

# A Page for the Leisure Hour.

## POEMS.

### FRIENDSHIP.

Everything upon earth  
To the sunlight is born;  
Every thorn has its rose,  
Every night its glad morn.

For the plain God made grass;  
For the field made He wheat;  
For the air, the swift wing;  
For the night, the retreat.

Every tree has its green;  
Every bee its supply;  
Every wave its refrain;  
Every grave its bright sky.

In this world, where things lean  
To their mutual part,  
The flower is for the stem,  
And the friend for the heart.  
—From the French by H. H. Pittman

### THE UNATTAINED.

There is a flower we cannot find,  
Whose home is on the height,  
Some mountain peak of soul or mind,  
Above our veiled sight.

The yearning fancy pictures it,  
In day dreams bright and bright,  
Where countless rays of glory fit  
And nourish it with light.

Our eyes the vision cannot hold,  
So beautiful and fleet,  
The perfume heavenly sweet,  
And this we know the wondrous flower.

By dust of earth unstained,  
Was born in some celestial hour,  
And called The Unattained.  
—William Hamilton Hayne

### A LOST DAY.

How many tasks I planned at dawn!  
I said, "When this fair day has gone  
To count the work my hands have done  
Between the rise and set of sun  
I shall be fully satisfied."

And when I wove a web of dreams,  
And hours slipped by like sunny streams,  
Unnoted in their rapid flight,  
And when I roused myself, at last,  
To set, I found the day was past,  
And sunset fading into night.

Oh foolish dreams, oh wasted day!  
This, and this only, can I say—

"Not one good deed my hands have done."  
How much I might have done, had I  
But used the hours as they passed by,  
But I have squandered every one.

God gives His days for us to use  
For some good purpose. If we choose  
To squander them, how great our sin!  
I shudder, when I think He keeps  
A record of them all, and weeps  
To see the misspent ones therein.

Oh ye who give to dreams God's hours  
And never speak a word,  
Of idle moods and weak delay;  
Rouse! make to-morrow's record fair,  
Be this the angel's entry there,  
"To-day atones for yesterday."

### SILENCE.

Inaudible move day and night,  
And noiseless grows the flower;  
Silent are pulsing wings of light,  
And voiceless fleets the hour.

The moon utters no word when she  
Walks through the heavens bare;  
The stars forever silent flee  
And songless gleam through air.

The deepest love is voiceless, too;  
Heart sorrow makes us moan;  
The crowding years as they pass by  
How calm the rose full blown!

The bird winging the evening sky  
Flies onward without song;  
The crowding years as they pass by  
Flow on in muted throng.

The fishes glide through liquid deep  
And never speak a word;  
The angels round about us sweep,  
And yet no voice is heard.

The highest thoughts—no utterance  
find,  
The holiest hope is dumb,  
In silence grows the immortal mind,  
And speechless, deep joys come.

Rapt adoration has no tongue,  
No words has holiest prayer,  
The loftiest mountain peaks among  
Is stillness everywhere.

With sweetest music silence blends,  
And silent praise is best;  
In silence life begins and ends;  
God cannot be expressed.  
—Bishop Spaulding.

A MILE of Eastern Roses scents ONE  
flask;  
A HUNDRED resolutions urge ONE  
deed;

He who would here fulfil his daily task  
On noblest thoughts must feed—  
Grow gardens for a seed.

cheerer of a depressed soul, and in-  
sures prosperity in love affairs. It  
was known for ages as the lucky  
stone. It also produces health and  
fortune.

## Lloyd-George's Personality.

Mr. Lloyd-George's vivacity and  
versatility render him very difficult  
to portray with fidelity. No sooner  
have you finished one phrase than lo!  
It is gone, and an entirely different  
individual seems to occupy his place.

A slender man, with flowing hair and  
a slight stoop; a long frock coat sug-  
gestive of the platform manner; a  
broad white forehead, long lines of  
laughter, which play without re-  
straint all over his face; mercurial  
eyes, riotously twinkling, overflowing  
with humor and sentiment and sym-  
metry; a mobile mouth, with a small  
moustache sufficiently characteris-  
tic to tempt any caricaturist.

