



Bovril 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 tasteless dish.

Of Interest to Women

The Secret of Success.

Whatever you set out to do in the world, you can do, if you really want to. It is yourself, not circumstances, or opportunities, or influence, that makes you. It isn't enough to do all 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 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 queer lumpiness in the throat, a lifetime of hard study is wasted, for you will never be a great artist.

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, because he feels what he is portraying.

You may say, "That is all very well for professional people, like musicians and artists, actresses, ministers and lawyers, but it doesn't work for trades." Doesn't it? Try it and see. 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 methods earnest and unflinching.

Suppose you are a traveling man, a drummer or a salesman or saleswoman of any description. Then remember that it is not what you have in your simple case or trunk; not the kind

of goods you have to sell nor the financial condition of your customer that counts, but it is what lies in you that determines your success. Confidence in your own ability, a forceful, direct manner, an interest in your own goods and in your customer, these are the winning qualities. But they must be real qualities, not assumed. "Company manners" are always known eventually at their exact value.

But all these things are of no avail unless you concentrate your mind on your work. No purpose in life permits a divided interest, without protest, and this protest always means failure and is always attributed to "bad luck" by the victim of it.

Don't mean that you should only have one interest in life, though Mark Twain did say, "Put all your eggs into one basket and watch that basket," but only have one interest at a time, and put your whole mentality, your whole spirituality and your physical vitality into the matter at hand.

Be direct, and send your thought straight to the bullseye of your desire. I believe anyone can have what he or she most desires—it is in accordance with most changeless law—the law of mind over matter and circumstances. All of success lies in you. You need never ask any man's aid or counsel if you set all your own, forces to work. You might as well ask someone else to walk or talk for you, as to ask them to help you to success.

Depend upon yourself.

Novelties.

Some French hand-embroidered handkerchiefs lately arrived are different from anything previously imported in this line. They are of the finest grades of linen, with very narrow hem. Butterflies, dragonflies and other insect forms, as well as birds and flowers, are used as the motifs of some of the decorative borders. The embroidery of the borders is executed in deep colors, not this, as the nature of the article would lead one to expect. The colors are cold in tone and very harmoniously blended.

Others of the same importation are embroidered (outline) in white, the decoration taking floral forms. One charming one has an embroidery blossoms scattered over the entire surface. Still another

other style has a narrow border in pale blue, with a tinted ornament at one corner outlined in white. This is intended to imitate the effect of a photograph, which is also attached to the white of the most striking effects in the colored borders is the pretty design, white red poppies and their foliage are employed as a motif. The violet pattern is also distinctive and lovely.

There's a new automobile well-wait, which comes as just the size we require in this bit of reading apparel—two yards and a half. It is of chiffon, of course, and not inexpensive. However, the comfort and cleanliness insured by such a face covering is worth expending money for. New style 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 sort.

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

Velvet and tulle are combined in the most recent trimmings. Some of these garnishes are in black, some Persian, etc.

Heavy black and white taffeta comes this year with little narrow rows of fringes woven in along its edges as a lining. The black silk is edged with white fringe and the white with black. It is not yet within reach of the economical—\$5 a yard.

Triple steam cookers for the gas-range are worth the inspection of the economical housewife. Three kinds of food can be prepared this way, and of apparatus at one time and over the 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 onions, 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 prepared with the gas from a single burner.

Students should know about the new pocket-book, which is a small, neat, which permits of one leaf being turned away without disturbing the other sheets. This loosening of the other leaves has always been objection to the tear-out notebook. It looks as if the problem were satisfactorily solved.

Housewives will be interested in a novel jelly strainer, which makes preserving of this kind possible without a hideous contrivance of fruit-stained hands. This new strainer has many novel features, which begin with a bracket attached to the side of the bowl and holding a cheesecloth bag. The bowl is placed under this bag and the fruit pulp poured in. A snap-weight is attached for the purpose of adjusting around the top. It sinks down and by the pressure squeezes the jelly through the bag.

A peacock with spread tail is the inspiration in another beautiful piece. The "eyes" in the tail are carried out into one basket and watch that basket, but only have one interest at a time, and put your whole mentality, your whole spirituality and your physical vitality into the matter at hand.

Be direct, and send your thought straight to the bullseye of your desire. I believe anyone can have what he or she most desires—it is in accordance with most changeless law—the law of mind over matter and circumstances. All of success lies in you. You need never ask any man's aid or counsel if you set all your own, forces to work. You might as well ask someone else to walk or talk for you, as to ask them to help you to success.

Depend upon yourself.

