Conducted by

who might take the highest position

in life if she only knew it, sits and

sees the procession go by, instead of

leading it simply because it never oc-

curs to her to try. A young wo-

man without ambition to make the

best of herself is to be pitied; even

more so is one who aspires to some-

does not wake up to the idea that

she may have what she wants by

working for it, while she may idly

wait all her life, and it will never

come to her by wishing. If you are

swimming or lawn tennis; no mat-

ter what, provided you can do it and

do it well. If you have to earn your

living by it, count it as one branch

of your education. Read the best

books, and catch their ideas, act on

them; when you have made a begin-

ning toward your future career, keep

at it: don't listen to the words,

"only a woman!" That is enough;

..

AN IRISH TYPE.

"The Irish women never worry,"

of other nations. A peculiar type

of personality has been left in Ire-

drained off the progressive and hust-

ling-England from the upper classes,

America from the lower. Those who

are left are of the placid, contented

type, from whom the restlessness of

present day civilization seems far

"The dullness of the life led by the

average well-born Irish girl would

be pathetic if it were not that she

seems to thrive so well on it. Year

after year she follows the same

monotonous round, meeting with the

same people at tennis in summer and

hockey matches in winter. If her

matter at how low ebb the family

finances may be, they will manage to

give her a good mount, but for the

winter, with few neighbors and few

..

A LATE FAD.

Glove handherchiefs are tiny square

of embroidered linen just large

enough to tuck away in the palm of

the glove, when out calling, at the

theatre, or attending a reception.

summer for there is less chance than

ever of a pocket in the skirt of the

fashionable gown, and now that

short sleeves are the vogue there is

no chance of carrying the handker-

sleeve, according to the old way.

THAT HANDY POCKET.

They are popular with women

chief tucked in the wrist of

girls who do not hunt the long,

in a mediaeval castle."

home is in a hunting district,

England and America

have

no

unravelled it.

green isle;

cation; for whatever you can

to a point, finishing with rings. A reasonable amount of ambition Hang the pocket up by the rings, certainly is a good thing, and should which will leave the sides open, never be discountenanced in anyone. forming two places to slip in Many a young woman, gifted with folded pieces of wrapping paper. Add natural talent and capability, and a little pocket with a flap to the

GIRL WHO SUCCEEDS.

you have a great household

HELENE

Two busy business men earnestly discussed the young woman

thing better than she possesses, but ployed by one. "Such a nice girl," he said, his brow dubiously puzzled. tone and "So bright, so quick, so industrious, so reliable, so obliging. She's worth every cent of the large salary we pay But she spoils it all by being her. too ready to talk.

ambitious, learn first of all to do "I daren't pass the time of day something; that is the beginning of with her pleasantly for fear all education; it is the only true edua perfect flood of gay chatter. Witty nonsense, you know, do, and she's a good talker; I'll be glad that you know. And you know it to listen in a parlor, but that kind as you can never learn it in any of conversational enjoyment is out of other way. Never mind whether it

The listener nodded in a way that is painting, or singing, or cooking, showed his sympathetic comprehenor sewing, or keeping house, or ension of the situation. tertaining your friends; it may be

"I know what that sort of thing is, and it's a great pity," he answer "I've had women like that ed. work for me before now, and I always get rid of them as soon possible. But it isn't easy to do when there's no fault to find save a tendency to excessive chatter; one can't well tell a woman she'd be a more valuable employe if could learn to hold her tongue. And yet I sometimes think it would be kinder to the girl."

you are capable; you can get where The state of affairs suggested by you want to if you only think you this talk is by no means uncommon. can; get hold of one end of the skein Many a business man feels inclined, and keep on pulling until you have or even compelled to discharge a valued and trusted employe because of her apparent inability to acquire reserve or reticence. It is not always a girl's fault that her office associates lean toward frequent talks with her, but she should remember that few employers regard with fa said a woman who has mixed much vor the feminine employe who alin the upper circles of the little ways has one or more uncanonical masculine decorations hanging over "therefore they preserve her desk. their youth better than the women

Heads and instructors of business colleges and training schools should pay particular attention to this of business etiquette. The sensible, self-respecting business woman would never dream of wearing gowns, overdressy blouses, iewelry, or high-heeled slippers the office, of serving afternoon teas, or insisting that her masculine sociates should rise every time comes near them.

