WOMAN AND HOME.

A UTAH WOMAN WHO IS PREAREST FRIEND AND MOTHER."

To the Manner Born-Mothers and Daughters-How Wet Dressings May Be Used. Benetits of the Footbath-The Small Dinner-The Baby's Christening Robe.

Mrs. Elmina S. Taylor of Salt Lake City is the president of one of the largest socicatten for women in this country. It is called the Young Ladies' National Muinal Improvement association, and with 400 branch associations now numbers 15, 900 members. The libraries owned by the different branches contain 7,000 volumes irs. Taylor has been president for 17



MRS. ELMINA S. TAYLOR. She has raised a large family of shildren. 'besides being dearest friend and mether to the other two wives and numerone children of her bushand.'

Mrs. Taylor is spoken of as being a woman of "great executive ability, the proof of this assertion being shown in the fact that from the members of her own board down to the last and weakest asso ciation under her care there is perfect peace and harmony. She possesses to a marked degree the gift of eloquence."—New York Tribune.

To the Manner Born.

In these times, when fortune smiles one day and frowns the next, many a woman who has been tenderly and luxuriously reared finds herself forced to care for herself in the most undreamed of and prac-

If she be "to the manner born" and gentle blood flows through her veins from work, and keeps her heart sunny and true se that her face may reflect those happy qualities and help her win friends in the new path of life which is so untried and strange to her. All the accomplishment and polish which wealth and travel and association with cultured people have bestewed upon her she puts to practical use, perhaps for the first time, and is never for oment ashamed of being a busy woman -a bread winner-when she does her work honorably and well and conscientiously knows and feels that she does not shirk and that nothing would induce her to do ange of fortune are the friends she needs and the friends she clings to. She can easily do without those who, since she is supporting herself and no longer has a stately home of her own, turn aside for fear they may lose their "position" if they

associated" with a "working woman."
She learns much of human nature as she treads her new path, and is as quick to recognize true nobility and worth as she is to offer sympathy and her own strong and gentle belofulness

She has many shocks and trials—a world of them sometimes. But if she is a true, brave woman, with the right kind of pride about her, she is not going to prate to the world of her troubles nor let them show in her face. She is going to smile straight through it all, ike the thoroughbred she is, and her voice is going to be just as firm and cheerful as if her heart did

She "remembers happier things," for she holds many beautiful memories in her heart, and she is too sensible to pine and fret for the sunshine that is lost. She rather turns to the brightness that gleams every now and then across her present pathway, and makes the most of it until

she has no time for useless regretting. You can trust this kind of a woman in everything. She will do for any emergency, and has genuine strength and stability despite her "gentle ways" and ready smile.—New York Tribune.

Methers and Baughters.

"Girls should lead a very quiet and unexciting life between 'to ages of 12 and 17 er 18. How many of them dos' asked the clever mother of two tall girds. "And how many more are in a constant whirl of conerts, juvenile parties and other entertainate that keep them not only awake, but fatest hours kept by the grown up women of fashion? It is needless to say that no young girl may, with any sort of justice, be left to come and go at her own will, rebe left to come and go at her own will, re-ceiving company of her own choosing or accepting. Particularly should she be brought up to know that her parents or brothere are her proper escorts whenever she requires attendance, and that lovers, silk dresses and j-welry are things not suitable for schoolgirla. And the clever mother gave her expholdery a determined listly tark to sembasize her remarks.

ttle jerk to emphasize her remarks. "Every girl should be a schoolgirl until she is as well educated as her brothers sught to be," she continued. "The higher education of women has come to be a ne-cessity among the right sort of people. We shall not finish off our daughters and put them on the matrimonial market at 18. They are to be young woman, well equip-ped for life. They are to have their minds so stored with useful knowledge, inspiring hopes and lofty purposes that they will have no time for firting with young men

who make 'lovering' a profession.

