

Boyril in the Kitchen

The object of cookery should be to prepare food in the most nutritious, palatable and easily digestible form. BOVRIL is the embodiment of all these qualities and is therefore of paramount importance in the kitchen where a little of it added to soups, gravies, stews, etc., gives relish and real nourishment to even the most

Of Interest to Women

your whole spirituality and your phy-

he or she most desires-it is in ac-

and circumstances All of suc-

lies in you. You

never ask any man's aid or counsel

else to walk or talk for you, as to

Novelties.

decorative borders. The embroidery of

the borders is executed in deep colors,

Others of the same importation are

Depend upon yourself.

The Secret of Success.

makes you. It isn't enough to do all and in your customer, these are the the problem were satisfactorily solved that you ought to do; if you don't feel and think as you ought to, all the doing in the world won't bring you true success, and it isn't only feeling and e entually at their exact value. thinking great things that will bring you success, for if you do nothing, your

seeds of feeling and thinking will not take very deep root.

And yet, feeling and thinking are very big factors in success, bigger even than doing. Supposing you start out to be a musician. You may work all your life, acquire marvelous technique, accomplish wonderful vocal or instrumental gymnastics, and if you can't put feeling into your music; if you can't make people feel happy down inside, or have that gueer, lumpiness in the throat, a lifetime of hard study is sical vitality into the matter at hand. wasted, for you will never be a great

You will not only fail in a concert career, but you will never be able to command pupils, and you will wonder why the man or woman with so much less experience and knowledge has such a successful class. Just because he or she is able to inspire pupils with enthusiasm, with love, with interest; be- if you set all your own forces to cause he feels what he is portraying.

You may say, "That is all very well for professional people, like musicians ask them to help you to success. and artists, actresses, ministers and lawyers, but it doesn't work for trades." Doesn't it? Try it and sec. Suppose you are a farmer, concentrate your mind on your business, think of it as the most important one in the world. Study it, love it and work to make others realize its worth.

If you are a doctor, lawyer or merchant, your following or custom does not depend upon influence or luck, it depends on your own attitude to your profession and to people. You can draw patrons to you as the magnet draws the particles of steel, if your mind is focused and intense and your are cold in tone and very harmonious-

Suppose you are a traveling man, a of any description. Then remember coration taking floral forms. One charm- of them, later and even more bizarre Grummer or a salesman or saleswoman embroidered (outline) in white, the dethat it is not what you have in your ing one has embroidery blossoms scatthan "new art" patterns.

sample case or trunks; not the kind tered over the entire surface. Still another pretty innovation is a

dried

ored borders is the porty design, where red poppies and their foliage are employed as a motif. The violet partiern is also distinctive and lovely.

There's a new automobile vell our, which comes at just the size we are the in this bit of wearing apparel — two yards and a half. It is of chiffon, of

yards and a han. It is of chinon, or course, and not inexpensive. However, the comfort and cleanliness insured by such a face covering is worth expending money for. New veils for street wear now coming in are of very simple pattern. The mesh is a new one and entirely without dots or figures of any

Present indications are that skirts Present indications are that skirts will be fuller; that is, the lines will probably flow fuller from the blue, and will not curve in at the knees as they have been doing the last few scusons.

Velvet and braid are combined in the most recent trimmings. Some of these garnitures are in black, some Persian.

Heavy black and white taffeth comes Heavy black and white taffeta comes this year with little narrow cows of fringes woven in along its edges as a finish. The black silk is edged with white fringe and the white with black. It is not yet within reach of the economical—35 a yard.

Triple steam cookers for the gas-range are worth the inspection of the economical housewife. Three kinds of food can be prepared in this single bit of apparatus at one time and over the same burner. Any woman can calculate

same burner. Any woman can calculate for herself the saving in time and gas resultant from a successful appliance

of the kind.

