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Interest paid on Savings Deposits 4 times a year.



SUPPOSE YOU TRY SMILING. Your burden is heavy, I haven't doubt. But others have loads they must car-

ry about. And they are not whining. Some people are glad if but half of

the way ies out of the shadow, or part of the day, They see the sun shining. Suppose you try smiling.

I know you are lonely, but other hearts ache, And bravely refuse to be bitter or

Because of life's sorrow.

They think of the joy in the land far And hasten the slow passing of hours

of to-day With hopes of to-morrow. Suppose you try smiling.

This funny old world is a mirror, you know, Turn its way with a sneer or face of a foe.

And you will see trouble, But meet it with laughter and looks sical condition is changed the cirfull of cheer. And back will come sunshine and love

true and dear, Your blessings to double. Suppose you try smiling.

All places are open to those who are Too many lack courage, too many are sad.

And skies will be clearing. So sing with your burden, the way is not long,

And if you look upward your heart will grow strong, And skies will be clearing. Suppose you try smiling.

USEFUL BORROWED HINTS.

Tooth brushes should be washed in strong salt water. Warm borax water applied to the scalp will remove the dandruff.

Cold water makes the eyes look bright and keeps them strong. Rice has a finer flavor if washed in hot water instead of cold, before

cooking. Sun purifies and whitens blankets: the sunshine

Brass work can be kept beautifully bright by occasionally rubbing with salt and vinegar. A mixture in equal parts of linseed

oil and vinegar will do wonders in cleaning furniture. Night sweats may be arrested by

rest with salt and water. Scorch marks in linen may be re-

moved with lemon juice and salt rubbed gently on the place and set in the sun A fever patient can be made cool and comfortable by frequent sponging

with water in which a little soda has been dissolved. The odor of the sweet pea is so offensive to flies that it will drive

them out of a sick room, and is generally most agreeable to the patient besides. Bread should never be covered with

a cloth when taken from the oven, but laid on the side and allowed to become perfectly cold; then keep in a rors, the life of a New York book closely covered tin box; without any may be said to have begun. To preserve eggs. To each pail of

water add one quart of fresh slacked lime and one pin' of common salt. Fill your barrel half full of this fluid, put your eggs in it any time after June and they will keep many months.

As freckles are caused by a pigment underneath the skin, to really remove them you would have to remove the skin itself. The best plan, therefore, if you object to freckles, is to make up your mind to wear a veil and carry a parasol. A red parasol protects the face better than one of any other color.

Some people look upon tea as a mere drink. It all depends upon the and refreshing beverage. Sold only ually returned forthwith. in sealed lead packets.

YOUR HUSBANDS.

There are two ways of looking at a husband. One is to make up your mind that he has no faults and to consider him a piece of perfection. The other is to recognize his faults and to make up your mind that you love him ir spite of them. This is the way that will wear. Look out ie good qualities that offset self to the failings. Sensitiveness is after all a form of selfishness, and married life is a perpetual giving up of your selfishness. Don't believe that your husband wants to hurt you, or that he is a selfish brute because he has forgotten something you asked "He would not have him to do. done that when he was courting me,'

No Disease is so Quiet and Stealthy in its Approach as Kidney Disease

That is why it is so dangerous. It may secome deep-seated before you realize the

It is therefore of great importance to recognize the early warning symptoms: pain or dull ache in the back, bladder pains, smarting sensation when urinating, frequent or surpressed urination, sediment in the urine, etc., because in its early stage kidney disease is easily cured by Doan's Kidney Pills.

Mr. Elgin Brisebois, Vernon, Ont., writes:—I was troubled a great deal with kidney trouble. I had to get up four or five times every night, my urine contained a thick brick-dust sediment, I had a pain in the small of my back, and could not sleep at night.

I commence I using Doan's Kidney Pills and in a very short time I was all right again. I am very thankful to have found a cure so speedy in its action.

Dozn's Kidney Pills are 50c. per box or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The Dean Kidney Pill Ca., Toronto, Out.

you may murmur. Very probably But he does other things for not. you that he didn't do then. Think of those and look after your own transgressions in the way of forgetfulness and neglect, and think less of But above all, whatever his faults, don't nag.

WHY DO WE FEEL AFRAID?

The mechanism of that sensation which we call fear is declared by Dr Binet-Sangle of Paris, to be the explanation itself of the unpleasant feeling. He describes the mechanism

as follows: A sensation of horror is felt by the mind at the approach of any combination of circumstances which may limit one's action or energy in the world, even for the shortest space of On the sensation impressing time. itself upon the brain a physiological modification takes place in the organism, the normal status being upset in such a way as to cause the judgment to fail. In the ordinary state of mind the electrical currents of the body and the brain are in perfect working order, and once this phycuits begin to be interrupted and you feel, for example, your lower extreof the brain, which prevents the whole system from acting as it would.

