PETITION.

An Angel with a Flaming Sword, Banished us, who had transgressed From the Garden of the Blessed— Out of Childhood, out of Youth,

Out of Trust, and out of Truth,

Shamed, and sad, and wildly free, Helpless, hopeless of reward.

Oh, Angel of the Spoken Word,

To the Garden of the Blessed.

Let us learn that all is Light

While the Universe is bound

And the name of God is

Bulletin.

friend?

past,

ing hand?

groan?

alone

little while

and fail?

that dies?

weary trail

waste

and die:

hate-

-S. M. O'Malley.

shining skies ?

to mend?

ed command.

Anh the little world goes round.

Call us now, who have transgressed

Strength and Beauty, and the Right

-Corinne Barry, in San Francisco

4-t 4-t 4-t

IS IT ENOUGH ?

Is it enough to give the best of life?

Is it enough in torture to bear strife.

Another's weak and heedless aims

Will it suffice, when all this life is

Nor hoarded gifts with any grudg-

To see the sneer and answer not nor

To feel the tight chain wearing

God gives us for our worry? To pray

To rise again and beg for love

To see, thro' burning tears, the

On dry, dead fields, beneath hot

However salt the cup our lips must

It is the glory of a warrior's fate

To battle for the meed that others

And sink unconquered all when day

grows late.
This must suffice, to struggle, hope

To carry crosses over thorny ways;

Christ's followers thus thro' life's

THE MESSAGE OF EASTER.

He spake, the Lord of all the earth.

He bade the grave its victim yield,

And from the grave's deep gloom

From out the glowing skies;

And called the dead to rise.

An angel rolled the stone away

To know Gethsemanis; give love for

appointed days.

deep, and smile?

To fill with hope the fardel of

Pathless wanderers are we

باللا

THE POET'S CORNER

tune

DULCIS MEMORIA.

So lowly, slowly wound the

the way;

hearing

day ?)

fade away.

fold him-

day ?)

dear-

flower decay.

tle sleeping:

keeping

-Henry Van Dyke.

have flown;

hath known;

mingled fears;

tomb appears.

the hands

the sands;

breath.

Death:

mown;

child-

not die away.

long ago I heard a little song,

That far into my heart it found

melody consoling and endearing:

The small, sweet song that doe

Long, long ago I saw a little flower-

(Ah, was it long ago or yester

So fair of face and fragrant for an

hour, That something dear to me it

A thought of joy that clossomed into

Without a word, and now I'm often

The friendly flower that does no

Long, long ago we had a little

(Ah, was it long ago or yester

arms he lay.

An angel called! Dear heart, we

Our little child who does not

Long, long ago? Ah, memory, make

(Ah. was it long ago or yester-

not the song be lost,

His voice, his waking eyes, his ge

The smallest things are safest in thy

Sweet memory, keep our child with

whole whole whole

WHO SOW IN TEARS SHALL REAP

IN JOY.

(A Sonnet-By Archbishop O'Brien.)

I sit within the shade of burie

And pensive count the moments that

Too much joy this throbbing heart

and yet my joy was often bough

But when in silent grief the seed was

As lovely Morn from Night's dark

nd thus I sit, whilst slowly move

Between the dial points of Birth and

Chill winds of coming age my dark

And soh as from life's glass flow out

Yet oft they whisper with their icy

Through trials here is crown of bliss."

The Lorent The

with tears, And with my budding hopes

The harvest rich in happiness

So little and so helpless and

secretly your arms and mine en

Into his mother's eyes and mine

Unconscious love: warm in

could not hold him.

And still, in silent hours, I'm ofter

it long ago or yester

THURSDAY, APRIL

within: And whether I'm at work

It makes us careful what And how much more ough

To laugh when sobs are near? To be When the heart fails? To know the

-Young Folks.

No answer Still no reply and a fur

"It had just come to caught 'Flying Tom,' and his pistol out and-"

The risen Lord in glory came Triumphant from the tomb. The lilies sprang to meet hin "He's always got one of Along the sunlit way,
And Nature donned her floral robes

That golden Easter Day. The birds flew forth on joyous wing, God's messengers of peace, To bid all weeping eyes look up And hopeless sorrow cease.

And hence for aye the Easter-tide This message sweet shall bring, "The Grave no more hath victory, And Death hath lost its sting!"

-From "When the Lilacs Bloom," by Julia R. Galloway.

and small towns have got to consider fire

out more about Metal Building Materials, hly fliustrated catalogue mailed free if you hat you have in mind and mention this paper. SHINGLE & SIDIN & CO., Limited, Presion, Ont.



HER IDEA OF THE BACKBONE.

CURED HIS WIFE

Conducted by HELENE

INTERESTS.

