

and I have just read UPS AND DOWNS. My husband is at church and my children are in bed, and I thought I would write and tell you we are all well and happy. I hope everyone at the Home is the same and the Doctor better. Dear Miss Loveday, when you are writing to me do you mind telling me where Hannah Brown, Bertha Jordan and Gertie Evans are, and how they are getting along? I have looked all through UPS AND DOWNS to see if I could see anything about them, but have not so far. They were in the same cottage with me. I must tell you I expected to come East this year, but as baby is rather young to take such a trip I cannot think of it; but if all is well I hope to come next year. My husband is still working in the smelter. I think this town is picking up again; there is plenty of work for girls, and very few to be found. We are having lovely weather now; we had a very late spring and summer for this country. My husband wished me to remember him to you and say he likes UPS AND DOWNS and thinks it is a very cheap paper. With love to all, yours truly, FLORENCE DUCK.

Rose Galway (now Mrs. Wesley Wynne) writes:

DEAR MISS LOVEDAY—I took a long time to answer your letter, but it was a case of necessity. Our little village was stricken with small pox. No doubt you read of it in the paper. The post office was quarantined and a number of residents, so I thought it would be wise of me not to write till all the danger was blown away. Well, about twelve weeks ago scarlet fever was raging among the children; then they were all quarantined six weeks; but I don't make a practice of running around, and escaped everything. I hope you and all the old friends are well. I should like to be remembered to Miss Pierce, and is Julia Richard so still in the Home? I am going to write to her some day. I am not the only Home child around here. There is George Robinson, he is married and has two children; Jack Barny with one child and his brother and sister and a half-sister; Walter England and myself, all from the Home, and all have 160 acres of land and are doing well, so I think this must encourage you all in the good work you are doing. You see, 160-acre farms five of them amount to 800 acres, and valued at \$9 per acre means \$7,200; but that is the smallest price going. We are expecting Wesley's mother and step-father. She calls me all the little daughter she has, and Stanley is the first grandchild. If they come we are going to get 100 acres more, and that will be a half section. I am baking for seven besides our boys, trying to earn myself a pony, and as soon as I can get fowls and things around me I intend to donate to the Home. Where shall I send the money for UPS AND DOWNS? Is it all paid for? I should like to take it again. I wish you could give me the last address of Fizzie Berry, the one that came to the Wesley's mother and step-father. Fizzie and I lived together for six years before coming to Canada, and I always loved her as a sister;

also Alice Cuttress, Polly Robinson and Caroline Simpson. I should like to write to them all. Walter England is the business man of M., and Jack Barny's brother is a section boss, getting \$50 a month. With love from Stanley and me, I remain, yours truly, ROSE GWYNNE.



#### Dressing.

WE are what we make ourselves, and no girl or woman should resign herself to being a dragged drudge all her days. Of course, rough, heavy work does not demand elegant or even tasteful clothing; but if girls will be prompt and energetic, every night ought to see the heavy work done in time for a girl to wash herself and put on some tasteful, pleasant clothing. Not "any old thing," but a clean, fresh shirt waist, a neat, whole, clean skirt, some pretty ribbon or tie and a nice white apron. "Oh, I can't be bothered," says the weary girl; but just give it a trial, and you will find the wash and change of dress have rested you, and you can take up a book or your sewing with keener interest and enjoyment. It is due to yourselves, girls, once in every day to be seen respectable, neat and tidy and to forget for a time the burdens and duties of life. You will do your work better, quicker and more accurately if you make an effort daily to secure the time for this change. It may cost a little money, but you can easily spare that off your Sunday clothes, which are, generally speaking, as much too smart as the working ones are too shabby and dilapidated.



#### Peterborough Fair.

PETERBOROUGH Fair brought some of our girls in for a chat. Kitty Lloyd, doing very well and looking bright and happy; Ellen Terry, in good spirits and liking her place; and Josephine Newton, also well and full of hopes for the future.



WE have some nice photographs on hand, but we wish our girls would write their names on the back of their pictures before we post them, as they are apt to get