The truth is admitted by those best very small percentage of men that are her action. really "cowardly" in the sense in which that nasty word is generally And, if you just reflect, you used. will remember that it is the majority of men who possess self-respect, not at all the minority, else what would really become of this world of ours. And the quality of self-respect is that which moves a man in the struggle for life, almost as much as the desire not to be dead-which is really they should be frequently hung out in fights, feeds his mind and so on. the reason why man works, cats

THE MAKING OF A BOOK

First write your book-and, in this case, by "book" is meant a regula-tion \$1.50 govel, says Arthur Steadman in the New York Sunday World. Whether it be a study of life in New sponging the body before retiring to York's Italian quarter, or a romance of the Civil War, is of no particular consequence when it comes to having it copied-the charge for typewriting will be about \$40. This expense may be avoided, if you are a man, by having a wife who is an expert on the machine.

> Some writers of novels compose directly on the typewriter, but by general consent the product is apt to be of the machine-made order. country editors compose their editorials at the case, but they do not command metropolitan salaries.

Having received your typewritten copy, and having carefully gone over it for your own and the copyist's erthen incumbent upon you to offer the finished product to a publisher, which whether their clothes are ironed on ared years of handicap, he sees the you accomplish by sending him the Tuesday or Wednesday, provided they joke long before you do. When you manuscript in a flat parcel (manu- are neatly laundried and mended, script should never be rolled) with a ready for them to don Sunday morn- point, you see him laughing at you brief letter describing its purport.

The publisher on receiving your sure will sink deeply into their memmanuscript records and acknowledges ories, and, in after years, will form a retirement with his friends. its receipt, and it is then turned over part of the beautiful dream of child- canon has been with us four years, to one of his readers, who may be a hood. salaried employee at \$20 to \$30, or who may be an "outside" reader careful housekeeper; she is the only dents connected with the joys and working at \$1 an hour. Sometimes a brief examination at the office suf- look to it well that she holds the cloudy as to dates. He came to this fices to show that the work is not affection and admiration of her hus- country about seventy years ago. For suited to the publishing arm in ques- band and children and that she does many years after his admission to the tion, but in the case of a house which not make the mistake of allowing a priesthood he was stationed in New publishes fiction, each manuscript of broom or a dish-cloth to rob her of Orleans, where he was and is still a novel is usually examined by at their comradeship. It all depends upon the least two readers. If their reports "Salada" Tea is a delicious agree on an adverse verdict, it is us-

Having passed the ordeal of the readers, and having been passed on by a member of the firm, terms are in it, let it stand over night, then much effect upon the intestines, and offered to the author and a contract take six pounds of white sugar, and to overcome costiveness the medicine submitted for his approval. The usual basis of compensation to a new quite cool strain the juice into it, tion of these canals. Parmelee's author is a 10 per cent. royalty on and squeeze as much oil from the Vegetable Pills are so made under the retail price of the book, the pub- grated rind as will suit the taste. A the supervision of experts, that the lisher assuming all expense. In the tablespoonful in a goblet of water substance in them intended to opercase of a \$1.50 novel, this would be will make a delicious drink on a hot ate on the intestines is retarded in 15 cents on each copy sold. Success- day, far superior to that prepared action until they pass through the ful novelists, however, receive as high from the stuff commonly sold as lem- stomach to the bowels. You will find them if you custom of paying them varying sums Strawbe take the trouble. Then make up in advance of royalty, on delivery of strawberries, crush them in a cloth, your mind that you will adapt your the manuscript, but latterly many and press the juice from them; to publishers compromise by promptly each pint of it put a pint of simple alike. paying royalty on the number of copies ordered by booksellers at the time let it become cold, and bottle it, cork cars? When special.

of publication. In the care of a new author, a small edition, usually under 2,000, is and serve in small cumblers half fillprinted and bound. The cost of the ed. plates, including composition and electro-typing, of a 300-page novel is from \$250 to \$300. To this must be added \$100 to \$125 per 1,000 for paper and printing, and anywhere from 20 cents per copy upward for binding. Ordinarily book paper costs from four and a half to five cents per pound. A cover design will cost \$20 or \$25, and the plates for stamping the same \$20 more. The cost of binding varies with the quality of the cloth used, with the amount of gold leaf and with the number of different stampings in colored inks.