The twentieth century girl is ambitious for a career. She has great desire to go out into the world nd make a place for herself. The horizon of the home seems to her ly very narrow, and she is dissatisfied with the opportunities which com to her there. She longs for the wide field, for contact with the out side world, for the right to stand shoulder to shoulder with her bro ther as a bread-winner. There many a home where there is necessity for the daughter to step the ranks of wage-earners There is enough and to spare for all her needs. Father and mother leaving dread the thought of her them, though they may yield luctantly when they find her heart set upon it. But many a girl goes away from home, lured by the hope of what she calls a career, leaves behindher as noble a career as any girl could wish for. The girls of to-day need to realize that the daughter who stays at home may fill a post of honor as well as she who goes out into the world to do her work To be her mother's dependence and the comfort of her father's heart, to help in the training and guiding of the younger children, to brighten and sweeten the life of the home-what more could a girl ask for than this? Think of your place in the home as a post of the highest honor. Do not let yourself envy the girl who of her pocket, she will welcome sugis going abroad to study art, or the one who has accepted a business position and is earning a good salary. To be queen of the hearth is the highest honor of all.

HOME

++ ++ ++

HAVE YOURSELFLOOKING YOUR BEST AT ALL TIMES

Look your best at all times. Don't wear your best clothes at all times, but "look your best." Don't think, "Now, I'll just put on this wais underneath my coat; it's soiled, but it won't show," etc. As sure as you do you will take your coat off or break your arm, or in some way

be shown the error of your way 'What do you dress every evening for in those pretty light things when you never go out?" was asked of a den girl by her next door neighbor as she interestedly watched the pro ceedings.

"Why, because I feel better, I suppose. I have always done it, and it has become as much a matter of course as having my breakfast the morning."

den girl, when comes from her work at night slips out of her clothes into a completely fresh set, inexpensive and simple but still fresh, and feels like a "new The next afternoon may don some of the same things but the blouse will be different, be cause the variety, she thinks, rests her, and then this Lady Dainty, who works day by day, is prepared either to see her friends or enjoy an even ing with her books, and she at least knows the joy and power of clothe and the blessing of possessing the Mail.

++ ++ ++

HANGING SHELVES

'An extra shelf or two does a grea deal by way of relieving congestion where the bookcase or china closet is small. These shelves, by the way are comparatively easy to make and inexpensive to buy if you've no handy man to wield hammer and

Mission ideas have inspired many a man-and woman, too, for matter-to build bits of his that Bookshelves of every sort, especially those with queer square pegs on the ends, like outside seams, are among the most popular of the things made at me, and the little hanging shelves

are still more popular. make are, of course, those with up-rights, braced in two ways, with the usual "crossbar" joining and with strips that go diagonally down, add-ing very materially to the strength of the whelf.

recess, made immovable, but better way is in making them like separate case which fits snugly but ing time the case may be eid of dust .- Chicago Record-Herald

44 44 44

THE LIFE BESIDE US.

Ever at our side there is a golden life being lived. A princely spirit is there who sees God and enjoys the bewildering splendors of An unseen warfare is raging face. round our steps, but that beautiful, bright spirit lets not so much as the for us, asks no thanks, hides silent victories, and continues gaze on God. His tenderness fo us is above all words. His office will last beyond the grave until, at length, it merges into a still sweet of something like heavenly equality, when, on the morning the resurrection, we pledge each other in those first moments to an endless, blessed love. Till then we shall never know from how many dangers He has delivered us, no how much our salvation is actually due to Him

4-t 4-t 4-t

Now, when long gloves are what every woman thinks she must have -and if she wears the fetching shor sleeves she must have gloves meet them—and when she finds out that one pair of the coveted takes just three dollars and fifty cents out gestions. The hands of long gloves wear no longer than do those of or dinary length. They wear out and get shabby. When they do that dreadful thing, cut off the hands and stitch a short pair of gloves to the arms of the long ones. The seam will not show in the wrinkles. confining the purchase to black white gloves, and black ones are the extreme of fashion this year, this economy can be practised. It is extravagant to pay so much money for gray or brown gloves as it hard to match their shades after little wearing. The best thing do with soiled white gloves is take them to the glove department of a dry goods shop and leave them to be cleaned. By paying ten cents for a short pair or twenty cents for ones, they will be beautifully cleaned and returned to you with out any trouble. Long silk glove can be substituted for kid ones and cost one dollar or at some shops eventy-five cents a pair. young girls or for dances silk gloves

** ** ** MADE OF HANDKERCHIEFS.

are much worn

Another one of the many uses to which handkerchiefs may be put is in the fashioning of the quaintest of collar and cuff sets. Embroidered handkerchiefs are chosen to mak them of; one side, with a corner forming each end, cut off two and a half inches deep for the collar, and each of the other points making cuff four inches deep.