The latest arrival has a vent to carry off odors, making it possible to cook strongly scented food, such as onlons, at the same time that other things are in a state of preparation. By a little care in "timing" the articles to be cooked the principal courses of a family luncheon or dinner can be pre-pared with the gas from a single burn-

cal condition of your customer that counts, but it is what lies in you that world, you can do, if you really want determines your success. Confidence away without disturbing the other to. It is yourself, not circumstances, in your own ability, a forceful, direct leaves has always been an objection to or opportunities, or influence, that manner, an interest in your own goods the tear-out notebooks. It looks as if vinning qualities. But they must be at last.

hideous aftermath of fruit-stained But all these things are of no avail hands. This newcomer has many novel unless you concentrate your mind on attached to the slice of the table and seeds of feeling and thinking will not your work. No purpose in life per- holding a cheesecloth bag. The how is

safer than oil or gas when a night light ers. for the greater number of other was a confirmed invalid. He had the is needed in many ways. Another use suicides occur in the twelve hours befor them is in traveling. They are so fore noon, asd those on account of
easily carried. A dozen packed in a ill-health and insanity are most freNothing really helped until Ferrozone Be direct, and send your thought straight to the bullseve of your debox can be tucked away in the corner quent in the early hours of the morn-of a dress suit case or satchel. It is said that the demand for wood grin later in the afternoon, and the less sufferer from his bed and put him

fiber garnitures will be greater than ever the coming season, importers are already laying in large quantities of the law of mind over matter these. Blacks, whites, colors and ecrus, but especially blacks, will be much in While it is still too early for the searceently announced the results of son's novelties in infants' wear to have investigations in the Yale Review. made their appearance, the question of Out of 10,000 suicides he finds 7.781 grew too weak to take exercise, some extent decided. Ladies' cloth, ker- ratio of about three and a half males wanted to operate on my stomach, but

ess expensive grades Some French hand-embroidered hand-The motif of the bat is extremely kerchiefs lately arrived are different from anything previously imported in this line. They are of the finest grades imal is represented with outspread istence in this country, followed close-wings, the body being studded with ly by poison. Hanging as a means of of linen, with very narrow hem. Butterflies, dragonflies and other insect small diamonds. These stones are arforms, as well as birds and flowers, ranged in such position that they sug-are used as the motifs of some of the wings.

A new tea strainer, arranged with a drip, is in porcelain with nickel rim. not tints, as the nature of the article With it comes a wee nickel cup into would lead one to expect. The colors tea has been strained the strainer is deposited in the metal cup, thus saving the tablecloth and china. French belt clasps in bronze metal

have just appeared. But one is made

"Awake on your hills, on your islands

and the lake!

not to the hall.

'Tis the summons of heroes for conquest or death, When the banners are blazing on mountain and heath:

They call to the dirk, the claymore, and the targe,

To the march and the muster, the line and the charge."

districts to the scene of conflict. It took men of iron

to stand the long marches through the rough country. But

the Highlanders were equal to it. Their stalwart frames drew

Tillson's pan-dried Oats is the best of the best grain,

Tillson's pan-dried Oats are rich in the carbohydrates,

proteins and fat that build up strong bodies. Try a dish for

milled so that all waste is removed and every food value

their strength and nourishment from porridge.

retained. It's a food, not a fad.

llson's

When the fiery cross of war passed through the highlands of Scotland the clans gathered from all

the call:

Brave sons of the mountain, the frith

'Tis the bugle-but not for the chase is

'Tis the pibroch's shrill summons-but

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veiling somewhat resembling a thin crepe de chine, with fancy eat-stitched border. White is popular in these waves, as in the other veil fabrics, but if so disposed. various colors are shown.

Suicides.

