

MAN'S DUTY TO BE HAPPY

Otherwise He Can Never Be Useful in Any High or Valuable Sense

"But they that wait upon the Lord shall renew their strength."—Is. xli., 31.

It is the dull grind and monotony of life that makes it so hard to bear for the 99 per cent. of us. Sometimes it seems as though we spend all our days toiling, wearing strength, and hope, and heart away for no other end than to gain just bread and shelter so as to keep the machine in condition for further toil.

How hopeless is the outlook of many a life! The mother with the weary round of home duties day after day, the father who goes to the same task year after year, seeing the same people, doing the same things, and coming home at the day's end with the same weariness, only augmented as age makes itself felt—all who toil feel at times these depressing limitations.

Little wonder that lives snatch at every fleeting, alluring promise of relief, through amusement, through anything that offers change and excitement. Little wonder that, robbed of opportunity for vision, they foment blind discontent, so that we all feel there is a mighty substratum of wretchedness and of menace lying under our social order.

Yet there are few lives, perhaps no worthy ones, without tasks that often seem monotonous and become matters of dull grinding that bring weariness and longing for relief. All worth-while work involves much tediousness, painstaking exertion. All great things stand for so much life poured out, and life is never poured out.

WITHOUT PAIN AND LOSS.

The stern Puritan was doubtless wrong when he saw nothing in life but repression and harsh duty, but he was nearer right than he who looks only for frivolity and amusement. Life is too large a business to be always light and trivial. Yet we must not allow its high purposes to be thwarted by robbing ourselves and our fellows of all joy and brightness and converting life into dull, mechanical servitude.

How may we find that proportion of toil and relief, that happy mixture of duty and delight that shall make life not only endurable but also useful, fruitful and enjoyable?

BUILDING UP A NEW NOSE.

Very Curious and Costly Surgical Operation.

The Westminster County Circuit Court, London, England, has awarded the Derma Featural Company fifteen guineas, the balance due for "building up a new nose" for a Mr. Spence. Seven pounds had already been paid.

According to a surgeon, the operation of building up a new nose must necessarily be an expensive luxury.

"The entire result," the doctor said, "depends on the skill of the operator, whether he decides to make a clean incision and cut away a too prominent portion of the cartilage or bone, or whether he uses the paraffin wax method. In this, liquid paraffin wax is injected through a tiny puncture in the skin, and then the wax is moulded by the operator into the desired shape. The strictest antiseptic precautions must be observed, or very serious disfigurement may result.

"In other cases where, through burns or lupus, the skin on the nose has been destroyed, transplantations of skin from the forehead or finger must be made. In a recent case the skin of the little finger of one of the patient's hands was partially stripped off, and, while still getting its natural blood supply from the finger vessels, the arm being bound to the side with the hand over the face.

"The operation was tried three times unsuccessfully on this patient because, after two or three days, before the finger skin had become sufficiently firmly engrafted to allow its being cut away from the finger which supplied

It would be easy to try to give comfort by the philosophy which sees the fine fruitage that is coming from to-day's stern discipline. That fair fruitage is coming, but the trouble is it is now too far off to give us much comfort now; we want something nearer and more easily apprehended. Then, too, the truth is no high fruitage will ever issue from a life crushed by slavish subjection.

After all, what life is to every one of us depends not on the demands of outer circumstances, but on the development of the life within. The heart determines the worth and beauty of life. It makes all the difference whether the physical determines its circumference or whether you have an intellect that is reaching out to the things unmeasurable and a soul that grows into glory indescribable.

You can tie a great soul down hand and brain to a loom or a machine and he will still see his visions and dream his deep, refreshing dreams; you can set the brutish being down in a gallery of the world's treasures of art and beauty and he will think of nothing and see nothing but.

BREAD AND BEER.

We must do our dull and heavy tasks, but we can do them and not be crushed by them so long as within there are fragrant memories, high aspirations, great thoughts; so long as the task does not set the boundary of the life. And it is the cherishing of these eternal riches within that lifts any life and makes it worthy of higher tasks.

We need to seek out the springs of noble thoughts, to find in the riches of the world's literature, in music, and in beauty of art the food for that inner life in the strength of which, drawing often on its secret resources, we can go many days through the desert of toil.

The wise life uses every opportunity of refreshing; it drinks of every spring of the upwelling waters of life; it seeks communion with every great soul. Holidays and rest days are to it times of replenishing when the eyes that ache from bending over the machine or desk lift themselves to the eternal hills and the heart turns to the things that are infinite.

