

Little Alice And Her Angels.

(Written for The Catholic Bulletin by Helen Hughes Heisler.)

From the lily covered banks of fantasy Where crystal streams of thought in artless chimery Flow softly through the quiet fields of memory There comes a violet scented dream

Floating on the cold deep stream All with sunlit flecks agleam— The story of Alice and her angels—

Alice was a peasant maid Doomed to toil and care, The flax she spun in weariness Was like her own soft hair, But poverty so gripped her heart She knew not she was fair.

The flax flower in its opening bloom Was not more heavenly blue Than her young eyes, the morn-red

Took from her cheeks its hue, Her brow was white as white rose washed In the early morning dew.

But Alice was weary at her wheel All day and night she wrought That the pennerth of bread for her brother small

Might with her yarn be bought But the pile of flax seemed to grow and grow— Her toil seemed all for naught.

She has left the wheel and she kneels to pray By the side of her little bed, For she thought in her heart, "Though I may not sleep My night prayers must be said, And I'll pray to God to give me strength

To care for my brother bread." And as she prayed sleep fell like dew, And closed her weary eyes, And a soft light filled the little room

Like the West when the sunset dies, And like the hum of a thousand bees The wheel its labor plies.

'Tis an angel white winds the rock with flax, 'Tis an angel turns the wheel, 'Tis an angel feeds the tender thread, 'Tis an angel at the reel.

And they smile as they look toward the little bed, And their eyes show the joy they feel. Now the stars burn pale, and the red of morn Blushes faint in the eastern skies, The thread is spun and their task is done

And the angels gently rise, And they kiss sweet Alice upon the brow And she opens her wondering eyes, Oh, smile not, stranger, proud and wise,

As you read this simple lay, Have you, as I, not often felt Our burden slip away, Tho' we saw not the angel lift the load, As we paused in our work to pray.

Thus comes my violet scented dream Floating on the cold deep stream All with sunlit flecks agleam The story of Alice and her angels.

This Opened Isabel's Eye.

"Oh, dear," fretted Isabel, "it seems as if something were wrong with this hourglass. I'm sure that I've practiced more than an hour now."

Aunt Alice looked at her with a little smile. Aunt Alice was a graduate of a large musical conservatory, and since her graduation she had been giving a number of hours each week to the music school settlement.

Though she did not say a word, Isabel was sure there was a suggestion of criticism behind her smile. "If I could play the way you do, Aunt Alice," she exclaimed, "I should not mind practicing. But these old finger exercises are the worst bore."

"I was only thinking," said Aunt Alice, thoughtfully, "how differently you look at it from some of our pupils. What would you think of practicing on a kitchen table?"

"On a table?" repeated Isabel in a tone indicating perplexity. "You don't mean music?" "Yes, I do. One of our boys

All Stuffed Up

That's the condition of many sufferers from catarrh, especially in the morning. Great difficulty is experienced in clearing the head and throat.

No wonder, catarrh causes headache, impairs the sense, smell and hearing, pollutes the breath, deranges the stomach and affects the appetite. To cure catarrh, treatment must be constitutional—alterative and tonic.

"I was ill for four months with catarrh in the head and throat. Had a bad cough and raised blood. I had become discouraged when my husband bought a bottle of Hood's Sarsaparilla and persuaded me to try it. I advise all to take it. It has cured and built me up." Mrs. Rosa Roberts, West Liscomb, N. S.

Hood's Sarsaparilla cures catarrh—it soothes and strengthens the mucous membrane and builds up the whole system.

works in a bakeshop all day, and has no piano, but he was very ambitious to learn music! He measured off the edge of the kitchen table to represent keys, and every night he set up his music in front of him, and practised there. Of course he did not make as rapid progress as if he had had a piano, and when at last some one found out what he was doing arrangements were made so that he could practise on a piano. When he was told about it he was the happiest boy you ever saw. But I don't know that his practising on the kitchen table was any more remarkable than the scheme another of our pupils has tried successfully. He is an errand-boy and he does his practising when going on errands.

"Do you mean he stops at houses and gets people to let him use their pianos?" demanded Isabel. "Hardly that," laughed Aunt Alice. "His employer would be likely to object to that, you see. No, Jacob is a violinist and as he walks along the street or rides in the street cars he practises finger movements for the violin. His fingers are remarkably strong and supple on that account and he is making fine progress. But after all, I am no prouder of him than of some of my boys who will never make very proficient musicians like Julius, for instance.

"Who is Julius?" questioned Isabel, who was finding the story of Aunt Alice's settlement pupils extremely interesting. "Well, Julius is a boy who has lost one of the fingers of his left hand. Of course he can never make a really expert player; I hesitated to take him, but he seemed so in earnest and it was so evident that he loved music that I consented. And I'm more glad than I can say. For although Julius has only seven fingers and his two thumbs, he plays better than many who have the full number. And he takes such satisfaction in it that it is a real pleasure to help him."