Suicides on account of disappointment n love are much more common than

frequently potent between the ages of Remarkable Case of Stomach Trouble

afternoon. Mr. Bailey has made an independent collection of suicide statistics in the Munroe, "I began to notice my health United States from 1897 to 1901, and his breaking up. I became reduced to an figures, while not vouched for as ac-extremely wretched condition. Loss argely used for suits, on which they curate, are far more comprehensive of flesh and appetite, a nauseous sen-will be applied in the form of bands, than any others existing. Mr. Bailey sation in the stomach, extreme nerrecently announced the results of his vousness and rush of blood to the head for coats and wraps is to were males and 2,219 females, giving a went into the hospital. The doctors sey, serge and zibeline will be popular to one female. As in most countries, in both white and colors. Most of the the number of the married who took zibeline used for this purpose is of the the number of the married who took zibeline used for this purpose is of the the number of the married who took zibeline used for this purpose is of the the number of the married who took zibeline used for this purpose is of the the number of the married who took zibeline used for this purpose is of the the number of the number of the number of city physicians and zibeline used for this purpose is of the the number of the nu of the single, widowed and divorced women were found to commit suicide popular as a decorative scheme in Paris more often than men in like situations. this year, and one of the smartest of Shooting appears to be the favorite method of putting an end to one's exself-destruction is not held in so much favor as in the northern portions of

> Europe, nor is drowning, as in the outhern countries. Jumping, poison and gas are confined principally to the cities. With males the favorite method is shooting, and the one least used is jumping; while most women seem to have a predilection for poison a few end their lives by

> cutting. In regard to motive, despondency stands at the head of the list, claiming 20 per cent of the victims. Business osses, ill-health and insanity follow in the order named, with about 13 per cent each. Then comes disappointment n love, remarkably large, considering the old adage that love or the lack of it never killed anyone, with the remaining motives far in the rear. Alcoholism is shown to be a considerable factor in the impulsion to suicide among males. Women are more apt to kill themselves on account of grief than are men, and ill-health also tells more heavily

Between the ages of 20 and 30 years, the maximum of suicides from grief, chagrin and from being crossed in love said: "People do not know all that they occur. Between 20 and 30, too, fall the maxima from alcoholism, insanity, de-spondency, domestic trouble and fear of disgrace. From 30 to 40 come the greatest numbers from business losses and ill-health. Females have a tenden-cy to commit suicide at an earlier age

than males.

Monday is the favorite day for committing suicide, followed by Sunday. From Monday down to and including Thursday there is a gradual fall, but on Friday there is a sudden rise that cannot be easily explained. Saturday is, next to Thursday, the lowest.

Eye Strains

An authority on the subject has declared that there is no greater cruelty, no greater crime against humanity than that of non-recognition and scorn of eye-strain. Headache, "sick headache," "dyspepsia," "nervousness," melancholia, insomnia, indescribable suffering-these were some of the more prominent symptoms that, in various mixtures, rendered so miserable the lives of De Quincey, Carlyle, Darwin, Huxley, Browning, Spencer, Wagner and other persons less known. Eye-strain in children should be no-

ticed at once and suitably treated. Many children are met with who blink incessantly, and for this involuntary habit they are often punished by ignorant parents or guardians. The olinking is due to some error of reraction in the eye, and the consequent

fraction in the eye, and the consequent effort made in accommodation, or, in less technical phrase, focusing on the retina or optic serve the objects which the child is looking at.

A child kept at near-range ocular work, such as reading, writing, sewing, and so forth, finds the page becoming blurred owing to the lens of his eye falling to focus with accuracy. He

a habit.

It not infrequently happens that a spasmodic closure of the lid is superadded to the winking, and later on the whole face may participate in the act, with the accompanying grimaces peculiar to chorea, or St. Vitus' dance. Thus the habit chorea—which is not the real chorea—is formed, and, although it is often met with, it is seldom treated intelligently. Such patients should be sent to an oculist, and no time wasted at first in giving drugs.

Migraine is a painful afflicton; sick headache, megrim, hemicrania, nervous headache and bilious headache are often names for the same thing. It causes a large number of other symptoms, and is itself of a varied type, according to the kind of near work required and the temperament of the patient. Out of 1,000 cases of this disease ninety-nipe out of every hundred patient. Out of 1,000 cases of this disease ninety-nine out of every hundred were cured by spectacles.