HENRY F. COPE.

it with blood, the patient's nervousness compelled him to tear his hand away. Such a treatment requires the highest surgical skill, and the cost would be considerable."

FRENCH DEPUTY IN ARMY.

Loses His Seat in Chamber for Not Complying With the Law.

M. Archimbaud, who was recently elected deputy for Die, in the Drome Department, has lost his seat in the French Chamber on a curious point of electoral law. In addition to this, he will have to do an extra two years' military service, commencing forthwith.

When the ex-deputy was called to the colors some years ago as a Protestant theological student about to take holy orders, he benefited by the two years' remission of service accorded to all the seminarists. But on leaving the army he abandoned his theological studies, and when the validity of his election was challenged he was unable to produce any university degree, or to show that he had become a duly authorized clergyman.

The Elections Committee unseated him on the ground that he had not complied with the obligations of the military law. By its decision his salary of \$3,000 a year as deputy will be reduced to 1 cent a day, which the State will pay him as an infantry soldier of the line.

Occasionally a married man goes around half dressed because it takes so much to dress his better half.

A Boston schoolboy was tall, weak and sickly.

His arms were soft and flabby. He didn't have a strong muscle in his entire body.

The physician who had attended the family for thirty years prescribed Scott's Emulsion.

NOW:

To feel that boy's arm you would think he was apprenticed to a blacksmith.

ALL DRUGGISTS; 50c. AND \$1.00.



COSTS CHILDREN'S LIVES.

Brussels Lace Is the Most Expensive Article of Luxury in the World.

Brussels lace is the most expensive article of luxury in the world, for it costs many children's lives. Princess Clementine found that out when she visited the lace exhibition in the Province of Limburg, Germany, the other day. For her benefit the lace-makers were shown together with their product. Each full-grown artist had one or more child pupils—most of them were no more than 5 or 6. The excuse given was "Your Royal Highness, unless a lace maker begins as soon as she can run, she will never rise in her profession, for it's most difficult work."

The five-year-old tots plied their needles quite skillfully, and all were proud to tell the princess that they were "permitted" to go to school in the afternoons. The other women all seemed to regard permission to be educated as a great boon; they themselves had never gone to school.

This being vacation time the children had to spend all their waking hours, from 7 a.m. till 8 p.m., in the service of the lace maker, and their wages amount to one franc, 20 cents per month, less than one-half a cent per day. During all these long hours they have not a minute to romp and play. The finished lace workers earn as much in a day as the children earn in a month, one franc, 20 cents. What kills the children is the continuous bending over the low lace frame; those that begin at five suffer from chronic inflammation of the eyes before they are six.

Most of the lace factories are owned by cloisters, society ladies generally act as selling agents. Princess Clementine promised to look into the finances and find out where the middle man's, or rather the middle woman's, profits go. They must be enormous, yet the lady sellers claim they do it all for charity—charity with the lives of little children at stake.

A RHEUMATISM RECIPE

PREPARE THIS SIMPLE HOME-MADE MIXTURE YOURSELF.

Buy the Ingredients from Any Druggist in Your Town and Shake Them in a Bottle to Mix.

A well-known authority on Rheumatism gives the readers of a large Toronto daily paper the following valuable, yet simple and harmless prescription, which any one can easily prepare at home:

Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces.

Mix by shaking well in a bottle, and take a teaspoonful after each meal and at bedtime.

He states that the ingredients can be obtained from any good prescription pharmacy at small cost, and, being a vegetable extraction, are harmless to take.

This pleasant mixture, if taken regularly for a few days, is said to overcome almost any case of Rheumatism. The pain and swelling, if any, diminishes with each dose, until permanent results are obtained, and without injuring the stomach. While there are many so-called Rheumatism remedies, patent medicines, etc., some of which do give relief, few really give permanent results, and the above will, no doubt, be greatly appreciated by many sufferers here at this time.

Inquiry at the drug stores of even the small towns elicits the information that these drugs are harmless and can be bought separately, or the druggists

THEY LOST THEIR HANDS

Brave Ironworkers Sacrifice Themselves to Save Fellows' Lives.

Two brave ironworkers, Oliver Jude, thirty years old, and John McGlynn, thirty-eight, each sacrificed a hand recently to save fellow-workmen from being crushed to death by a big iron plate which was sliding from the river-front tower of the Blackwell's Island Bridge, Long Island City, N. Y.