'That a mother should be her daughter's confidential friend is so self evident that the truth scarcely needs discussing, but how to achieve such a relation is a ques-tion not every mether finds it easy to antion not every mether finds it easy to answer. Certainly the mother will not receive her daughter's fullest confidence unless she invitee it and finds it interesting. We must keep our hearts young enough to respond to the hearts of our girls. Talk ever everything and advise with them about our own affairs. Nothing invites confidence like confidence in return. Not that we may unduly burden their young lives with care, but that we may show our children how entirely identical are our enjoyments and their enjoyments. If methods would only go out with their daughters more, it would promote their good comradeship and would remew the methor's youth, while strongly supporting the daughter's inexperience. But whatever the means unto this and, let no mother

A BOON TO HUMANITY.

sveak hearts and deranged nerves. Mil-burn's Heart and Nerve Pills will be found an effectual medicine. They re-store enfeebled, enervated, exhausted, devitalized or overworked men and wo-men to perfect constitutional power. Weak and pale girls and westen soon regain vigorous health.

fail in being her daughter's closest confi-dential friend, and we may to a great ex-tent give the keynote of harmony or distheir lives by what we are."-New

A wet dressing, or compress, as it is called, consists of a moist cloth next the skin, a slightly larger piece of oiled paper or mackintosh above the wet cleth, and two or three thicknesses of a still larger piece of flannel above this, the whole bandaged sufficiently tight to exclude the air.

The object of a wet dressing is to relax

and soften the skin and the flesh imme-diately underneath and to act as a local sedative to the nerver. Its use tends to relieve congestion and inflammation. It also acts as a counter irritant, drawing arganic and deep seated inflammation to

The wet dressing corresponds to a warm bath at 98 degrees to 100 degrees F. To be of service it should be continued for a

considerable time. This form of treatment is applicable to chronic stiffening of the joints, sprains and bruises of all kinds. The heat and swelling rapidly disappear, though the stiffness may require proper manipulation after the

removal of the bandage.

By using it as a counter irritant applied to the feet, it is possible to control the circulation of the blood in the brain. A convenient method is to wring a pair of cotton socks out of warm water, put them on the feet and cover them with two pairs of kaitted woolen socks. A compress may be made for the hands by using gloves in the

Wet dressings applied to the pit of the stomach are of great value in inflammatory conditions of the digestive tract. In these cases we may simply use a towel wrong out of hot water. The towel is kept in position by two or three folds of fiannel wrapped around the body, and should be changed every hour or two.

By moistening the compress with lini-

ments, mustard or antiseptic solutions such various effects may be obtained as the particular nature of the case seems to require. - Youth's Companion.

The Footbath.

Aside from the daily bath, the feet should be washed at least once a day. This is a matter of a few minutes, and insures neatness, rest and comfort. If the tired shopgirl or saleswoman who has been standing for ten hours would dip her feet into a basin of cold water instead of curl-ing or doing up her back hair, she would have a lighter step and feel more like walk-ing home than usual.

Walking heats the feet, standing causes

them to swell, and both are tiresome when prolonged. There are various kinds of footbaths, and authorities differ as to their value. Hot water enlarges the feet by drawing the blood to them. When used, they should be rubbed and exercised before attempting to put on a tight boot. Musperse a fever when taken in time, cure nervous headache and induce sleep. But ions, corns and callousness are nature's protection against bad shoe leather. Two hot footbaths a week and a little pedicuring will remove the cause of much discom

in it, is about as restful as a nap. Paddle in it until it cools, dry with a rough towel, put on fresh stockings, have a change of shoes, and the woman who was "ready to drop" will have a very good understand-ing in ten minutes. The quickest relief from fatigue is to plunge the foot in ice cold water and keep it immersed until there is a sensation of warmth. Another tonic for the sole is a handful of alcohol. This is a sure way to dry the feet after be ing out in the storm. Spirit baths are used by professional dancers, acrobats and pedestrians to keep the feet in condition. -

The Small Dinner

The small dinner may be said to be de fined in this fashion: Simple, simpler simplest. The first is a trifle elaborate. It includes in its arrangements oysters or clams on the shell; a soup, to be followed by a bit of boiled saimon, if desired; an entree, a roast, a salad, a sweetmeat and

There are table garnitures as a matter of course. Flowers, fruit, salted almonds, peanuts or English walkuts, jellies and bonbons. All may be added or any one of

Sometimes a sorbet appears, and game is, of course, not barred out. The hostess looks after details with regard to personal The simpler dinner gives a menu on which cysters do not appear. The fish is also left off. Soup, an entree, a roast, a proper thing. Outside delicacies, such as

olives, etc., are perfectly correct.

