

THE HOME

SUPPRESS THE NERVOUS LAUGH.

A musical laugh is a rare gift; a hearty one is infectious; but if you are incapable of either, suppress a laugh that means nothing.

The woman who really laughs is a joy to those around her. Her laugh may not possess a pitch that delights a musician's ear; it may have infectious little notes that do not stand for harmony; but if it is real and joyous it will make all those who hear it smile.

The laugh that is annoying is the one without meaning. It is a nervous ripple that is often used as a period or an exclamation point. It is placed at the end of nearly every sentence, and takes from the spoken word any meaning or emphasis it might have. Many women who do it are not conscious of it. They are far from silly women. They have noise and sense, and are not as easily confused as one would judge by the futile laughter they give after their sentences.

This noise, which is a rattle in girls, an insane laugh in women, is the result of pure thoughtlessness. In youth, it more often comes from self-consciousness. A girl is not sure of herself, she is ill at ease in a company of people who are not her own or her intimates, and with every sentence she adds a giggle. It is self-will running over the measure. As the girl grows into a woman she keeps to her little good-will rattle because no one has shaken it out of her. Possibly none of her kin was about her when she was doing this self-conscious performance. The penalty has not been administered at the proper time, and the foolish little habit has become ingrained in her nature.

The kind of woman she grows up to be is possibly charming in every other way, but giving the impression of a "lightweight" character by her conversation.

"It is raining at last," she will say, then add a forced smile and a crescendo laugh. "How good of you to share your candy; I must own up to a sweet tooth," then a laugh.

Not one of her phrases deserves a laugh. Each of the subjects she mentions is a trivial matter, and when a remark is made or an act performed that deserves laughter the sound she gives is utterly different from the forced one.

The remarkable sound given to man alone, called laughter, should be used only to express mirth. When it is not spontaneous it is not laughter and the men who write dictionaries should give it another name. Giggling is the only substitute so far, but it does not designate that insipid, mirthless sound that hundreds of women permit themselves. — New York Times.

THE ART OF BEING A WIFE

"I was a wife before I was a mother," remarked a woman who has a remarkable husband and remarkable children. "My children never drove my husband out of my mind for a moment. He has always been first." "And the result?" asked her friend with a skeptic smile. "Well," remarked her companion with a happy little laugh, "it has been most satisfactory, as I will show you. I have a place of honor a queen might envy. Think you my children love and revere me less in consequence? Not so. I am the first in their hearts and thoughts. I am the centre from which all draw the inspiration, or think they do. Why? Because I simply keep my first place as a wife and sweetheart of my husband. Our children have always been accustomed to see their father first in their mother's thought, their mother first in their father's thought. They learned instinctively that this love was first, and the love for the children second. Our home is run for the family. But if one person must take precedence, it is the father, because his place and work are of first importance to the home and the world.

"Our children, as you will observe are well-mannered, because never for a moment do they think themselves of first importance. This has not restricted individual liberty. They have been allowed to choose individually or collectively, where choice affected them only. Never in our home has any important decision affecting the welfare of one or all of our children been the decision of one parent. And in matters of discipline it has been the same. We have always consulted when the welfare of the child demanded it. It is the unity of thought and common interest which has made our family life so satisfactory and happy.

"The greatest mistake a woman can make is to thrust her husband in the background of her thought, or give him a second place in the home.

She makes the most serious blunder if she permits him to take the attitude that the children are hers. The wise woman, without contention, compels recognition that the children are theirs, and that the children's best interests can be promoted only when the moral intelligence of father and mother is directing their training.

"The woman who has the fine art of being a wife has usually the fine art of motherhood. But she who first last and always busies herself with her children, pushing her husband more and more into the background, as the demands of the family increase, is neither wife nor mother to perfection."—R. Winchester.

WALKING PARTIES IN CANADA.

"Did you ever hear of a walking party?" asked a young woman who had just returned from a long stay in Canada. "No, I don't mean little walking trips across country, in which a group of persons engage, but a form of evening's entertainment. Those Canadian girls seem to be taking exercise continually, and any social affair is all the more enjoyable across the border if it includes what seems to some of us, a lot of hard work.

"Invitations to a walking party are sent out with just as much ceremony as if the affair was to be a dance or a theatre party. It is essential for a perfect walking party that there shall be an equal number of young men and young women. Those invited meet at the home of the hostess at the usual hour for an evening affair. The guests are paired off, and the route of the walk is announced.

"It isn't any walk around the block by any means. Five miles at the least. One man acts as a master of ceremonies, and he and his partner lead the procession from the house. When the parade has moved a certain specified distance the leader calls a halt and turns his partner over to the man of the next leading couple. Then each man moves up one, the leader taking the girl at the foot of the line.

"The march is resumed until the next stage is reached, and then another change of partners goes into effect. By the time the party returns to the house there has been usually a complete change of partners all around.

"This isn't any summer amusement in fact, a tramp through the snow with the thermometer somewhere down near zero, is considered actually good sport. But be it summer or winter, the participants in a walking party return ready to enjoy the supper which winds up the evening.

"One thing against these walking parties, to my mind, is the continual changing of partners. You no sooner get interested in your companion than you have to turn him over to another girl. Maybe you draw a good partner at the start, and a few minutes after get a stick. Of course it is eminently fair to every girl and to every man, but some girls, you know delight in being unfair when there is a man in the case. As an aid to flirtation these walking parties aren't worth one of those biz Canadian cents you see sometimes, but as an exerciser they are all to the good. And, after all, the exercise is what these Canadians are looking for."—Washington Post.