Jude and McGlynn were in charge of placing in position the plate, a sort of socket in which upright beams are riveted. A huge crane had tenderly placed the big plate in position, but before it could be securely fastened it began to slide. Despite tremendous efforts Jude and McGlynn could not check the plate as it moved toward the edge of the open work. Yelling to the men fifty feet below them McGlynn and Jude grabbed an iron beam overhead and by almost superhuman efforts, deflected the plate so that it struck a beam firmly riveted in place and was held by it.

Their quick wit and energy saved their fellows, but cost them their usefulness in their trade. They did not let go of the moving plate quick enough; their hands were caught between the iron plate and the beam. Despite their agony neither lost his nerve. They clung to their hazardous perches, one hundred and fifty feet in the air, until their comrades rigged up tackle and hauled the plate back into its position. Supported by their comrades the two injured men were taken to the hospital in Long Island City. After their injuries were dressed they were placed in adjoining cots. Jude lost his right hand instantly, but McGlynn's left hand was amputated at the hospital.

"BRICK'S TASTELESS"

REGISTERED

What it is

It is an extract of fresh cod livers, containing all the virtues of pure Cod Liver Oil without the nauseous grease, combined with Phosphorus in the form of the Compound Syrup of Hypophosphites, nutritious Extract of Malt and the Fluid Extract of Wild Cherry Bark.

What it does

It will promptly relieve, and if its use is continued, permanently cure chronic bronchitis, all pulmonary affections, croup, hoarseness, nervous disorders due to an exhausted condition of the system, prostration following fevers, debility at change of life, or constitutional weakness at any age, and all blood disorders.

What we do

We positively guarantee "Brick's Tasteless" to do exactly what we claim it will do as printed on the label of the bottle, or any advertising matter, and every druggist who sells "Brick's Tasteless" is authorized to refund to his customer the full purchase price if one bottle does not show a decided improvement, which improvement will result in a complete cure if additional bottles are taken.

We therefore request you to try a bottle of "Brick's Tasteless" on our recommendation, and if no improvement is shown after taking it, return the empty bottle to the druggist from whom you purchased it and he will refund your money. Can we be fairer?

Two Sizes—8 ounce bottle 50c; 20 ounce bottle \$1.00

The Home

CHOICE RECIPES.

Veal Brisket.—Take a nice veal brisket, open at the end, then make a dressing out of one pint of oysters and two cups of bread crumbs, season to suit taste, stuff, and bake. Good when turkeys are scarce.

To Roast a Turkey.—If the wings and legs are carefully cut off and placed in the bottom of the pan in the gravy, and the breast placed down instead of up, one will find the legs, wings and breast tender and juicy; in fact, a delightful surprise.

Hunter's Supper.—Cut plugs from large potatoes, hollow out enough of the centre to admit the well-seasoned and carefully dressed body of a jacksnipe or reed bird, replace the plug and bake the usual length of time. When the potato is done the bird will be done. This is the original recipe of a mere man—a happy idea on a recent hunting trip.

Smooth Cake Before Frosting.—When you take your cake from the oven if it is "lumpy" place a paper over the cake and keep passing the hand lightly over the paper until the cake is smooth on top. This will not make the cake heavy.

Cream of Mutton.—Get four pounds of ribs of young mutton. Have your butcher trim the ribs two inches down and take off the backbone. Tie in a circle, with a bone erect. Put in baking pan with a few stalks of celery, seasoning, a half cup of butter, and a pint of water. Bake often and ten minutes before serving remove the top pan and brown. Fill the circle of meat with green peas.

Liquid Yeast.—Boil one ounce of hops in a half gallon of water, strain through a cloth and add four ounces sugar and two teaspoonsful of salt. Let stand twenty-four hours, then add a pound and a half of potatoes cooked and mashed. Stand another twenty-four hours. Bottle. When making stir constantly and keep near the fire. Shake well before using. The yeast should be allowed to ferment thoroughly, then keep tightly corked. Will keep several weeks in a cool place.

Happy Day Recipe.—

Take a little dash of cold water, A little heaven of prayer, A little bit of sunshine gold, Dissolved in morning air.

Add to your meals some merriment;

Add thought for kith and kin, And then, as a prime ingredient, Plenty of work thrown in.