He seems always on the watch, like  
a cat waiting to spring, and even in  
 repose he remains astonishingly alert.  
His frail body dances on wires, and  
e is easily excited; he is full of sen-  
timent, but quite capable of control-  
ling it; a man of ideals, yet in no  
sense a visionary; a practical man  
and something of a philosopher.

His charm is expressed in so many  
different ways that it is difficult to  
capture. Few other people are so  
convincingly earnest; few have  
ever contrived to combine deference  
with determination in so conspicuous  
a manner. He is the best of listen-  
ers, never interrupting, always ready  
to pause in an argument and con-  
sider an objection.—Herbert Vivian

## Concerning the Ocean.

The oceans occupy three-fourths of  
the surface of the earth. A mil-  
lion in the sea the water has a  
reservoir of a ton to every square  
inch.

If a box six feet deep were filled  
with sea water, which was then al-  
lowed to evaporate, there would be two  
cubes of salt left in the bottom of the  
box. Taking the average depth of the  
ocean to be three miles, there would  
be a layer of salt four hundred and  
forty feet thick covering the bottom,  
in case all the water should evapo-  
rate. In many places, especially in the  
north, the water freezes from the  
bottom upward.

Waves are deceptive things. To  
look at them one would gather the im-  
pression that the whole water travel-  
led. This, however, is not so. The  
water stays in the same place, but  
the motion goes on. In great storms  
waves are sometimes forty feet high,  
and their crests travel fifty miles an  
hour. The base of a wave the dis-  
tance from valley to valley is usually  
considered as being fifteen times the  
height of the wave. Therefore a  
wave twenty-five feet high would have  
a base extending three hundred and  
seventy-five feet.

The force of waves breaking on the  
shore is seventeen tons to the square  
inch.

## Nature Notes.

Camels can not swim.  
The spider eats daily twenty-six  
times his own weight.

The chiton, a mollusk, has 11,000  
separate eyes.

A bee visits 3,500,000 flowers in  
gathering one pound of honey.

The green finch is the first bird to  
get up in the morning. His hour is  
1.30.

The skin of the whalebone whale,  
boiled to a jelly, is a favorite dish of  
Danish epicures.

The bon-constrictor, Buckland, the  
naturalist, declares, tastes like veal,  
only finer and sweeter.

The highest leap ever made by a  
horse was 7 feet 8 inches, a leap made  
in 1793 in London by Black Bess, a  
thoroughbred.

The South Sea Island fisherman  
throws into the water a poison ex-  
tracted from a certain bark. The  
fish stupefied, at once came to the sur-  
face, and are gathered in by hand.  
The flesh is quite as wholesome as  
though they had been netted.

## Home Mottoes and Sentiments

The custom of having a hearth  
motto is a very old one, as is proved  
by many of the fireplaces found in  
Great Britain and which were built in  
the eighteenth century. They are  
full of suggested hospitality, which  
was very real in those days. Of late  
there have been mottoes and senti-  
ments of all descriptions framed  
ready to be placed in the various  
rooms of the household, but the carv-  
ing of the fireplace, library, and  
dining-room motto as part of the de-  
corative scheme is just being essayed  
in country houses on this side of the  
water. Over the fireplace either  
above or below the mantel, is the  
proper place for placing the motto.  
The following are some good senti-  
ments:

East or West, Home is Best.  
A man's home is his castle.  
Home is the resort of Love, Joy and  
Peace.

Our house is ever at your service.  
You are very welcome.  
Take the goods the gods provide  
thine.

May we never want a friend.  
O, ye fire and heat, praise ye the  
Lord.

All mine is thine.  
If one wants a Latin inscription  
try "Deus nobis hanc otia fecit,"  
meaning "God hath given this rest to  
us."

A library done in with wood panel-  
ing and fireplace is especially fitted  
for a hearth motto, and mottoes  
placed over the doors and windows,  
large old English lettering being  
used. These lines are good for such  
use:

There is an art in reading.  
The monuments of vanished  
nations.

Infinite riches in a little room.  
Some books are to be tasted,  
others to be swallowed, and some few  
to be chewed and digested.

Over the library at Thebes is the  
inscription, "Medicine for the Soul."  
We are all familiar with the ever  
lovely—

Old wood to burn.  
Old friends to trust.  
Old books to read.