GRAPE DIET.

Grapes deserve more room than our bounds will allow today.

"I write it down as an indubitable fact that it is a physical impossibility for a healthy man or woman to eat enough ripe grapes to hurt him or her," is a familiar quotation from the writings of a renowned authority upon health and diet.

He said it over fifty years ago. In that time I have kept a sharp lookout upon the grape market and grape consumers, and I believe he spoke the truth in soberness, if not in love for his race.

To borrow again from my own library. "The large amount of water, sugar, salts and organic acids they contain purifies the blood and acts favorably upon the secretions of the body."

And a final and significant hint to women of all ages, especially to the young:

"Fruit eaten before breakfast and at meals tends to reduce the redness of the nose and otherwise improves the complexion."

N. B. and P. S.—Pastries and hot doughs have a tendency to thicken the blood and muddy the skin. This is emphatically true in hot weather.

—Marion Harland

SWEETS ARE GREAT BABY SAVERS.

The young, unspoiled human animal has a liking for sugar just as it has for sunlight, for fresh air, for play.

for paddling in the surf and plunging in the stream or for food when it is hungry and sleep when it is tired and, subject, of course, to reasonable limitations, as wholesome as any of the others. This is precisely what our specialists in children's diseases and broad minded family physicians have been urging for decades past, and it would be safe to say that, next to the banishment of starchy foods, crusts and paps from the nursery and the substitution of pure, sweet milk, few things have done more to increase the vigor and happiness of modern children and to cut down our disgraceful infant mortality than the free and intelligent use in the nursery of sweet fruits, preserves, sugar, taffy and butterscotch.—Woods Hutchinson in Success Magazine.

FALL SKIN DISEASES

An Article For Mothers

When the children "break out" with eruptions and skin diseases, so common in the fall, don't run to useless and nauseating medicines. Zam-Buk is what is needed. It is a skin food as well as a healing balm.

Mrs. Charles Levere, of Prescott, North Channel, Ont., tells how Zam-Buk cured her baby. She says:—"My baby's head and face was one complete mass of sores. The itching and irritation were fearful, and the little one's plight was so fearful that at one time we feared her ears would be eaten off.

"We had to keep her hands tied for days to prevent her rubbing and scratching the sores. Doctor after doctor treated her in vain, until we had had five doctors. They all agreed it was a frightful case of eczema, but none of them did any permanent good.

"As a last resource we were advised to try Zam-Buk. The first box did so much good that we felt sure we were at last working in the right direction. We persevered with the treatment until we had used thirteen boxes, and at the end of that time I am glad to say Zam-Buk effected a cure."

Mrs. Holmes, of 30 Glenside Street, Hamilton, is quite as eloquent in her praises. She says:—"Zam-Buk cured my boy of boils and eruptions when he was so bad that he had been unable to mix with other children. Prior to the boils breaking out he had had a bad eruption, but Zam-Buk cleared this away too, and made his skin clear and smooth. It is a wonderful preparation, and mothers throughout the land should always keep it handy."

For eczema, eruptions, rashes, tetter, itch, ringworm, and similar skin diseases, Zam-Buk is without equal. It also cures cuts, burns, scalds, piles, abscesses, chronic sore, blood-poisoning, etc. All druggists and stores carry a box, or post free for price from Zam-Buk Co., Toronto.

GOLDEN SHADOWS.

As on my bed at dawn I mused and prayed,
I saw my lattice pranked upon the wall—
The flaunting leaves and fitting birds withal,
A sunny phantom interlaced with shade.
"Thanks be to Heaven," in happy mood I said;
"What sweeter aid my mattress could befall
Than this fair glory from the east hath made?
What holy sleights hath God, the Lord of all,
To bid us feel and see! we are not free
To say we see not, for the glory comes
Nightly and daily, like the flowing sea;
His luster pierce through the mid night glooms,
And at prime hours, behold! He follows me
With golden shadows to my secret rooms."
—Charles Tennyson Turner.

WHY?

From a small beginning the sale and use of Chamberlain's Cough Remedy has extended to all parts of the United States and to many foreign countries. Why? Because it has proved especially valuable for coughs and colds. For sale by

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Men's fall clothing is coming in but we were most concerned to have the young Men's and Boy's ready. Plenty for the early Man's demand is here

Men's Overcoats \$7.00 to \$18.00
Men's Suits 5.00 to 20.00
Boy's Overcoats 3.50 to 10.00
Boy's Suits 2.50 to 12.00

also new Coat Sweaters, Underwear, Caps, Shirts, etc., etc.

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Flesh Split Bals Snipe Grain Bals.

These goods will wear all through the fall and winter weather.

Boy's, Youth's and Girls School Boots, something that is made strong and good to wear, but neat and well put up, and for price they are right.

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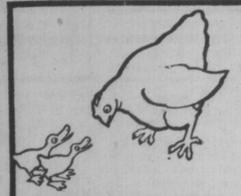
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Apply at this office.

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The commodious residence recently occupied by the late John E. Sancton on the north side of Granville Street in the town of Bridgetown, is offered for sale, and can be had at a reasonable price. Apply to
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