Flavor it all with essence of love,

And a little dash of play; Let a nice old book, and a glance above Complete the well-spent day.

Transparent Pies.—Cream together half cup butter and one cup sugar. Four eggs, beaten separately, saving out two of the whites for the meringue; the juice of one lemon and half of the grated rind, two tablespoons brandy and one-quarter nutmeg grated. Line your pie pans with puff paste and pour in the filling and bake in a moderate oven half an hour. Make the meringue of the two whites and two tablespoons powdered sugar, and spread on top of pies and place back in the oven till brown. This same recipe can be used for transparent tarts by making them in muffin tins.

Pineapple Cake.—One cup of butter, five eggs, three and one-half cups of flour, two cups of sugar, one-half cup of milk, one teaspoonful of soda, two of cream of tartar. Stir butter and sugar to a cream, then add yolks of eggs and stir with the hand until white. Then sift both the soda and cream of tartar into the flour, add the milk to the sugar

and eggs, and then the flour and flavoring; last of all add the whites, which have been beaten stiff. Bake in four or five layers. Grate the pineapple coarsely. Turn off a part of the juice if necessary. Add half of a grated coconut and sweeten to taste with pulverized sugar. Put this between the layers. Grate coconut over the top and sift on some sugar. You will pine for this cake as long as there is a bit left, and then you will pine for another.

HOME ECONOMY.

Stocking Sleeves.—Cut the feet off stockings and baste in sleeves for morning jacket.

Salt Improves Coffee.—Add a pinch of salt when you make coffee. You can use less, and your coffee is rich and mellow.

Soft Cistern Water.—If because of a newly plastered cistern the water is hard, or if it is the lime in the well water, that forms a brown deposit in pitchers, teakettles or vases that won't wash off, just pour in some strong vinegar, fill up with water, and let stand a few hours, when it will all vanish with a stroke of the dish mop.

Cook with Pillows.—Take an ordinary-sized box, place a pillow in the bottom and at the sides and ends. Wash and pick the required amount of navy beans. Have ready your double boiler, place beans in upper part, cover with boiling water. Have water in lower part boiling. Put lid on and set in the pillow-lined box, with another pillow or pillows on top. Let stand over night undisturbed. In the morning prepare in the usual way. First put a layer of sliced onions in the bottom pan or baker before putting in beans. Bake from six to eight hours.

Use Your Soot.—When the kitchen range is "cleaned out" there will be found under the oven a considerable quantity of gray dust; it is not ashes exactly nor soot, but a smoke deposit as near lamp black as a coal fire is able to produce, finer than the finest flour. Not many who throw this into the ash bin are aware that this is the best thing in the world for polishing tinware, far surpassing all the prepared powders and pastes sold for that purpose. Apply it to the tin with a damp cloth and a few strokes will produce such a lustre as is on new tinware.

Mend Torn Shoe Lining.—When the lining in the back of shoes is worn, making holes in the stockings, cut a piece of strong white cloth a little larger than the "stiffener," letting the piece come up an inch higher at the upper edge. Paste the patch with any good paste, not glue, being careful to cover all edges. Fit the patch over the worn lining and press into place, smoothing out all creases. Then with strong thread sew the upper edge to the lining and let dry. Can be renewed when necessary.

To Seal Jars.—For sealing preserves, jams or catsup when the tops or covers are lost you can buy a sealing wax in the department stores at 4 cents a pound. melt it slowly over the fire or gas, tie a cloth over the bottle, and pour the sealing wax over the top of the cloth. Dip the cloth in the wax and then place it over the top of the bottle does nicely, and it will be air-tight. For catsup put a cork in the bottle, and pour the wax over the cork. Any kind of bottle will do. It is cheap and will go a long way.

Weights of Common Groceries.—Soft butter, size of egg or rounded tablespoonful weighs one ounce; one cupful weighs half pound. Sugar, coffee A, one heaping tablespoonful is but one ounce; one pint is fourteen ounces; two teacups, well heaped, one pound. Sugar, best brown, same as coffee A. Sugar, granulated, slightly heavier. Sugar, powdered, one and one-third pints or two and three-fourths level teacupfuls weigh one pound. Flour, two tablespoonfuls, one ounce; one heaping quart, one pound. Liquids, one generous pint weighs one pound. Meats, chopped, one packed pint weighs one pound.

The only sure thing about a sure cure for a cold is that it isn't.