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Mrs. E. L. Hurst, 61 Symington Ave., Toronto, Ont., writes: "I have been troubled with my stomach and liver for the past seven years; also have had constipation, causing headache, backache and dizzy spells, and I would almost fall down. I tried all kinds of remedies without obtaining any relief. I commenced using Milburn's Laxa-Liver Pills, and they have cured me. I have recommended them to many of my friends, and they are all very much pleased with the results they have obtained from their use."

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Woman and the Home

Dressing

There are many mothers who can dress themselves, but who cannot dress their children. Many mothers have the false idea that it doesn't matter a bit how the children look as long as they are strong and healthy. Certainly health should come first, but clothes have a tremendous effect on the health of the normal happy child. Every child is born with a longing to make the best of itself in every way.

In some children this instinct is stronger than in others, but everyone has got it originally, so that we handicap our children terribly when we put them into clothes that don't suit them.

Pride in Appearance

We know ourselves how important dress is in every walk of life, how "pride in appearance" helps to keep people respectable longer than anything else, and yet we don't think it worth while to cultivate this "pride in appearance" in our children, for some old-fashioned and absurd reason that it is "pandering to their vanity."

Self-Respect

It is not vanity that makes the child want to "look nice," it is self-respect. We should do well to help this self-respect and

ment, she held her own little frock towards me.

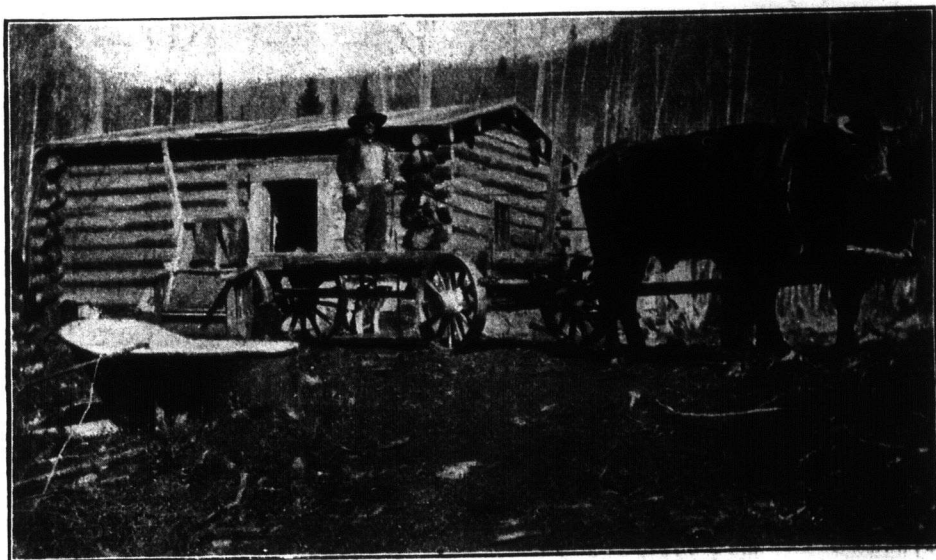
Poor child, I didn't know what to say. It was the ugliest frock for a child I had ever seen, a dirty mustard yellow that made her golden curls dull and lustreless. That child's face haunted me the whole evening; it was the most miserable little human countenance I had ever seen.

The Effect on Children

Even the bright child will be brighter if she is dressed or dresses well. There is no doubt that the girl who is "clever at school" is rather apt to neglect her personal appearance, and the inclination to think little of the "pretty side" of life stays with her through college days.

It is such a shame that the "social" side of them, that is the "dress" side, should be so totally neglected, when its cultivation, in conjunction with their undoubted talents, would make them such irresistible women. From every point of view slovenly dressing has a deteriorating effect on our children, whether we indulge in slovenly dressing or they do.

A little boy was fishing; and, drawing in his line, found that the bait had been taken off without result, whereupon he burst into tears and said: "It's cheating!"



An amusing feature of an Englishman's homestead. Far from civilization but true to tradition, he brought the big zinc bath tub along with him. When not in use it was left outside, owing to the smallness of the quarters.

The Stream

'Tis hidden deep beneath the boughs
That droop from banks so brown and high,
Yet strewn with last year's beechen leaves
That rustle when the winds go by.

Its voice is soft and seems to soothe
The fret and hustle of the day,
It seems somehow dull care slips by
And with its eddies drifts away.

Of when the tall trees whispering
Drop down a yellow leaf to float
It seems sometimes a golden thought
And then again a fairy boat.

'Tis just the spot to rest a while,
To idle hours and dream, aye dream,
And let the cares of the to-day
Drift with the eddies down the stream.

She Followed Directions

After a month's work in intensely warm weather a gardener in the suburbs became ill, and the anxious little wife sent for a doctor, who wrote a prescription after examining the patient. The doctor, upon departing, said: "Just let your husband take that and you'll find he will be all right in a short time."

Next day the doctor called again, and the wife opened the door, her face beaming with smiles. "Sure, that was a wonderful wee bit of paper you left yesterday," she exclaimed. "William is better to-day."

"I'm glad to hear that," said the much-pleased medical man.

"Not but what I hadn't a big job to get him to swallow it," she continued, "but, sure, I just wrapped up the wee bit of paper quite small and put it in a spoonful of jam, and William swallowed it unbeknownst. By night he was entirely better."



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