

fibra. The result is a very much greater proportion of low-grade fibres than has ever been produced in previous years. Unquestionably, large quantities of this low-grade fibre will be used in the manufacture of binder twine for the harvest of 1910, and it is unnecessary to state that those who attempt to use twine made from this low-grade Manila fibre will have troubles of their own.

There may never be a famine in twine but it is rather to the farmer's interest always to keep a weather eye on the future, and in this particular instance to secure his twine supply, whether it be Sisal or Manila, at as early a date as possible.

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Delicately colored garments can be skilfully cleaned and returned to you with a freshness of appearance, exquisitely finished and carefully packed ready to travel any distance.

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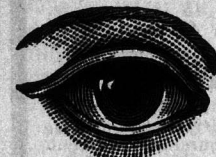
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afflictions of the eye, after being pronounced incurable, through this grand discovery. P. W. Brooks, Bauchene, P. Q., Canada, writes: Owing to having severely strained my eyes writing and checking at night, my eyes became very painful, and I could not bear the light. After using "Actina" less than four months, I can read and write as well as ever.

Amanda G. Dumphy, Narhwaak Village N. B., Canada, writes: I have used "Actina" as directed and I can truly say it has done more for my eyes than I expected. I wore glasses for five years and suffered much pain. Since using "Actina" I can sew or read without glasses and my eyes do not pain me.

Mr. Harry E. Hendryx, Whitneyville, Conn., writes: "One of the leading eye professors told my wife that she would never see with her left eye again. But Actina has restored the sight, and it is now as good as the right one."

Hundreds of other testimonials will be sent on application. "Actina" is purely a home treatment, and is self-administered. It will be sent on trial, post paid. If you will send your name and address to the Actina Appliance Co., Dept. 848, 811 Walnut St., Kansas City, Mo., U. S. A. you will receive, absolutely free, a valuable book—Prof. Wilson's Treatise on Disease.

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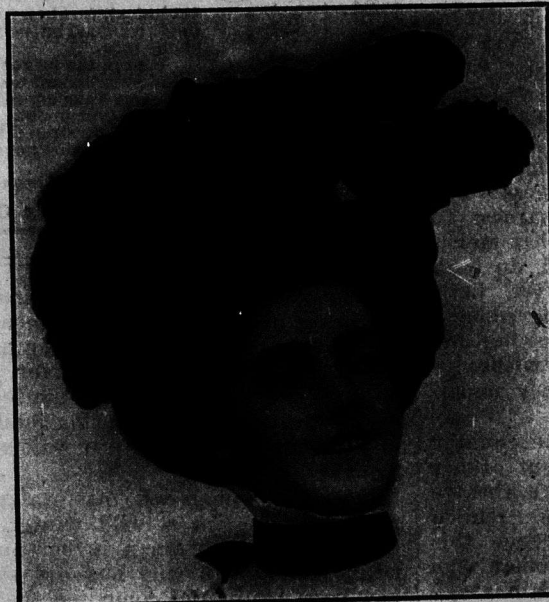
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**Henry B. Orkin, 259 Portage Ave., Winnipeg.**

## Woman and the Home.

### When Daffodils Begin to Peep.

When daffodils begin to peep  
With heigh! the loxy over the daie,  
V. hy, then comes in the sweet o' the year;  
For the red blood reigns in the winter's pale.

Shakespeare.

### The Mother's Sheaves.

My life is so narrow, so narrow; environed by four walls;  
And ever across my threshold the shadow of duty falls.  
My eyes wander off to the hilltops, but ever my heart stoops down  
In a passion of love to the babies that helplessly cling to my gown.  
In the light of the new day dawning I see an Evangel stand,  
And to the fields that are ripe for the harvest I am lured by a beckoning hand.

But I have no place with the reapers, no part in the soul-stirring strife,  
I must hover my babes on the hearthstone and teach them the lessons of life.  
I must answer their eager question with God-given words of truth;  
I must guide them in ways of wisdom thru childhood and early youth,  
I must nourish their souls and their bodies with infinite, watchful care;  
Take thought of the loaves and the fishes and the raiment that they must wear.

But at night when lessons are over and I cuddle each sleepy head;  
When the questions are asked and answered, and the last little prayer is said,  
When the fruitless unrest has vanished that fretted my soul thru the day,  
Then I kneel in the midst of my children and humbly and thankfully pray.

"Dear Lord when I stand with the reapers before Thee at set of the sun,  
When the sheaves of the harvest are garnered, and life and its labor is done,  
I shall lay at Thy feet these my children, to my heart and my garments they cling;  
I may not go forth with the reapers, and these are the sheaves that I bring."

—Unknown.

### Teaching Children to Play.

If mothers would take the time they spend in telling their children to "run away," or "not to do that," or to "leave that alone," in showing their children how to play and what to play with, they would find the results not only astounding, but gratifying. Ten minutes' instruction of a new play or occupation would mean hours of quiet and happy pleasure for the children, and rest and freedom for the mother. Play is the child's work, and he should be shown the way to make the best use of it. More grows out of play than we are apt to realize. If the nursery is untidy the future mother's house or father's office will be the same. If the play is destructive, and results in the multiplication of many toys, the little men and women will be careless of beautiful books, pictures and bric-a-brac in later years. Teach them how to play properly, and they will soon learn how to work properly.

For the young child, the little tot of two or three, big toys are the best; the larger muscles of the arm develop before the smaller and more delicate ones of the hand and wrist. A big basket, a foot-ball, a large block of carefully planed wood which he can drag from place to place, taxing his little strength, and tugging at it, enjoying the having something big to play with, will make a child's muscles grow and develop unconsciously.

For the older children the plays and occupations are endless. Outdoor plays are, of course, always preferred; indeed children should be encouraged to play in the open air by being given every opportunity to do so. But here, also, let there be some definite object in view.

Every child should, if possible, have a garden, no matter how small. The child will be more interested in flowers growing from seeds than in transplanted ones. More, too will be learned in the former way. Teach him to water, weed and care for the little garden; perhaps he will tire of it soon, but do not grown-up people often tire of their occupations? A great amount of interest and enthusiasm on the mother's part will be necessary to keep the little gardener interested, but here again a definite plan will help; let the child send his flowers to a little sick companion, a city friend, or a flowerless

playmate; encourage him in giving his flowers generously. Later, let the seeds be gathered, put in envelopes, neatly labeled, and placed in the "seed-box" for next summer. If the child feels his work is not in vain he will enjoy it twice as much. If living in the country, encourage the children to gather chickweed for their or their friend's canary birds, milkweed pods to stuff a pillow for dolly, acorn-cups to be strung in the winter twilight, corn-cobs for dollies. Many other outdoor interests will be found if the mother will only look around her and help her little children in their restless endeavors.

On warm days, when the children seem listless and peevish, and fall so easily into mischief, put a washtub of water in the back yard, roll up their sleeves, and let them play freely. In ten minutes or so take off their wet clothes, and give them a rub down.

Indoor occupations are many. Scissors and paste are sources of endless amusement, scrapbooks may be made, and long chains of colored rings for the Christmas tree or to decorate the nursery on some festive occasion; a circus may be cut out freehand with little intricate



## Deafness

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