Then take valenciennes lace about an inch wide, and ease it, instead of fulling it around the hems. much fullness makes the lace turn back on the cuff, and roll up in anything but a pretty fashion when when you wear it.

In making them up, especially for gift, the daintiest way, of course

LIVER COMPLAINT.

The liver is the largest giand in the body; it effice is to take from the blood the propertie which form bile. When the liver is torpid an inflamed it cannot furnish bile to the bowel causing them to become bound and contrys. The appropriate are a feeling of fulness or weight it the right side, and shooting pains in the sam region, pains between the shoulders, yellowed of the skin and cyes, bowels tragular, coate to the skin and cyes, bowels tragular, coate songue, bad taste in the morning, etc.

MILBURN'S LAXA-LIVER PILLS

of LA GRIPPE

Quebec Man tells how the Great Consumptive Preventative was an all-round Benefit

"My wife took La Grippe when ahe was in Ottawa," says R. N. Dafoe of Northfield Farm, Que., in an interview. "She got a bottle of Psychine and after using it for a few days she was quite well. I took a cold and am using it and am getting all right. I think Psychine is one of the best tonics on the market to-day."

There you have the whole matter in a

I think Psychine is one of the best tonics on the market to-day."
There you have the whole matter in a nutshell. La Grippe and colds are among the forerunners of consumption.
This man had one, his wife had the other. Psychine not only cured both but it built them up so that their bodies are strong enough to resist disease. All seeds of comsumption are killed by

50c. Per Bottle DR. T. A. SLOCUM, Limited, Toronto

to sew the bands on by hand making your stitches as nearly invisible as possible. A quick way is to stitch them on by machine, some women claiming that the machine stitching makes a firmer finish. What is as firm and vet gives the dainty touch of handwork is to do the firs stitching of the band by machine and nem it down by hand.

Handkerchiefs embroidered in all white make the daintiest of all sets-the kind that may be with any color or with white equal but those with bits of colo introduced into the work have usual.

done in an effective blue-one of the many shades which come under the name of French blue. All the rest of the embroidery is white, the flowers (and those not set close ly together) are in blue.

The same idea comes in red violet. Sometimes it is possible to get

handkerchief with a set little design, which can be matched fairly well in the lace that is to go with it, which adds just one more bit of beauty to their set.

When you put them on, set a pret ty stiff cuff pin right at the point to keep it from curling up-the should be adjusted, of course, so that the point is on the upper side of sleeve, instead of being turned far around.

They are not only easy to make these sets-but they are among the easiest sets to do up; and if iron the lace while it is still it will come out very like new.

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BLENDING PERFUMES.

The blending of perfumes will be found delightful for sachet bags. The two odors that mix most perfectly are violet and heliotrope, and addition of a little sandalwood these will produce an exquisite odor that will baffle those who smell as to the identity. White rose and heliotrope blend very sweetly. and lilac and violet make a dainty com bination of odors that will increas the pungency and make the resul-more lasting. Carnation is a de lightful and spicy odor of itself, but the addition of white rose makes it sweeter and a little daintier. A number of odors con ed in variou ways and scattered through one's effects in tiny sachet bags or velopes will produce an odor that is altogether fascinating, delicate and difficult of detection.

4-4- 4-4-

TIMELY HINTS.

Stains and spots may be taken out of mahogany with weak aqua fortis or oxalic acid and water, rubbing the part with a cork dipped in wash the wood with water, dry and polish as usual.

A benzoinated face tonic is a lightful addition to the bathroom. It is quite easy to make. Take big bowl of warm water and put twelve drops of benzoin in it. your face is rough, add a pinch

orax and bathe the face daily in it. To keep hair in curl, take an ounce of borax, a pint of hot water a dram of gum arabic and two tablespoonsful of spirits of camphor. When the borax, gum arabic and hot water are dissolved, add the camphor, and when the mixture is cold bottle it and it is ready for use In cleaning mother-of-pearl rub it

ned with dilute sulphuric acid

To remove iodine stains soak the tain in cold water for half an hour, and the stain will disappear.

Discolored saucepans of enamel car ften be made to look like new boiling a little chloride of lime the water with which they are filled

4+ 4+ 4+

RECIPES.

Salad Dressing-A delicious dress ng for fruit salad (a mixture liced apple, orange, banana and ce lery) is made by stirring gradually one-half cupful of melted butter inte one cupful of slightly sour, rich cream. When the cream is a foam cream. nass add drop by drop the juice of a lemon, beating quickly to preven curdling, and continue to beat everal minutes after the lemon juice is all added, then with an egg beater gradually incorporate with the well-beaten whites of two eggs adding salt and pepper to taste. Th fruit should be icy cold when iressing is turned over it.