"Haven't you any girls who do things?" demanded Isabel, in a tone suggesting that she felt her sex was being slighted. "One of my pupils is a girl who works in a five and ten cent store. I complimented her the other day upon her reading music, and she told me that she always has some music with her when she comes to work in the morning, and goes home at night. She has a rather long street car ride, and she keeps the music before her, reading it as one would read a newspaper. All of my pupils at the Settlement have a great deal against them, but their courage and industry make up for the handicaps. I am very proud of them."

Aunt Alice glanced toward the hour-glass and shook her head. "Talk me!" I didn't mean to talk so long. It's a pity to have interrupted your practice."

Isabel reversed the hour-glass. "Aunt Alice," she said, "I'm going to practice another hour and practice differently. You'll find that you didn't do any harm when you interrupted my practice."—Selected.

Hints On Family Meals

Aunt Bride, in Sacred Heart (Review.) There are a few simple rules to keep in mind when planning the family meals. First, provide the foods you must have in order to

keep fit. After that plan for the likes and dislikes, the frills which make the meals more palatable. Food habits seem to be the hardest of all habits to break and they are usually the biggest draw back to the housewife's making the shrivelled dollar cover the food bills. You may find a cheap food warranted to make blood and bone and fat, but if the family has been accustomed to something quite different your plans are apt to go awry. The men folks are particularly hard to change in the matter of food habits. You may lead them up to rye or buckwheat and corn bread instead of wheat, but it's another matter to make them eat it. And a vegetable stew in which there is meat flavor and a small quantity of meat may be quite as nourishing as the steaks and chops which are simply impossible to any ordinary purse, but the argument is never convincing.

If active grown-ups or children are to be properly nourished they must have meat you must still have milk or else greatly increase the quantity of green vegetables. Green vegetables seem extravagant, but if you are to keep alive and active and alert you must have them. That is the big argument for the home or vacant-lot garden. If you raise a few of the green vegetables you need, or, better yet, all you can consume and enough to can for winter use, you will improve the family health. And if you are in vigorous health the chances of getting more money are multiplied, you know.

And you must have fat in your diet. If you use milk you may substitute the margarine or nut butter or cook oil for butter. Most of these substitutes are palatable and wholesome and do very well for adults. They are not the same thing as butter, however. Cow's milk and its products seem to contain some principle of growth necessary for the development of children. Each child really needs at least a pint of milk a day. Milk, even at the high price, is cheaper than meat, and it can be used to advantage for yourself as well as for your children. The lucky youngsters are those who live in the suburbs and whose parents can afford a family Jersey.

Tea and coffee are luxuries pure and simple. We do not need them at all in order to keep fit. In fact, many of us would be in better health if war conditions compelled us to get along without either. Cocoa and Chocolate, of course, are in another class. They are nourishing foods. There are some digestions which do not seem to take kindly to chocolate preparations, but for school children they are a first-rate breakfast drink.

It ought not to be necessary to say that children ought never to be given either tea or coffee. No wonder they were irritable and half-sick and behind in their studies. And the high price of food could not be blamed in their case. The cost of a meal of doughnuts and coffee would give a dish of oatmeal and a cup of cocoa and leave a balance. There is great need for more widely diffused knowledge of the effects of different foods on the human mechanism. You may lubricate the wheels and speed things up, or clog the machinery so badly that you have to call in the repair man, according to the choice you make of food stuffs.

Wages Of Women Workers

The United States Department of Labour, recently investigated the income of six hundred white women workers in Washington, as follows: Government employees, 63; office clerks, stenographers, and cashiers in private employment, 172; sales-women, 102; telephone operators, 33; factory workers, 95; waitresses in hotels and restaurants, 12, and laundry employees, 23.

Of these women, 381, or 64 per cent, receive less than \$10 a week; while only 56 of them, or 9 per cent, receive \$15 a week. The Department, in a report on this investigation by the Bureau of Labour Statistics, says: "There is a widespread notion that a woman who lives at home ought to be willing and grateful

KIDNEYS SO BAD WOULD FAINT AWAY THAT WAY FOR TWO YEARS.

Those who have never been troubled with kidney trouble do not know the suffering and misery which those afflicted undergo. The dull pains, sharp pains, and quick twinges, all point to the fact that the kidneys require attention.

Doan's Kidney Pills are a specific for all kidney troubles. Mrs. Albert Williams, Edam, Sask., writes: "I have the greatest pleasure in telling you what Doan's Kidney Pills did for me. Ten years ago I was so bad with my kidneys that I would faint away and could not stand to do anything. I had been that way for two years, and had done all I could, but did not get any better until one day some one put a little book in our door, and I saw how another young girl had suffered like I was then, so I thought I would try them, and I am glad to say that after taking four boxes I have never had the same thing again. Thanks to 'Doan's.'"