As one gets older eye-strain becomes rarer, hence the frequent disappearance of sick headache at the age of from 50 to 60 years. Seamstresses, typewriters, clerks, students, teachers and mechanics or handicraftsmen who cannot stop near-range ocular work or limit it without risking starvation are

great sufferers from migraine and all its melancholy miseries. Instead of drugging themselves with dangerous medicines, which in the end make wrecks of their constitutions, all they require to do is to procure a suitable pair of spectacles to correct their eye defects. The cure is so ludicrously simple that it is generally overlooked. In children especially all nervous symptoms should excite the suspicion that the eyes may be at fault and lead to their examination by an oculist. Their appropriate treatment may obviate lifelong misery.

Dinner Service Worth \$400,000. The famous Sevres dessert service which is kept in cabinets in the green drawing-room at Windsor Castle, and in Which President Loubet was most interested, is probably worth about £80,000, or \$400,000. The service was purchased by George IV., when Prince of Wales, for quite a small sum. It passed on his death, in accordance with his will, to William IV., who generously made it over to the crown instead of keeping it as his own private property, which he could have done

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> were manifest symptoms. Finally I benefit. I lost faith in the doctors, and tried a box of Ferrozone, which gave such encouraging results that I took

"After nine boxes of Ferrozone had een used. I was again on my feet and ble to walk around. I kept taka. Ferrozone for many weeks, and was restored to excelient health. Although was formerly as weak as an infant. can now put in a long hard day's work. My cure is therefore permanent. I am glad to add my grateful testimony along with many others, and can recommend Ferrozone to everyone who is bothered with weakness, nerousness or stomach trouble. I believe Ferrozone will cure after ail eise has

Ferrozone Assures Health.

Myth of Mother Goose.

The myth of Mother Goose and her gravestone in the Granary Burying Ground persists so obstinately that it was a pious and a needed service that Mrs. Arabella Stuart Austin performed for the true author of the immortal nursery rhymes, on the 200th annidon't know, hence, not realizing that it takes a rare genius to write fairy tales,

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illustrated than in "Cinher kinsfolk has as many adopted countries as there are nations in the universe. Let all this be granted, then, the question is "What is there of high art to be found in 'Cinderella'?" There is the flowing style, the naivete of expression and the interesting lesson that, with its pointed style, the naivete of expression and the interesting lesson that, with its pointed moral, lingers about it like the fragrance of a choice pressed flower. In perusing "Riquet With the Tuft," one is fascinated by the wit, logic and harmony of contrasts in this story of a beauty and a monster. "Cinderella," the feminine, and "Riquet With the Tuft," the masculine type of the class of unfortunates, are only two out of a series of eleven of the seventeenth century publications of Per-rault's fairy tales, and they still live, al-

years ago. May the fairies ever protect the name of Charles Perrault! The Young Parson.

Much of sanity is too often sacrificed in the pulpit and in families to the temporary interests of the young, who consider a parson worn out merely because he is kind, patient and conservative. Ministers usually do get worn out, like anyone else who is not wanted and who has no income, and there is no doubt that many of them are just as tiresome as are other people; but the older they are the less they are addicted to fads or to going off on tangents, which callow divines seize hold of with avidity. It is an awful pity to look old as one grows old, but it is a greater pity for youth to

Goose's stories to an old housewife, whereas the real author, a scholar of classic learning and renown, is Charles people and children (for even youth has Perrault, of Paris, one of the first members of the French Academy." something younger than itself) has been developed in the hope of building up There is no estimating the amount of fine moral culture conveyed to simple minds through his tales in the course of two centuries. The triumph of docility over tyranny, for instance, is nowhere is no longer as powerful as in olden days is heaving of its plenitude of youth, which is because of its plenitude of youth, which the middle-aged, who would gladly receive instruction appropriate to their years. People are willing to put up with a great deal for the sake of their children, yet the query remains: Would not middle life, or even later age, in the pulpit be bepeficial to these very children? It is amusing that one benevolently tolerates youth in the pulpit when one does not in a trustee, a physician or a teacher. with whom experience is necessary for

A Household Necessity. When you once use "Beaver Brand" Charcoal for toasting or broiling, you will wonder however you have kept

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