The cost of the plates of a book the type pages), so large proportionately in one having a small sale, practically disappears as the sales get into the ten thousands. Publishers reckon on a novel costing 20 per cent. of the retail price. Illustrations add to, and are counted with, the cost of the plates, but are rarely used in the case of a new author. Leading publishing firms will not publish novels, even at the author's expense, unless they believe them to loaf sugar and reduce it to a syrup contain elements of merit and suc-Such as they do publish, by new authors, they are generally ready remove the rinds and add the strainto back with \$200 of advertising (in ed juice of the lemons; put one bottle some cases \$500). In the case of a of carbonated water and a block of

If the book fails to respond they retrench. For a \$1.50 novel the publisher will receive from "the trade" 50 cents per copy for small lots, varying some- ing as a president, probably the oldtimes to 75 cents for very large lets- est priest in the world. He is Canon though seldom under 78 cents. His J. C. Moynihan. He is active, he profit above the first cost of plates, eats well, he sleeps well, he laughsmanufacture, advertising and autho: 's oh, so heartily-and he declares that royalty, is the gross profit on the he can place a man of 70 on his back From the gross profits on all in a twinkling. Were it not for his his books must be deducted his rent, advanced age, he says he would be a salaries and other running expenses bishop and very likely the Archbishop before a net profit on his business is of New Orleans. Father Moynihan is 100 years old.

GOOD HOUSEKEEPING AND COMMON SENSE.

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The woman who boasts that she has a certain time for each household look at him as closely as you desire task and that she never allows any and you will find no flaw in the asmities less firm under your torso. In event, save the most serious illness, sumption that he is only three score many cases (and remember you may to cause her to deviate from the us- and ten. be the brayest man in the world, fear ual routine, may stand at the head having nothing to do with your es- of the list of good housekeepers in her mestic lines for, what the neighbors on every tongue.

and the woman who does everything ors. haphazard, as it comes, labors to a formance of a certain task on a given I live ninety years more. holiday or family excursion.

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They don't mold men now like Canon Moynihan. He came into earthly being May 3, 1808. He looks like a man of 70. He asserts that he feels like a man of 70. You can

When Canon Moynihan was born in the little town of Kanturk, County sential spirit) you begin to tremble town or neighborhood, but we doubt Cork, Ireland, they were still talking simply because of the general conorgans, brought piest. Generally speaking, it is a There was a whisper here and there about by the fact that your brain is bad thing for the comfort of a famof the "wearing of the green," but not working normally. In other ily when the housewife has too exaltit has to be only a whisper. The rewords, fear is a temporary paralysis ed a reputation to sustain along do-bellion of ten years previous was still Canon Movnihan will think and not what is for the was born into an atmosphere of revobest good of the loved ones whose lution. His baby lips learned the opinion should be worth more than all syllables of every Irish song that entitled to know that it is only a the world to her, frequently influences moves a Celt to action. The sight of a red coat was both a horror and It is true there can be no peace or an indignation from the moment his comfort in a family without order, baby eyes learned to discriminate col-

"I mind them still," said Canon great disadvantage, but order should Moylihan, as he rose from his easy be made to conform to the conven- chair and flourished ominously the ience of the family to it. In the best cane in his hand. "I mind the solregulated households circumstances diers well. That's ninety years and may and do arise which make the per- more ago. I'll never forget them if

day far more disorderly than to A rugged deep-chested man is Canpostpone it until a more propitious on Moynihan. He must have been a And the sensible woman will man of great strength in his day. not hesitate to interrupt the usual He has plenty of gray hair about his routine occasionally for some little temples, although the upper head is lt bald. And his eyes. They twinkle matters little to the boys and girls and then twinkle again. With a hun-

knit your forehead to find out the fine

Canon Moynihan is now living

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When is a child at school and a rope

When is a message like a train of

When is a man like Mount Blanc?

When are silks like the clouds?

When is a book like the holy days?

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arising from impurities clogging the sys-

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said Mrs. Margaret O'Neil.

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No; let all honor be given to the his memory is of the best about inci-

one worthy of the name; but let her sorrows of his life, it is sometimes

Lemon Syrup.-Take the juice of which dissipate themselves in the

ing. But a day's unexpected plea- under his shaggy brows.

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Strawberry Syrup.—Take fine ripe

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to taste with water, set it on ice,

Strawberry Sherbet .- Tike fourteen

ounces of picked strawbernes, crush

them in a mortar, ther add to them

a quart of water; pour this into a

basin, with a lemon sliced, and a tea-

spoonful of orange flower water; let

it stand for two or three hours. Put

eighteen ounces of sugar into another

basin, cover it with a cloth, through

which pour the strawberry juice; af-

ter as much has run through as will,

gather up the cloth and squeeze ort

as much as possible from it; when the

sugar is all dissolved, strain it again; set the vessel containing it on ice un-

Raspberry Vinegar .- To four quarts

of red raspberries put enough vinegar

to cover, and let them stand twenty-

four hours; scald and strain it; add a

pound of sugar to one pint of juice: boil it twenty minutes and bottle; it

is then ready for use, and will keep

for years. To one glass of water add

a large spoonful. It is much relish-

Lemonade.-Take half a pound of

with one pint of water. Add the rind

of five lemons and let stand one hour;

til ready to serve.

ed by the sick.

novelist of assured reputation and ice in center of bowl. Peel one lem-

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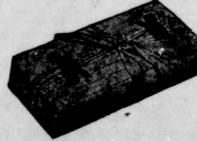
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