When asking for "Doan's Pills" see that you get the oblong, grey box with the trade mark of a "Maple Leaf." Price 50c; put up by The T. Milburn Co., Limited, Toronto, Ont.

to work for wages insufficient to support a woman living independently of all family assistance. Aided and abetted by this hoary economic fallacy many parasitic industries and trades have been able to live and even to achieve much prosperity on the subsidies contributed by working women who are either in a position to subsidize, although receiving a sub-standard wage, or are not able to insist on standard living wage. Industries or occupations, if such there be, which cannot live except on the subsidies from family incomes contributed by exploited woman and child workers ought to die—the sooner the better for the nation and the world at large."

There is nothing harsh about Laxa Liver Pills. They cure Constipation, Dyspepsia, Sick Headache and Bilious Spells without griping, purging or harshness. Price 25 cts.

Mansenville, June 27, '18. Minard's Liniment Co., Limited, Yarmouth, N. S. Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefitted by the use of your Liniment, I am, Sincerely yours, GEO. H. HOLMES.

MINARD'S LINIMENT CURES DANDRUFF.

What on earth did that fellow mean when he said he was a peregrinating pedestrian, castigating his itinerating for the classic Athens of America?" "He meant he was a tramp heading his way from Boston."

MINARD'S LINIMENT CURES DISTEMPER

A SENSIBLE MERCHANT

Milburn's Sterling Headache Powders give women prompt relief from monthly pains, and leave no bad after effects what ever. Be sure you get Milburn's rice 25 and 50 cts.

W. H. O. WILKINSON, STRATFORD SAYS:—

"It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price 25c. a box.

MINARD'S LINIMENT CURES DIPHTHERIA.

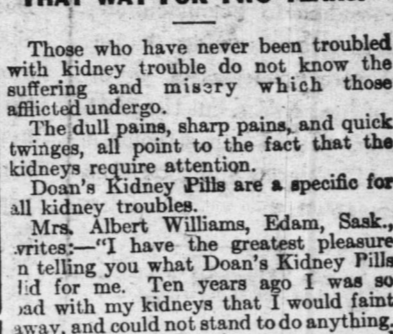
SHARP PAINS SHOT THROUGH HEART.

Thousands of people go about their daily work on the verge of death and yet don't know it. Every one in a while a pain will shoot through the heart, but little attention is paid to it at the time, and it is only when a violent shock comes that the weakness of the heart is apparent. There is only one cure for the weak heart and that is Milburn's Heart and Nerve Pills.

Mr. H. A. Young, 83 Hayer St., Toronto, Ont., writes:—"I used to have sharp pains shoot through my heart, suffered from shortness of breath, and was so nervous I could not sleep at night. A friend advised me to try Milburn's Heart and Nerve Pills, and after one box I found great relief. Three boxes completely cured me."

Milburn's Heart and Nerve Pills are 50c. per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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Queen Street Warehouse.

CANADA Province of Prince Edward Island.

IN THE SURROGATE COURT

In the matter of the Estate of Edward Colbert, late of Beach Point, in King's County, in the said Province, Fisherman, deceased, Intestate Sheriff of the County of King's County, or to any Constable or literate person situate in the said County.

CANCELLING OF TRAINS

Commencing Monday, February 4th, 1918 and until further notice the following trains will be cancelled: No. 21—Advertised to leave Charlottetown Monday, Wednesday and Friday at 7.00 a.m. for Souris and intermediate Stations. No. 22—Advertised to leave Souris Monday, Wednesday and Friday at 1.35 p.m. for Charlottetown and intermediate Stations. No. 23—Advertised to leave Mount Stewart, Monday, Wednesday and Friday at 9.10 a.m. for Georgetown and intermediate Stations. No. 24—Advertised to leave Georgetown for Mt. Stewart on Monday, Wednesday and Friday at 1.40 p.m. for Mt. Stewart and intermediate Stations. These cancellations are made necessary owing to freight accumulation, weather and track conditions. District Passenger Agent's office February 1st, 1918. Feb. 6, 1918—21.

MURDER

A verbatim report of the celebrated 1888 Millman, Tuplin Murder Case, tried in the Supreme Court at Charlottetown, January, 1888, 85 pages in colored cover sent by mail prepaid on receipt of twenty-five cents in coin or stamps.

The P. E. Island News Co.

53 Queen Street, Charlottetown, P. E. I. Feb. 20th, 1918—31.

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We guarantee to fit you perfectly, and all our clothes have that smooth, stylish, well-tailored appearance, which is approved by a good dresser.

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This is explained by the more thorough fermentation and expansion which the minute particles of flour undergo, thereby increasing the size of the mass and at the same time adding to the nutritive properties of the bread. This fact may be clearly and easily demonstrated by any who doubt that there is economy in using Fleischmann's Yeast. If you have never used this Yeast give it a trial. Ask your Grocer for a "Fleischmann" Recipe Book.

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