With the third definition a great deal of tact is demanded. When you have only soup, this soup must be perfect of its kind. The entree, if abandoned, leaves only the roast, which should be of the best cut and done to a turn. The two vegetables require

to be par excellent, the salad a poem, the dessert elegant, and the coffee ideal. Just half a dozen spicy pinks in a grace-ful vase will, with snowy damask and pretty decorative effects in china, equip your table for this simplest of dinners, so that the most carping critic cannot find one word to say. —Philadelphia Times.

The Baby's Christening Robe. "The christening robe is usually of the Spest mull and trimmed with real valenciennes lace edging, but one of fine nain-sook, with hemetitched bem, front of machine made valenciennes insertion and nainsook embroidery, yoke to correspond, makes a very dainty and serviceable af-fair," writes Emma M. Hooper in a prac-tical article on "The Baby's Layette" in. The Ladies Home Journal. "It may be made as follows: Take two lengths of fine lawn, 36 inches wide, coating about 50 cents a yard. Have a 3 inch hem hemstitched and a ruffle of 8 inch valenciennes

er to a short square yoke, opening it in the back. The yoke should be made of stripes of lace insertion and nainesook em-broidery and edged with a ruffle of lace, the neck being finished with a ruffle of narrower lace. Cover the front with alter-nate groups are your of lace and substolder. nate crosswise rows of lace and embroiders insertion, commencing them at the hem 20 inches wide and topering toward the top to a width of 6 inches; a ruffle of lace down each side. One seam sleeves gathered in to the armholes and at the wrists, where there is a band of insertion and ruffle of lace; of 3 inch lace eight yards, of narrow edging half a yard and of lace and nainseck insertion 6 yards of each. One yard from the neck to the lower edge is amply long for a dress, many being only 30 inches, as it has been decided unhealthy for the baby to be burdened with any extra weight."

A negliges or house gown must be com-etable, durable, pretty and in some color



suited to the wearer when at her worst-which means when tired out, pale and

who loses all color in her cheeks and lips when fatigued, she should avoid gray or black as she would a pestilence. Deep, bright red, golden brown with orange, navy blue with scarlet, terra cotta, green or rose color will prove becoming to the post hearend for the proven become the contract of the con most haggard face.
Pale blues, pinks and yellows should be

selected only by women of warm coloring of skin and hair. Pretty, inexpensive materials for these house gowns are cashmere, albatross cloth, French flannel and crape stuffs of wool or

Mohair or alpaca should be avoided as neither warm nor graceful. Goods that trush are especially undesirable, as are trimmings that are too fine to endure an afternoon siesta. - New York Journal.

Canned Goods.

Cases of poisoning from the use of can-ned goods arise with sufficient frequency to keep alive the suspicion that such food will bear watching at least. Salmon and other fish seem particularly productive of trouble after being canned. Tinned chicken and dried beef have recently been the cause of serious illness in two separated communities. Upon examination in these instances a germ sufficiently virulent to kill rats and guinea pigs was found. While it is not necessary perhaps to be unduly alarmed over these isolated cases, it is well to observe caution and to examine closely the appearance and flavor of any canned food before using it. Almost any germ is killed in the cooking, and it is an excellent plan to heat thoroughly all tinned food, even if it must be cooled again before being served. Pouring boiling water over dried beef will wash it and make it tender without materially injuring its flavor. I may be quickly dried in the oven.

Housekeepers who have not had an object lesson of the way in which fats draw odors when fish and butter get side by side in the refrigerator need only go to a labora-tory where perfuming extracts are made to have a commercial illustration of the fact. The flower flavors from the roseries of southern France are imported held in sheep's fat. The fresh roses or heliotrope or violets, as the case may be, are laid be-tween layers of fat and so made into packages for exportation. When the chemist over here is ready to use them, he melts their incasement to find that the scenting properties of the flowers are entirely extracted by and held in the liquid grease. His next step is to release and clarify them by various processes of distillation. But it is the power of the fat to draw out the odors which is the fact that is valuable to

The Training of Children. The training of children has become scientific question. A famous man gives the following things that children should

be taught:
That tessing is a positive crime. That they must eat bread before pastry That bedtime is not a "movable" hour. That they wust speak respectfully to the

sturdy beings.
That they should not appeal to one pa ent from the decision of the other. That punishment follows in the wake of prevarication and of deceit more swiftly

than it follows active mischief. That it is in bad taste for them to tell all that they learn of the neighbors' do mestic arrangements through playing with the neighbors' children.

Ducking Fowls.