Cheese Salad.—Rub cream to a paste with cream and mold it in tiny cone-shaped molds or small cups. Press several pecan meats into each one and afterwards roll the molded cheese in ground nut meats. Serve on lettuce leaves and

Pineapple Laver Cake-Cream one half of a cup of butter and one and one-half cups of sugar gradually beating all the time until creamed Add three-fourths of a cup of milk and two cups of flour; beat until eggs to a stiff froth, add to the bat ter with two teaspoonsful of baking powder. Turn into greased laye tins and bake in a quick oven cool spread pineapple marmalade be tween the layers and ice the topor if candied pineapple is used, cur in slices and put between the layers with marmalade filling.

Eggs baked with cheese are petizing. To prepare this dish some rounds of bread an inch thick bufter them and then spread with thin slices of cheese, leaving lows in the center. Into these hol lows carefully break an egg and sprinkle the tops with salt, pepper, and a little grated cheese. until the eggs are set.

44 44 44 **FUNNY SAYINGS**

SOCIETY ITEM IN MISSOURI.

The following graceful acknowledg ment and news item combined ap peared recently in the columns of Missouri contemporary:

"Mrs. Henry Woggs, who is a plea sant and estimable lady, and can bake the finest cake ever made having sent us some and therefore making us a judge, and who has family of nice, clean, polite children and who plays the piano beautifully and gives lessons on the same to few fortunate pupils in our littl city, had a tooth pulled Friday."-Harper's Weekly.

** ** **

THE WRONG KIND OF A BABY.

In a certain home where the stori recently visited there is a six-year old son of inquiring mind. When h was first taken in to see the new arrival he exclaimed: "Oh, ma it hasn't any teeth ! And no hair ! Then, clasping his hands in despais he cried : "Somebody has done It's an old baby."

44 44 44

A POSER.

Nell-Supposing, Uncle Septimus that you knew two nice young men One has lovely curly hair and straight nose, and the other looks simply adorable in his uniform. Supposing that they both wanted marry you, which would you choose

> ++ ++ ++ THE MOULD OF FORM.

An old Englishwoman of exceeding stoutness was making efforts, not immediately successful, to enter the on the box leaned down and crie genially: "Try it sideways, mother try sideways!" To which the woman responded: "Lord bless John, I ain't got no sideways!

PLAYING DOCTOR.

People in the Country

and take every precaution in building homes. Fireproof is an attractive feature of

Metal Walls and Ceilings

If the stove explodes, or lamp overturns, or curtains blaze up—the fire is sufficient to the room where it starts Because the Metal Walls and Cellings are associately fireproof, and prevent fire from spreading.

METAL SHINGLES will protect your buildings from lightning—they are rained snow proof—are guaranteed lightning proof—

To Know is to Prevent.-If the

re said:
"The backbone is something that slds up the head and ribs and sps one from having legs clear up the neck."

Dear Girls and Boys : Not one has wr will receive accounts week of how you spent th feast, and how pretty churches looked; because day we all look for abund flowers on our altars. I

AUNT

++ ++ ++

I'm not too young for Go He knows my name as And all day long He look

He listens to the words I He knows the thoughts

He's sure to see me if : If some one great and go

The Lord who sees us th through !

Thus, when inclined to do However pleasant it may I'll always try to think o I'm not too young for G

det det det

JOHNNY'S DIME NO "Johnny, I want you to store for me, please.'

A wait of several minut 'Johnny, I want you to the store, please."

"Johnny, will you pleas at once and go to the st At this appeal there was ment from the boy, who la

ed out on the floor, and a right, mother, wait a minu 'You get right up," said father decidedly, "and do mother asks you to do at

Reluctantly the lad arose I could have finished it other five minutes," he re part. "Terrible Dick,' had

You ought not to rea said Johnny's fat provingly. "I wouldn't le were you, mother."

rid books with him; I wish give up the habit," replie 'Here, Johnny," she went this list and go to the st me. Take the big basket hurry; it's getting late." took the piece put the basket on his arm, ed forth, buttoning up his

he went out. some distance to store; for Johnny Billings, father and mother, lived in Night was just fallir did not much relish the tri ever, he set out at a good had soon covered half the Then he came in sight of the Sisters."

The "Three Sisters" wer but three bare, gaunt somehow Johnny had alw garded them with a sort They looked so cold and f as they stood there in th as they stood there in the winter's day. The silly st had been reading would ke ing back to his mind. Wha rible Dick' were lurking believes! Fear lent wings to and he fairly raced past full spot. ful spot.

Soon he was at Mrs. Murr She filled up his basket, b She filled up his basket, b not big enough to take things, so he pushed son inside pocket of his overce he started on the return tr It was quite dark now for the moon; but he whis for the moon; but he whis keep up his courage. If he started a little earlier whe started a little earlier whe ther had first asked him, have been back home by thought. Soon he was at Mrs. Murr