Mark Twain had over the fireplace  
in his Hartford home these lines:  
"The ornament of a house is the  
guests who frequent it." Authors  
seem especially fond of the hearth  
motto. We find William D. Howells  
has "Homemaking hearts are the  
happiest," and Henry James has  
adopted the trite Japanese saying—  
"Hear no evil, see no evil, speak  
no evil." What a splendid  
motto Dickens's words—"Reflect  
upon your present blessings, of which  
man has many, not on your past mis-  
fortunes, of which all men have  
some"—would make. Most of us  
could adopt that with profit.

In the nursery, whether there is a  
fireplace or not (let us hope there is),  
some praise for the eyes of his divi-  
nity and the lover, who is for the time  
being something akin to a poet, though  
he may not express himself in verse,  
is rarely at a loss for some com-  
parison which is none the worse for not  
being exactly original.

And there has never been any

we should find Robert Louis Steven-  
son's  
The world is so full of a number of  
things,  
I'm sure we should all be as happy as  
kings.  
Also Pope's old couplet so familiar:  
Behold the child, by Nature's kindly  
law  
Pleased with a rattle, tickled with a  
straw.  
Other suitable quotations for the  
children are "God rest ye, little chil-  
dren," and "A child in the house is a  
well-spring of pleasure."

Nearly every room may have its  
individuality emphasized by a motto,  
and in placing these pleasing inscrip-  
tions remember that it is not a new  
but a very old custom that we are re-  
viving. Over a long buffet built in  
the side of a dining-room this line  
would be good—"Now good digestion  
wait on appetite." For a music  
room try these—"Music is said to be  
the speech of the angels." "The old-  
den soul, of harmony."

In many parts of Bavaria and Sax-  
ony a French writer tells us that the  
welcoming motto is most popular, and  
cites the following as examples:  
God bless thy coming in and thy  
going out.

Let the blessing of God rest upon  
this house, and upon all who enter  
or leave it.

In an English home at Winchester  
we find above the door this charming  
sentiment—"Farewell goes out sigh-  
ing; welcome ever smiles," and a hall  
panel has, "The Lord keep thee in thy  
going out and coming in." We are  
all familiar with the word "salve,"  
meaning welcome, that is found quite  
often in the vestibules of hotels or  
public houses where meals are served.  
It is not an advertisement for salve,  
as a man told his wife.

Speaking of the entrance motto re-  
minds us of the Welsh door verse that  
reads:—  
Hail, guest. We ask not who thou art.  
If friend, we greet thee, hand and  
heart;

If stranger, such no longer be;  
If foe, our love shall conquer thee.

To read at the house warming  
when the new house is all finished  
these lines, written some time ago by  
Jessie S. Frie, called "The New  
Room-Tree":

Beneath the friendly lintel of this door  
They pause, joy-motes—these two—  
and hand in hand,  
They dream of little cares that love  
has planned.

And home-comings, when the day's  
work is o'er;  
They see across the gleaming stairs  
and door  
Wee, winsome shapes that flit and  
frolic, and  
Almost their glad, expectant cheeks  
are fanned  
With baby breaths the rich years hold  
in store.

And so love's long-expected heritage  
Is theirs at last; with eager, trum-  
bling hands  
They grasp its warmth and won-  
der; to their eyes  
Life's glowing mists, opens page on  
page—  
The sacred book love only under-  
stands.

The love of home, that only makes  
men wise.

How Highly do you  
Value Your Eyes?

More pretty things have been said  
about the eyes than any other feature  
of the loveliest face. They have been  
called the windows of the soul, they  
have been likened to the stars for  
brightness, to a well for untroubled  
calm, to the flowers, and I know not  
what beside. No poet but has had

some praise for the eyes of his divi-  
nity and the lover, who is for the time  
being something akin to a poet, though  
he may not express himself in verse,  
is rarely at a loss for some com-  
parison which is none the worse for not  
being exactly original.

And there has never been any

more unanimity on the subject of the  
color which has the highest claim to  
beauty. The Greeks sang impartially  
of Here the cow-eyed and Athenes  
with eyes like the sea, so we may  
imagine that they admired both soft  
deep-brown and grey-blue orbs.  
"Night harbors ever in her eyes,"  
said an Elizabethan lover of his lady,  
and Herick pictures for us very  
clearly a fair English girl in the verse  
that begins "Blue are her eyes as  
summer skies." Even green which  
is not the popular choice, has found  
at least one poet hardy enough to put  
himself forward as its champion, and  
that among a dark-eyed race. It is  
the author of the "Spanish Student,"  
who speaks of "soft emerald eyes."

