

look in the glass to see what my diamond eyes look like—and if they are really as bright as every one says,—and whether my teeth are indeed real pearls.

"Vain and foolish creature!" cried the fairy, sternly, "take your long-earned and well-merited punishment, of which you have been so terribly and repeatedly warned, and warned in vain! And do you, oh weak-minded King, with your frivolous court, behold to what end your idle folly and vain pursuits have led one who should have been your brightest ornament."

So saying, she touched the Princess once more with her wand, and she became still and motionless. The brilliant eyes gleamed with all the lustre of life, the parted, coral lips showed the pearls within, and the heavy tresses of real golden hair fell round her almost to her feet. But the breath of life had left her, and the fair body, changed to a statue of spotless alabaster, remained a perpetual memory of the vain Princess.

In the silver hall of a thousand mirrors, on a pedestal of bronze, adorned with golden scrolls, still stands that beautiful image of snowy alabaster, enriched with precious jewels, and with the golden hair flowing round it like a fountain. And as the citizens of the Island of Perpetual Pleasures sit at evening under the palm trees and cedars, they tell their children the terrible story of the Jewel Princess, her foolish and unconquerable vanity, and her dreadful fate!

F. F. BRODERIP.

Well, children, you see
It is better to be
Contented with what you have got:
For you must confess
That the Jewel Princess
A valuable jewel is not.

Her eyes may be bright—
Yet useless for sight;
What good are such eyes, do you think?
Red coral her lips,
Rich dainties she sips,
Yet tasteless her food and her drink.
Her beautiful ear
Must feel rather queer,
I don't think you'd like to exchange.
The features are best,
Which, put to the test,
Are useful, and not quite so strange.

Cousin DOROTHY.

You Can Never Tell.

You never can tell when you send a word—
Like an arrow shot from a bow
By an archer blind—be it cruel or kind,
Just where it will chance to go.
It may pierce the breast of your dearest friend,
Tipped with its poison or balm;
To a stranger's heart in life's great mart
It may carry its pain or its calm.
You never can tell when you do an act,
Just what the result will be;
But with every deed you are sowing a seed,
Though its harvest you may not see.
Each kindly act is an acorn dropped
In God's productive soil;
Though you may not know, yet the tree shall grow
And shelter the brows that toil.
You never can tell what your thoughts will do
In bringing you hate or love;
For thoughts are things, and their airy wings
More swift than a carrier dove.
They follow the law of the universe—
Each thing must create its kind;
And they speed o'er the track to bring you back
Whatever went out from your mind.

—Ella Wheeler Wilcox, in *Munsey's Magazine*, Feb., 1895.

UNCLE TOM'S DEPARTMENT.

MY DEAR NEPHEWS AND NIECES:

Did you think Uncle Tom was playing Rip Van Winkle last month, and had fallen asleep and forgotten you? Or did any of you miss his letter from its accustomed place? Well, at any rate, I had my chat with you before the month was over, and to make amends for that omission I am writing again in this issue. Quite a long time ago—more than a year, I think—I had a talk with you about hygienic matters, and promised to continue the subject, but I have always so many things I wish to say to you that I have totally ignored it. It was brought to my memory again by a query I saw in a recent paper about Sandow, the strong man. How one admires physical strength such as this wonderful man possesses! And he tells us we may all possess it, and by very simple means. To quote his words: "My plan is so simple that a child may easily understand it. About the only exercises I advocate are practice with dumb-bells and walking. I do not believe in gymnastics as generally conducted. I walk a great deal myself; and I also recommend cold baths, of which I take two every day." He has lifted 5,800 pounds in harness and 3,800 pounds without any artificial aid whatever, and says he has never fully tested his strength. He says the average man may not only become an athlete, but even acquire strength as great as his own, and that many diseases, particularly those of the heart and lungs, may be much relieved by a course of such treatment as he recommends. The late Emperor of Russia and the Prince of Wales were both pupils of Mr. Sandow.

Now my girls are saying: "Dear me! what do we care about the strong man and his methods?" But wait, my dear girls! Where is the member of the fair sex who does not wish (and excusably, too) to be beautiful? Health and physical beauty are more nearly synonymous than we are accustomed to think. The Greeks were intense admirers of physical beauty, and appreciated the fact that health is one of its prime conditions. To attain a good development of the muscles, physical exercise must be taken. The athletic trainer tells his pupils that temperance in all things is necessary for even a fair degree of physical development; he insists upon regularity in exercising, eating and sleeping. This is especially important in youth, when not only are habits forming, but the foundations of future good or ill-health are being laid. And let it be remembered (girls, attention here!) that the means by which health is attained are the same means by which one's personal appearance is best improved.

So now, my dear boys and girls, who have the bright, invigorating country atmosphere in which to exercise, there is no reason why you may not be physically strong and beautiful. As to mental beauty, we have often discussed the matter, and in this respect I think the boys and girls of Canada, and my nephews and nieces in particular, would not suffer by comparison with any of their neighbors. The "strong man" did not mention anything about skating or coasting, but I'll prescribe a fair share of that on my own responsibility, as I consider it quite safe to indulge in them in connection with other exercise. And you must make the most of

your time now, for old Sol is beginning to assert his rights quite forcibly, and the opportunity of doing so will soon be past, as Whitcomb Riley says, "Ef you don't watch out." And keep wide awake, too, or some fine day soon you'll hear the exulting cry, "April fool." But by that time I hope you'll have another visit from your loving—

UNCLE TOM.