Mr. Bailey has made an independent collection of suicide statistics in the United States from 1901 and 1902, and figures, while not vouched for as accurate, are far more comprehensive than any others existing. Mr. Bailey recently announced the results of his investigations in the Yale Review.

Out of 10,000 suicides he finds 7,781 were males and 2,219 females, giving a ratio of about three and a half males to one female. As in most countries, the number of the married who took their own lives slightly exceeded that of the single, widowed and divorced women were found to commit suicide.

Shooting appears to be the favorite method of putting an end to one's existence in this country, followed closely by poison. Hanging as a means of self-destruction is not held in so much favor as in the northern portions of Europe, nor is drowning, as in the southern countries.

Jumping, poison and gas are confided principally to the class of suicides who are not of the "average" type, the least used method is jumping; while most women seem to have a predilection for poison a few and their lives by cutting.

In regard to motive, despondency stands at the head of the list, accounting for 20 per cent of the victims. Business losses, ill-health and insanity follow in the order named, with about 13 per cent each. Then comes disappointment in love, remarkably large, considering the old adage that love or the lack of never killed anyone.

Between the ages of 20 and 30 years, the maximum of suicides from grief, chagrin and from being crossed in love was found. Between 30 and 40, the fall maxima from alcoholism, insanity, despondency, domestic trouble and fear of disgrace. From 40 to 50, the greatest number from business losses and ill-health. Females have a tendency to commit suicide at an earlier age than males.

Monday is the favorite day for committing suicide, followed by Sunday. Next in order of frequency is 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.

ECONOMICAL HOUSEKEEPERS

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Because they yield THE

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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 affliction; sick headache, merrim, hemicrania, nervous headache and bilious headache are often confused with 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-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 and pause for a moment or limit it without risking starvation are great sufferers from migraine and all its melancholy miseries. Instead of trying themselves with dangerous medicines, which in the end make wrecks of their constitutions, all they need 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 them to an examination by an oculist. Their appropriate treatment may obviate lifelong misery.

Dinner Service Worth \$400,000.

The famous Swiss dessert service which is kept in cabinets in the green drawing-room at Windsor Castle, and in which President Loubet was most lavishly entertained, is worth about \$400,000, or \$400,000. The service was purchased by George IV., when Prince of Wales, for quite a small sum. It passed on his death to his son, the Duke of York, and was inherited by him with his will, to William IV., who generously made it over to the crown.

The Duke of York, who was a great lover of the service, had it made into a property, which he could have done if so disposed.

Suicides.

Suicides on account of disappointment in love are much more common than is generally realized, according to some curious statistics recently collected by William B. Bailey.

This factor in self-destruction is most frequently potent between the ages of 20 and 30. Monday is the favorite day for the deed among men, and Sundays and Fridays are most popular with women. The hour most frequently chosen is late in the evening.

This last is a unique feature about suicides caused by the troubles of lovers, for the greater number of other suicides occur in the twelve hours before noon, and those on account of ill-health and insanity are most frequent in the early hours of the morning; those from alcoholism and chagrin later in the afternoon, and the self-destruction of dependents in the afternoon.

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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 interfering symptoms that, in various mixtures, rendered so miserable the lives of Quincey, Carlyle, Darwin, Huxley, Browning, Spencer, Wagner and other persons less known.

Eye-strain in children should be treated 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 blinking is due to some error of refraction in the eye, and the consequent effort made to accommodate, or, in less technical phrase, focusing on the retina or optic nerve 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 failing to focus with accuracy. He then blinks and increases his efforts at accommodation, and the letters are again seen clearly. After reading a few more lines the page again becomes blurred, and the blinking process is repeated. It is performed so

often in the day that at last it becomes 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.

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Are your lungs weak? Are you coughing? Do you have pain in the chest? Do you spit up phlegm? Is your throat sore and inflamed? Is your appetite bad? Do you have night sweats?

Are you losing flesh? Are you pale, thin and weak? Do you have ringing in the ears? Do you have hot flashes? Is there dropping in the night? Is the nose dry and stuffy? Have you a coated tongue?

Call your disease what you will, these symptoms indicate that you have in your body the seed of the most dangerous of maladies. In order to let all people know the marvellous power of his system of treatment, Dr. Slocum has decided to give free to all sufferers as a test his free trial treatment.

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Accept Dr. Slocum's offer today and be cured at home among friends and loved ones. Simply write to Dr. T. A. Slocum, Limited, 179 King Street West, Toronto, Canada, mention your druggist's name, and state your post and express office, and you will receive the treatment promptly by express. Mention this paper.

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