Plucking feels may be easily and quick ly accomplished in this way: As soon as the bird is dead immerse it in a pail of very hot water, the water to cover feathers. One minute is usually long enough to keep the fowl under hot water.
Too long soaking is liable to discolor the
skin. After this hot bath the feathers are
so loosened that they can be almost rubbed off. The bird is then rinsed in cold water and wiped with a soft cloth. It should then be put into a cotton bag kept for this purpose and hung in a cool place. When should always be loosely rolled in cloth or paper to keep them from turning dark.

Ducks cannot be managed in this way, as their feathers contain so much oil that the water does not penetrate them.

Set a Dainty Table.

A dainty table is a mark of good breed ing, and an untidy table proclaims to all beholders a lack in the housewife of all the finer sensibilities. It really does not take great deal more time and not much more serve the food in a dainty, appetizing way, and the gain is inestimable. A little green for garnishing the meat plate can always be procured. Water is plentiful in most places, soap is cheap, and every day is 24 hours long: so that there is small excuse for soiled linen on the table. There is no place where thoughtful care is more needed or more productive of gratifying results
—Philadelphia Ledger.

Choose straws are excellent with a gree enlad or with a cup of black coffee. A tested recipe for them consists of a cupfu of prepared flour mixed with 4 tablespoon fuls of grated cheese, a pinch of salt, dash of cayenne pepper and the beaten yolk of an egg. Add enough rich milk to make a soft paste. Holl it out thin and cut in narrow strips about four inches long. Bake a delicate brown in a quick oven, and then take from the oven, brush over with a small paste brush dipped in the beaten white of an egg, sift powdered choose over each one and return to the even for two or three seconds.

It is not the labor, but the monotony domestic employments that wears upon the woman who gives all her time to them. A man may work harder, but his occupations are often so varied that one care drives away another.

To get the dust out of buttons in furni ture the following simple method acte twice a week and blow round the buttons. Out flies the dirt without damaging the

To make a dainty sachet take an ordi-nary rough paper envelope, fill it with cot-ton, through which sachet powder has been sprinkled, seal and decorate

The rule with a bew of ribbon is, "Nevof place one where it does not seem to serve a purpose—that of securing portions of a garment."

A Portland (Me.) physician cays that the habit of obewing gum produces wrin-cles and deforms the face.

Departing Boarder — I'm sorry we couldn't get along, but I hope you are willing to let bygones be bygones. Landlady — Does that include your board bill, Mr. Jones?

THE "BIG" FOUR

A Quartette of Remedies that are Effecting Wonderful Cures.
Dr. Chase's four great remedies are: Dr. Chase's four great remedies are: Dr. Chase's Kidney-Liver Pills, Dr. Chase's Cintment, Dr. Chase's Catarrh Cure, and Dr. Chase's Syrup of Linseed and Turpentine, his latest and greatest discovery for all throat and lung affections.

"I was sick for three years," says James Simpson, of Newcomb Mills. "I tried various alleged patent cures and several boxes of a certain pill which has been greatly cracked up. I got no relief. Then I tried Dr. Chase's Kidney-Liver Pills. Since, I have been able to work every day and feel like a new man. Your pills alone cured me at a cost of 25c."

"I have been subject to severe colds every fail and spring," says Miss Hattie

very fall and spring," says Miss Hattie Delaney, of 174 Crawford street, Toron-to. "I used many cough medicines, but none cured me until at a cost of 25 cents I tried Dr. Chase's Syrup of Linseed and

Turpentine."
"My husband was troubled with the "My husband was troubled with the worst kind of piles," writes Mrs. Jane Potts, of Meyersburg. "He was often unable to work. Since using your Chase's Ointment he is completely cured. It is truly worth its weight in gold instead of the price you charge, only 60 cents."

"I bought a box of your Catarrh Cure for 25 cents at Mr. Boyle's drug store here," says Henry R. Nicholls of 176 Rectory street, London, Ont. "I am thankful to say it cured me."

Chase's remedies at all dealers. Edmanson, Bates & Co.. manfrs., Toronto.

