

visits gives us the key to the situation, and it is admirably told.

"In about half an hour Joe Dagget came. Louisa heard his heavy step upon the walk, and rose and took off her pink-and-white apron. Under that was Louisa's company apron, white linen, with a little cambric edging at the bottom.

Joe seemed to fill the whole room. A little yellow canary that had been asleep in its cage, woke up and fluttered wildly, beating its wings against the wires, as it always did when Joe Dagget came into the room. Louisa extends her hand, with a kind of solemn cordiality; Joe responds in a loud and hearty voice. She places a chair for her visitor, and they sit facing one another, with the table between them. He, bolt-upright, glancing with good-humored uneasiness round the room. She, gently erect, folding her slender hands in her white-linen lap. Joe, fingering the books upon the table, places the square red album where the young lady's gift book has always stood, a proceeding Louisa eyes with mild uneasiness, until she can stand it no longer, and rises with methodical fingers to change their position. Joe gives an awkward laugh. "Now, what difference do it make which book was on top? You do beat everything," and his face flushed. After remaining an hour, Dagget takes leave, and, going out, stumbles over a rug, and in trying to recover himself, contrives to upset Louisa's work-basket. We are not surprised to read that when he found himself outside, he drew in the sweet evening air with a sigh, and felt much as an innocent and well-intentioned bear might feel after his exit from a china shop; whilst Louisa, on her part, felt much as the kind-hearted and long-suffering owner of the china-shop might have done after the exit of the bear. This part of these simple annals leaves Louisa gathering up her treasures, and with dust-pan and brush, sweeping up the tracks of her departed lover, saying to herself, with a sigh, "He's tracked in a good deal of dust. I thought he must have ——" "Well, there's not much of a story in this," it may be said, "just descriptive of a bit of character sketching only." Get the book for yourself, and you will find that in every one of Miss Wilkins' sketches there is a story, and usually one well worth reading.

Into this one comes Lily Dyer, "a girl, tall, full-figured, with a firm, fair face, a girl full of calm rustic strength and bloom, with a masterful way which might have become a princess." One week before the day fixed for her wedding, Louisa, leaning in the moonlight against a wall overhung with bushes, and partly concealed by wild cherry and old apple trees, accidentally overhears Joe Dagget and Lily Dyer in earnest conversation. She could not steal away unobserved, as she desired to do, for she was no eavesdropper, and perhaps it was well for all three that she could not. Joe is saying: "I ain't sorry that that happened yesterday, that we kind of let on how we felt for each other. I guess it's just as well we know, though I can't do no different. I'm going right on an' get married next week. I ain't going back on a woman that's waited for me fourteen years, an' break her heart." Promptly came Lily's reply: "If you'd jilt her to-morrow, I wouldn't have you, Honor's honor, an' right's right, and I'd never think anything of any man that went against 'em for me or any other girl; you'd find that out, Joe Dagget." So, from what Louisa heard, she clearly gathered that neither of the speakers had a disreputable aim toward her self, and that both were sincere in their purpose of matrimony. Surely, the way was now clearly open to her, without dishonor, to break her truth-plight, and thus enable her to live her own quiet life under a calm and serene sky, a life so narrow, in which there

had grown to be no room for any one at her side.

In coming to an understanding with Joe, Louisa developed a diplomacy of which no one who had ever known her would have deemed her capable.

She never mentioned Lily Dyer. She simply told Joe that while she had no cause of complaint against him, she had lived so long one way that she shrank from making a change.

"Standing at the door that night, Louisa and Joe Dagget parted more tenderly than they had done for a long time. Holding each other's hands, a last great wave of regretful memory swept over them, but if Louisa had sold her birthright, she did not know it, the taste of the pottage was so delicious, for serenity and placid narrowness had become as the birthright itself," and the heart of this unconsciously selfish woman, this uncloistered nun, as she sat at her needlework in the home which had no horizon beyond its own doorstep, was "fairly steeped in peace." H. A. B.

Domestic Economy.

What is good housekeeping, pray?
Why, only with a quiet grace
To do what seemeth best each day:
To brighten Love's abiding place:
To keep it clean—not too precise;
To make it cheerful that none may
roam
Beyond a healthful and happy home.

WHOLE CANNED TOMATOES.

