

Health and Home Hints

Ways to Grow Comely.

If possible, always give your hair a sun bath after its sop and water shampoo.

Try for a 30 minutes' nap each day, even if visions of an overburdened mending basket are haunting your dreams.

Don't live your troubles ahead of time. Nervous prostration with women is more often due to anticipated worries than to present trials.

Substitute a glass of hot milk, a cup of good coffee or a nourishing soup and bread for an ice cream and charlotte ruse luncheon on shopping days.

Regulate your sleeping hours according to the demands of your system, without regard to the platitudes of early rising advocates.

Take a few gentle athletic exercises daily if you cannot go in for a thorough physical culture course. The simple calisthenics of your school days are better than complete neglect of this health branch.

Don't try to patch up wardrobe extravagance with table economy. Pantry stinginess is responsible for dull eyes, drab skins, flabby, bloodless looking cheeks and poor teeth that the daintiest dress vanities cannot beautify.

Find your spring tonic and blood purifier in a daily fare of green things. Eat cresses for breakfast and salad for luncheon and dinner—not a meagre dish of flabby lettuce, mind you, but a plateful of crisp, crinkled leaves, plentifully dressed with oil and vinegar.—Ex.

The "New" Housekeeping in Germany.

Every German girl is looked upon as a prospective housewife and is stocking her linen closet at the age when our girls are starting to college. In a way she is trained, too, for her work, but for the most part her training has been that sanctioned by custom, not by science. In the last few years, however, the women who are advanced enough to see that housekeeping methods need something besides age to recommend them, have set on foot a movement that promises to bring about a revolution. The schools of housekeeping in almost every city of the empire show with what astonishing rapidity conservative Germany has recognized the importance of giving its home-makers not more training, but a different kind. The subject has not been approached from the side of the sewing class, for outside of the largest cities "domestic service" is not as yet a problem.

The school of housekeeping in Berlin was the first, and still takes the lead both in the plan of work and in its execution. It was founded by Frau Hedwig Heyl, with the active co-operation of the Empress Frederick. When people looked askance at the school and objected that the place for girls to learn housekeeping was in their own homes, Frau Heyl replied that if they wished to advance the standards of living, to make use of the investigations of the bacteriologist and sanitary chemist, to the end that the dwelling might be more healthful and the food more nourishing, then instruction from people who were making a life study of these subjects was indispensable.

The full significance of her undertaking was not at first understood. The plan of the school was made to correspond with her broadened conception of what housekeeping means, but while emphasizing the larger duties of the home-maker she did not neglect the minutest detail of housework, as the

school abundantly proves. She believed and has demonstrated that the "drudgery" of housework may become interesting from the standpoint of the trained individual.

The Empress Frederick established a precedent by sending her own daughter as the first pupil, and various families of the court soon followed the example. The school now has the support of public opinion and in its different departments there are representatives from every class of society.—Good Housekeeping.

Literary Notes.

Harper's Bazar for November is the Thanksgiving number and contains excellent articles on the preparation of the Thanksgiving dinner and also the decoration of the table. Mary E. Wilkins has one of her characteristic stories, "The Apple Tree," and William Dean Howells writes on the question "What Should Girls Read?" The departments of fashion and house-keeping are full of interest and suggestion. Harper and Brothers, New York.

The October Ledger Monthly contains several articles of interest, such as "Famous Bells and Bell Towers," "Home of Kate Douglas Wiggin" and "Our Musical and Dramatic Art." There are also a number of short stories, in addition to an instalment of the serial. The opening article, on "Home Decoration in Pyrography," is most suggestive. The various departments are well kept up. Ledger Publishing Company, New York.

The table of contents of the October Fortnightly is certainly varied enough to suit any taste. Max Nordau leads off with an article on the various phases of ambition under the heading "The Conditions of Success." Then follow: "Siam and the Powers," "The Boer Generals at Downing Street," "Impressions of the Bruges Exhibition," "German Light on German Policy," "German Colonies and Naval Power," "The Bodleian Library" and "Seven Years of Unionist Government in Ireland." The discussion of the Revolt from Rome is continued by Father Taunton and the Rev. A. Galton; also "Science and Religion" and "Mankind in the Making" are continued. Leonard Scott Publication Company, New York.

Beautifully gotten up and most useful to the lover of books is Mr. Mosher's new catalogue, "A List of Books in Belles Lettres." These books are too well known to need any praise. They include writings of a great variety of authors, and in large measure the works that are not best known, and on that account of more interest to the student of literature. The Biblot is a unique Mosher publication issued monthly—"to bring together the posies of other men bound by a thread of one's own choosing and in this way those exotics of Literature that might not immediately find a way to wider reading, are here reprinted, and, so to speak, resown in fields their authors never knew." "The Biblot does not profess to exploit the new forces and ferment of fin de siècle writers as it offers the less accessible "things that perish never,"—lyrics from Blake, Villon's ballades, Latin Student's songs,—literature once possessed not easily forgotten of men." And this little booklet is issued at the absurdly low subscription of fifty cents per year payable in advance. Thomas B. Mosher, Portland, Maine.

JESSOP'S BELL'S CHURCH
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AMERICAN BELL'S FOUNDRY, N.Y.

Seasonable Advice.

CHANGE OF WEATHER DISASTEROUS TO MANY PEOPLE.

BAD BLOOD MAKES YOU LIABLE TO COLD—

COLD MAKES YOU LIABLE TO TWENTY

DISEASES—HOW TO PROTECT YOURSELF.

Changes of the season affects the health more or less perceptibly. The effect of the hot summer weather on the blood leaves it thin and watery, and now that the weather is changeable this makes itself disagreeably felt. You feel bilious, dyspeptic and tired; there may be pimples or eruptions of the skin: the damp weather brings little twinges of rheumatism or neuralgia that give warning of the winter that is coming. If you want to be brisk and strong for the winter it is now that you should build up the blood, and give the nerves a little tonic. Dr. Williams' Pink Pills are the greatest of all blood-making, nerve restoring tonics, and will make you strong and stave off the aches and pains of winter if you take them now. Mr. James Adams, Brandon, Man., is one of the thousands whom Dr. Williams' Pink Pills have restored to health and strength:—"It is with deep gratitude that I acknowledge the benefit I have derived from the use of Dr. Williams' Pink Pills. Before taking the pills my health was much shattered with rheumatism, nervous depression and sleeplessness. For fully twelve months I rarely got a good night's sleep. When I began the use of the pills it was with a determination to give them a fair trial. I did so and can truthfully say that I could not wish for better health than I now enjoy. I shall always speak a good word for Dr. Williams' Pink Pills."

Poor blood is the cause of most disease. Good blood means health and strength. Dr. Williams' Pink Pills do not purge—they simply make pure, rich blood. That's why they cure so many diseases. But you must always get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. Sold by all druggists or sent by mail, post paid, at 50 cents a box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

Herald and Presbyter: Religion is the highest wisdom. It takes into account the great facts of life, for time and eternity. It learns the truth from God, and believing his words, acts in accordance with his counsels.

USE THE GENUINE
MURRAY & LANMAN'S
FLORIDA WATER
THE UNIVERSAL PERFUMER
FOR THE HANDKERCHIEF,
TOILET & BATH.
REFUSE ALL SUBSTITUTES