JRAND TRUNK

2 32
CANADIAN PACIFIC.
GOING EAST 2.25 a to "apress 1.62 a. 2.43 p m Express 10.10 p. 16,12 p m Local 17.5 a. "nund y sincluded.
ERIE & HURON.
Eastern standard time. Leaving Chatham
POIR G SOUTH -4 GUING NCR

(arr) 12 45 a. w 10 0; p.m. (arr) 12 45 a. m. 4 5 p.m. (48 p.m. 445 p.m. (47 p.m. 47 p.m. 47 p.m. (47 p.m. 45 p.m. 45 p.m. (48 p.m. 45 p.m. 47 p.m. (48 p.m. 47 p.m. 47 p.m. (48 p.m. 47 p.m. 47 p.m. (48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. 48 p.m. (48 p.m. 48 p.m. 4 Pondeau—Trains south 11. 0 a. m., 5 25 p. m. north 11.45 a m., 6.00 p.m.

J. J. Rose,
Managing Director
E. H. Edwards,
Gen. Pass. Agen
E. H. Bickpons,
President

GOING WEST	GOING EAST
7 50 5 50 9 10 Walk'v'e 7 73 4 25 8 22 Harrow . 3 42 8 45 8 12 Harrow . 6 18 2 46 7 45 Learnings ill 6 24 7 45 18 24 Harrow . 6 18 2 46 7 45 Learnings ill 6 18 2 46 7 5 16 Ren wick . 6 18 12 29 7 19 Glerawoo . 5 36 12 29 7 19 Glerawoo . 5 24 12 21 6 5 Mer lia . 5 21 12 12 6 45 Buxton . 5 21 12 12 6 45 Buxton . 5 71 12 26 6 31 Contar Not 5 00 11 20 6 24 Blenheim . 5 16 12 5 6 20 15 mheim . 5 26 10 10 6 6 6 Kidgetov . 7 18 18 18 18 18 18 18 18 18 18 18 18 18	10 16 1 50 7 1 50 7 3 6 7 3 8 6 7 2 8 5 7 3 8 10 45 2 50 7 4 6 10 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1

A train leves Kingetown at 8 a. m. arriving at Blenheim Jct at 823, to connect with E. & H. for Chatham. heturning, seves Bleaheim Jct 825, after arrival of morning train from

CANADIAN

SETTLERS' TRAINS TORONTO

EVERY TUESDAY MARCH AND APRIL AT 9.00 P. M.

(Should sufficient business offer To MANITOBA and the CANADIAN NORTH-WEST A Colonist Sleeper will be attached to Pacific Express due to leave Toronto at 12 30 p. m. (noon) on these dates

Ask or write for "SETTLERS' GUIDE."

GRAND TRUNK BATLWAY

The Great International Double Track Route, Reaching

CANADIAN POINTS-UNITED STATES POINTS-

CHICAGO & WEST TORONTO DETROIT MONTREAL BUFFALO QUEBEC NEW YORK PORTLAND

Equipped with finest day coaches, Pullman, Wagner, Drawing Room and Sleeping Cara. For all information apply to W. E. Rispin City Ticket Agent, 115 King St Chatham

ATTENTION!

Given personally to all out-of-town or dere for New York Stocks.

Chicago Grain and Provisions

may margins.

Orders executed promptly by direct private wires to Chicago and New York.

Our servine and daily telegraph advices are equal to any of the best equipped offices of the large cities.

Therefore we solicit a share of your L. J. ATWATER, Chatham, Ont. Correspondent of Demary, Hetate & Lymas, Baffalo

WITH INVALIDS.

THE ...

Planet Book Bindery....

Imports PAPERS AND LEATHERS



And Manufactures..... Ledgers, Day Books Journals, Letter BooksAt Lowest Price

Planet

DAILY WEEKLY

Always Up-to-Date.

Latest Foreign and Local News.

Reliable Market Reports

Thousands of **Dollars** Worth

Of valuable printed matter is destroy

ed each year that would be kept if it was encased in a cover.

The Planet Bookbindery has every facility for doing this class of work, and books and papers are bound and recovered at a cost of

50c and Upwards-

If you want any such work done, call at this office, or upon receipt of a card we will call and furnish you work you propose having done.

The Planet Bindery....

Makes a Specialty of

Ledgers, Journals, Cash Books, Copying Letter Books and all descriptions of Blank Account Books. Magazines, Art Works, Periodicals, Map Mounting and Varnishing. Estimates cheerfully furnished for ever class of work.

The Planet Job Department

Equipped with all the Latest Improved Machinery, the most modern Type, Borders, etc. Turns out all classes of printing in a style that is not surpassed by the largest city estab-

.... Write For Prices

S. STEPHENSON

PROPRIETOR.