But though there may be any num-  
ber of different opinions as to the  
most beautiful color for eyes, there is  
none as to certain other characteris-  
tics. They must be bright and clear,  
and given these qualities all eyes may  
be beautiful. This fortunately is a  
matter within the power of each one  
of us, since it depends mainly on our  
bodily health and the treatment we  
mete out to our eyes. Apart from

the question of appearance, there is  
that of the sight itself, and unless we  
keep the eyes in good condition we  
shall certainly not get their best ser-  
vice from them. In other words if  
these windows of the soul are not  
kept bright and shining, how can the  
brain behind them see through?

Have you ever thought what our  
eyes have to do all through our wak-  
ing hours? How they are recording  
and passing to the brain the correct  
image of everything that comes with-  
in their ken? To do this there is a  
most delicate and complex system of  
nerves and muscles which adapt  
themselves with lightning rapidity to  
every change of distance. We look  
now at a crag or a building a quarter  
of a mile away, and the next instant  
at a page of small print in our hand.  
In a way these changes are good for  
our eyes, especially does it rest them  
to look at distant objects, and those  
whose work compels them to read,  
write or sew for many hours at a  
time will do well to lose no oppor-  
tunity of letting their eyes roam idly  
over open country. If there is no  
chance of this, cultivate the habit of  
not always observing every detail of  
the things which surround you. There  
is no danger in using the eye even to  
the point of fatigue provided it gets a  
period of rest in which to recuperate.

(To be continued.)

A useful little case to lay dollies  
away in is made of two pieces of card-  
board, round or square, and a little  
larger than the dollies. Cover neatly  
with linen and connect by means of  
elastic.

Sunday Services.

Cathedral of St. John the Baptist—  
Holy Communion every Sunday at 8  
a.m.; also on the first Sunday of the  
month at 7 a.m. and 8 a.m.; and 2 noon.  
Other services at 11 a.m., and 6.30  
p.m.

Saints' Days—Holy Communion, 8  
a.m.; Matins, 11 a.m.; Evensong, 6.30  
p.m.

Other Days—Matins, 8 a.m.; Even-  
song, 5.30 p.m.; (Fridays, 7.30 p.m.,  
with sermon.)

Public Catechizing—Every Sunday  
in the month at 3.30 p.m.

St. Michael's Mission Church, Casey  
Street—Holy Communion at 8 and 12  
on the 3rd Sunday of the month, and  
8 on other Sundays. Other services,  
11 a.m. and 6.30 p.m.

Catechizing—Second Sunday of the  
month, 3.30 p.m.

Sunday Schools—Cathedral, at 2.45  
p.m.; Mission Church at 2.45 p.m.

Cathedral Men's Bible Class, in the  
Synod Building every Sunday at 3 p.m.  
All men invited to attend.

St. Mary's Church—Matins at 11;  
Evensong at 6.30.

Brookfield School-Chapel—Even-  
song at 3 p.m. Sunday School at 4 p.m.

St. Thomas's—Holy Communion on  
the third Sunday in each month, at  
noon; every other Sunday at 8 a.m.  
Morning Prayer at 11 a.m. Evening  
services at 2.45 and 6.30 p.m. Daily  
—Morning Prayer at 8 a.m.; every  
Friday evening at 7.30, prayer and  
sermon.

Holy Baptism ever Sunday  
at 3.45 p.m. Public catechizing third  
Sunday in each month at 3.30 p.m.

Christ Church (Quid Vidi)—Holy  
Communion second Sunday, alternate  
months at 8 a.m. Evening Prayer  
third Sunday in each month, at 7 p.m.;  
other Sundays at 3.30 p.m.

Virginia School-Chapel—Evening  
prayer every Sunday at 3.30 p.m. Pub-  
lic Catechizing third Sunday in each  
month.

Sunday Schools—At Parish Church  
at 2.45 p.m.; at Christ Church, Quid  
Vidi, at 2.30 p.m.; at Virginia School  
Chapel, 3.30 p.m.

