practice, and nothing is more certain to affect the tone of home life prejudicially than errors of judgment in administering correction to one's wife and mother.

"It is so easy to beat your wife too much or to little, or to do it in the wrong way. If a woman requires to be chastised the husband should take a strap to her, and not his hand. The use of a poker is apt to lead to serious consequences. On the other hand, while the strap stings abnormally, it is never likely to lead to trouble with the coroner's jury. "The truth is that the chastisement of a wife who stands in need of correction, as the best of them do at times, is a delicate business, and should never be undertaken without care and deliberation. If of the year in the London newspapers

and magnetism sufficient to draw it be bungled or overdone and the police are called in the whole moral effect is lost. Magistrates, to do them justice, are ate beast seemed flattened—shorter-legged and broader-backed than before she had sat on him.

as Love and it is only through love that one can learn life's hardest she had sat on him.

who appears to the world as suly, they are not too particular about a black foolish and inconsiderate, develop eye or a little blood or an occasional broken rib."-Henry Labouchere.

England is ascribed to heredity by re-cent official investigation.

Keep Your Grip On Your figalth

DR. CHASE'S HERVE FOOD.

Gloomy forebodings, fear of the fu-ture, apprehension of something dread, ful to befall you, worry over little things, restlessness, insomnia, irrita-bility—these are the indications of an

exhausted nervous system. They tell more plainly than words, more plainly than pains and aches. that, gradually but certainly, the nerve force of the body is being consumed more rapidly than it is being created. They point to physical bankruptcy-to nelplessness of mind and body-to pros tration, paralysis or locomotor ataxia. There are certain elements of nature which go to form new blood and new nerve cells—to create new nerve force. the foundation of life, energy and vi tality. These elements are so combined