Puzzles.

1—A GAME-BAG'S CONTENTS.

A hunter returned home, after a day's sport, with the following collection of animals: 1, a weight; 2, part of a chain; 3, habitual indolence; 4, a greedy person; 5, a cross woman; 6, a dark color; 7, to endure; 8, a greater quantity; 9, a mound. What were they?

2—SQUARE WORD.

1, land belonging to a nobleman; 2, before; 3, observes; 4, public; 5, relies.

3—ENIGMA.

Without me man is altogether vile,
And mean, and spiritless, you'll own;
Yet that which makes him worthy to be loved,
The very moment that he loves, is gone.

4—DECAPITATIONS.

I am a robber on the sea—
Behold me, I shall furious be—
Again, behold me, and a price
You fix upon me in a trice.
Now, of my head once more bereft,
I'm swallowed up—there's nothing left.

5—EASY REBUS.

STAND TAKE 2 TAKING
1 C THE

Our Library Table.

Our thanks are due to our N. Y. contemporary for a copy of "L'Art de la Mode," which we were much pleased to receive. With such a guide to fashion, our American cousins have only themselves to blame if they do not present an effective and stylish appearance.

According to the student, the nine longest words in the English language are as follows:—Subconstititutionalist, incomprehensibility, philoprogenitiveness, honorificabilitudinitary, anthropophagenerian, disproportionableness, velocipedestrianistical, transsubstantiationableness, proantitranssubstantiationist.

SIMPLE REMEDY FOR EARACHE.—"I am afraid I have greatly interfered with my own practice," said a celebrated aurist, "by giving the following advice to many of my friends. At the first symptoms of earache let the patient lie on the bed with the painful ear uppermost. Fold a thick towel and tuck it round the neck; then with a teaspoon fill the ear with warm water. Continue doing this for fifteen or twenty minutes; the water will fill the ear orifice and flow over the towel. Afterwards turn over the head, let the water out and plug the ear with warm glycerine and cotton. This may be done every hour until relief is obtained. It is an almost invariable cure and has saved many cases of acute inflammation. The water should be quite warm, but not too hot." A better remedy is to drop a warm drop of molasses in the ear. It will stop the pain immediately.

Farmer's Spring Premiums 1895

FLOWER and VEGETABLE SEEDS, ROSES and BULBS:

No. 1—FLOWERS

Aster.
Balsam.
Candytuft.
Convulvulus.
Marigold.
Mignonette.
Nasturtiums (tall).
Pansy.
Petunia.
Phlox.
Portulaca.
Sweet Peas.
Verbena.
Zinnia.

No. 2—VEGETABLES

Beet (blood turnip).
Cabbage, Sure Head.
Carrot, Early Scarlet Horn.
Cucumber, Impr. Long Green.
Cucumber, Cool and Crisp.
Lettuce, Prize Head.
Melon (Muski), Surprise.
Melon (Water), Phiney's Early.
Onion, Globe Danvers.
Parsnip, Hollow Crown.
Pumpkin, Large Cheese.
Radish, Scarlet, Olive-shaped, White-tipped.
Squash, Hubbard.
Sage.
Tomato, Beauty.

No. 3—ROSES and BULBS

ROSES.
Anna de Diesbach.
American Beauty.
Coquette des Blancches.
Gen. Jacqueminot.
Mrs. DeGraw.
Marchioness of Lorne.

BULBS.
3 White Callas.
2 Spotted Callas.
12 Gladiolus.
3 Cannas, Crozy's.
2 Cannas (1 Mad'me Crozy and 1 Childs Crozy).
3 Begonias, single, tuberous-rooted.
3 Caladium Esculentum.
6 Cinnamon Vine.

A grand chance to obtain EGGS FOR HATCHING from prize-winning fowls. A sitting of eggs from either of the following breeds, from the famous pens of Mr. C. J. Daniels, Toronto: Black and White Javas, White Rocks, Derbyshire Red Caps, Silver-Gray Dorkings, Buff Leghorns, Black Leghorns, Golden Wyandottes, will be given for sending five new subscribers, accompanied by \$5. For description of Mr. Daniels' fowls, see Poultry Dept., this issue.

EITHER collection No. 1 or No. 2 will be given for sending the name of one new subscriber, accompanied by \$1. Any one of the roses, or any one collection of bulbs in list No. 3, will be given for sending one new subscriber, accompanied by \$1.

SIBERIAN OATS—The variety of WHITE OATS that has done best in connection with the Experimental Union throughout Ontario, for the last six years, is the Siberian. For the name of one new subscriber, accompanied by \$1, we will give 15 lbs.; or for two new yearly subscriptions and \$2, one bushel, by freight or express, as desired by receiver. Shipped at London F.O.B.

USE ROCK SALT

to salt your stock with. Rock Salt does it for half the money, and is better for them than loose salt.
Price — 50c. per 100, for 400 lbs. or over. Cash with order.

TORONTO SALT WORKS,

128 ADELAIDE ST. EAST. 5-10 TORONTO.

6¢ A BAR
REDUCED
SUNLIGHT
SOAP
REDUCED
A BAR 6¢