Gower St.—11, Rev. F. R. Matthews  
6.30, Rev. Dr. Cowperthwaite.

George St.—11, Rev. C. A. White  
marsh, 6.30, Rev. J. W. Bartlett.

Cochrane St. (Methodist College  
Hall)—11, Rev. J. W. Bartlett, 6.30,  
Rev. C. A. Whitemarsh.

Wesley — 11, Rev. Dr. Cowperth-  
waite, 6.30, Rev. F. R. Matthews.

Presbyterian—11 and 6.30, Rev. J.  
S. Sutherland, M.A.

Congregational—11 and 6.30, Rev.  
W. H. Thomas.

Salvation Army—S. A. Citadel, No.  
Gower Street, 7 a.m., 11 a.m., 3 p.m.  
and 7 p.m.; S. A. Hall, Livingston  
Street—7 a.m., 11 a.m., 3 p.m., and  
p.m.; S. A. Hall, George St.—7 a.m.;  
a.m., 3 p.m., and 7 p.m.

Adventist Church, Cookstown Rd.—  
Regular Service, 6.30 p.m., Sunday at  
Saturday at 3 p.m.

Bethesda Mission—193 New Gower  
Street, Sunday services at 3 p.m.  
and 7 p.m. Service every week di-  
vening, excepting Saturday, com-  
mencing at 8 o'clock.

## 5 Cases FRESH COUNTRY EGGS

Cal. Navel Oranges.  
Tangerines.  
Bananas.  
Wine Sapp Apples.  
Val. Oranges, 15c. 20c.  
Lemons.  
Cauliflowers.  
Hydrology Green Cabbage.  
Irish Potatoes.  
New Zealand Butter.  
Finnan Haddies.  
Fresh Oysters.

We sell  
MOLASSINE.  
BULLDOG TEA.  
The old standard brand,  
formerly 40c. lb. Selling  
now less duty,  
33c. lb.  
5 lbs., at 30c. lb.  
20 brls.  
No. 1 SALT HERRING  
(Split).  
\$4.00 brl.  
10 brls.  
No. 1 WHOLE HERRING.  
\$3.50 brl.

## T. J. EDENS,

151 Duckworth Street, 112 Military Road.

## Instant Postum—Small and Large Size.

Fresh Chilled  
Mackerel,  
Fresh Frozen  
Herring,  
Fresh Rabbits,  
Smok'd Haddies,  
Smoked Kippers  
Fish Sounds.

California Lima Beans,  
Coffee,  
If your morning cup doesn't  
taste right, don't blame the cof-  
fee. Sometimes it's the cook's  
fault, sometimes the coffee pot.  
If conditions are right you  
won't make poor coffee with our  
brands, viz:  
LOOSE ..... 30c. & 40c. lb.  
CHASE & SANBORN'S "Seal"  
Brand ..... 45c. lb.  
RED ROSE, Crushed, ½'s & 1's.  
BARRY'S, 1 lb. tins, 30, 35 & 40c.  
"KITT" & "CAMP" COFFEE ES-  
SENCE.  
STIMULON'S COFFEE ES-  
SENCE, rep. quarts, 75c. bot.

## C. P. EAGAN,

Duckworth St and Queen's Road

## The Useless-ness of Lies.

Please get it right out of your minds  
at once that it is necessary to speak  
untruths to be tactful. A liar is never  
tactful. His or her methods are too  
crude, and generally pan out unsatis-  
factorily.

It is tactful to be pleasant. If a  
customer in a shop is rough or rude  
it is better to soothe them than to be  
rude in return. You are much more  
likely to effect a sale. In intercourse  
with the other girls, use tact.

Office girls also need to cultivate  
tact. I have known young lady  
clerks and typists greet the caller  
with an assurance that the principal  
will not see him, even before they  
have taken the trouble to find out.  
They hurt this information at the  
unlucky one's head in a snappy voice.  
It would be much better to be pleas-  
ant and find out the business of the  
caller, and then tactfully suggest he  
should call again if her employer be  
busy.—Nellie Glasco Wicks in "Chat."

MINARD'S LINIMENT CURES GAR-  
GET IN COWS.

## T. J. EDENS,

151 Duckworth Street, 112 Military Road.