To can tomatoes whole, see first of all that the jars are absolutely clean and that rubbers and tops are in perfect condition. Always use new rubbers. Scald the tomatoes by pouring boiling water over them, and remove the skins as quickly as possible. Pack into the quart jars the uncut tomatoes, being careful not to break them. Put into each jar a half-teaspoonful of salt, and fill to overflowing with cold water. Wipe off the tops, adjust the rubbers carefully, and screw on earth lid just far enough to enable you to lift the jar by this lid without its coming off, but not so tight that the steam cannot escape from the jar as its contents begin to cook. Arrange across the bottom of your washboiler, or other large, covered steamer, strips of wood that will raise the jars from the bottom of the vessel, and set the jars upon these strips. They should raise the jars about an inch from the bottom of the boiler. Now pour enough cold water into the boiler to come half-way up the outsides of the jars, put the cover on the boiler, and after the water begins to boil let it boil hard for twenty minutes. Remove the lid at the end of this time, hold each jar firmly with a thick cloth, and with another cloth in the other hand quickly screw on the tops as tightly as you can. Now, remove from the hot water, set upon a table, and with all the strength of the hands screw on each top very, very tight. Set in the dark to get cold, then put away in a cool, dark place. If these directions seem too minute, I would suggest that the tomatoes are worth the trouble, as they are, when opened, almost like fresh ones.—[Mrs. H. E. C., in Harper's Bazaar.

A HOMEMADE CABINET

For the small belongings that must be put somewhere in every kitchen, we have a homemade kitchen cabinet, which is very simple. A cracker box, having a hinged cover, was purchased, and leather hinges cut from the tops of a pair of tan shoes were tacked over the wire hinges and made as ornamental as possible, the tacks being brass-headed. The cabinet was painted white so that every corner would be light and the contents easily seen. This was fastened to the wall by means of eight large screws and on the top shelf were kept a few cookbooks; on the second shelf various odds and ends, and on the bottom, or the closet itself, was kept a large tin plate on which the blacking cloths and bottles are placed.

HEALTH IN THE HOME.

By a Trained Nurse

Air.

Now that the days are shortening, and an occasional cold wave reminds us forcibly that winter is ahead, it may be a good thing to reconsider some of the means by which health may be maintained through the cold season. At the present time, we are accustomed to have windows and doors open, and the wise ones will not make haste to shut them all up with the first hint of a change of temperature. It is better to start a fire earlier or put on an extra wrap, and keep the windows open as long as possible, and become inured to the increasing cold gradually. People take cold from nothing quicker than the continual changing from the outside air into a stuffy, heated room. It is not necessary to have the room cold, it should be comfortable, but the fresh, cold air should have admittance. Now is the time to avoid getting into the habit of shielding oneself from fresh air, which is, of all things, the most important not to do.

FOOD.

Food is another matter which should receive great attention. Keep as little as possible to be warmed up or used another day—rather, have everything as freshly cooked as possible. Cook everything in the way of vegetables and cereals very thoroughly, and all meats, except beef and lamb. Canned goods should be re-cooked, and the diet varied as much as possible from day to day. Every member of the family whose work lies indoors should take a good walk in the open air daily, and sleep with their windows open a little at the top. Storm windows are not to be recommended, for it is almost impossible to ventilate properly a house fitted with them, unless it can be done through the roof, which is not often the case.

CLOTHING.

Warmer clothing should be put on when it is felt to be necessary, not merely because it happens to be a certain day in the year. There is nothing to be gained by putting on more clothes than are needed, or in waiting to put on warm things when they would be comfortable. Winter clothing should be light, warm, and, as regards underclothing, frequently changed. Underclothing and stockings are much warmer when first put on clean, because they are drier and more porous. Bathing is equally important summer and winter, and one is warmer all day for a good bath and rubbing in the morning. It need not take much time.

Little children should be looked after, to see that they are properly bathed and clothed, that they eat only wholesome food, that their eyes are not being strained, that their teeth are in good order, and their bowels move every day. They should not be allowed to sit up at night. Those who go to school should be provided with something wholesome and easily digested for lunch, and not allowed to accept additions to it from any other child. Milk with the lunch is good, and should be taken out of the child's own cup, which should only be used by the individual to whom it belongs. With the present arrangement of school hours, where there is so short a time allowed for the mid-day meal, it should be a light one, but it would be infinitely better for the children to have their heaviest meal warm in the middle of the day, not returning to school directly after it, but later in the afternoon.

Considering what a very important part of the community children are, and how much proper food and protection from sources of infection mean to a child, it would be a wise

and commendable action on the part of those persons who are interested in children generally, as all good citizens ought to be, and wish to do as much as possible for the little ones whose parents are unable to do it for them, or perhaps unwilling to see that good milk is on hand to add to the lunches of those children who would otherwise be without it, and to provide individual cups for them, these to be left at the school, and boiled each day before being put away. In the winter, the milk might be heated for them with very little expense. The benefit derived would be great and immediate. Every sensible care that is taken for a child gives him a better chance for the attainments of a healthy maturity, and school is one of the places where children may be reached whose parents are utterly regardless of general health at home.

Milk is ideal food, but it must be pure milk, otherwise it is a source of great danger. Milk that is not quite above suspicion should be boiled, but the best thing is to make sure that it is above suspicion in the first place. A. G. OWEN.

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