Why, then, should she indulge the gay social chatter equally of place and unsuitable in the downtown region? Merely because, ing a woman, the chatty social impulse is strong within her, and does not occur to her, especially she is young and merry, to curb during office hours and occupations.

Other things being equal, the quiet, reserved business woman who. though friendly with all, says combooks, passes almost as drearily as paratively little while engaged business, is the one most likely reach the top of the ladder. need opportunities for sympathy and istance to fellow toilers be laid aside.

> There are men who must have so one to talk to, who exact sympathy and advice from all who come nea them, who, failing a patient wife c a tender mother, will insist that the stenographer, bookkeeper or feminine employe reap the worry harvest of all their troubles. There are other men-though these are not so numerous-who must share their joys with all about them. habituated to working with a next of either description will, especially if young when undergoing the experence, respond rapidly and even bear the unfortunate business ways thus acquired to offices marked by more

desirable modes and conditions. Have a large pocket for wrapping "Talk only when you rust and paper in some accessible place. Make then to the point, 'is a good and trof denim or such serviceable massafe rule for all business women to terial, binding the edges, make the follow. A woman's wit and inerabottom rounding, and slope the top dical social instincts often lend he

into mistakes that her con should correct sharpiy. Retain the merry heart, the joyous outlook, the friendly impulse always if you would keep young and of value to yourself and your fellows, but sternly repress all tendency to social chatter down-

.. TIMELY HINTS

A small piece of paper of lines moistened with turpentine and put into the wardrobe or dressers for single day or two will keep out the front, for strings of all sorts, and moths.

Although good sunning is the hest thing in the world for the hair, is not particularly good for it to be dried in the sun after shampooing The sun seems to make each individual hair stand out separate from the others, and, as consequence, is difficult to arrange it that the hair is thoroughly dried and then given a sun bath.

furniture with a cloth wrung out'in hot water before plying furniture polish. A high polish will result and will not show finger marks.

All hooks used in bathroom, kitchen or pantry should be dipped in enamel paint and thoroughly before being screwed in. Then there will be no rust spots on towels or cloths that are hung on them when damp

A useful thing to remember is that the iron will not stick to the clothes if the starch used has been mixed with soapy water.

RECIPES

Crab Soup .- Boil one dozen crabs and pick out the meat. Put four ounces of butter in a frying pan; add to it one large onion, sliced. Cook until the onion is a golden brown then add the crab meat and four to matoes, sliced; cover the frying pan and stand it on the back of the stove to cook slowly for thirty minutes Do not use an iron frying pan or the delicate flavor of the soup will be Put one pint of stock destroyed. and one pint of milk in a double boiler, add to it a bay leaf and sprig of parsley. When the ingredients in the frying pan are tender press them through a colander add to the milk in the boiler. Moisten two tablespoonsful of corn to the contents of the boiler; stir constantly until it thickens; season highly with salt and pepper and serve very hot.

of meat can be utilized. Finely mince the meat, season to taste with salt, pepper and a little Worcestershire sauce; add about one-third the quantity of mashed potatoes; mix with enough white of egg to make the mixture of such consistency as to be easily formed into small chops; stick a small piece of macaroni in each to imitate the bone, dip in beaten egg, then in bread crumbs, and fry nice brown in beef fat and butter.

Almond Jumbles .- Blanch and chop not too fine one pound of almonds. Beat one-half pound of butter to a cream; add gradually one-half pound of sugar and beat until creamy; add the volks of three eggs beaten light and three-quarters of a pound of pastry flour. When well mixed stir in the whites of the eggs beaten to a stiff froth. Roll out lightly, cut into fancy shapes or small round cookies, sprinkle with white sugar Place on greased tins and bake until a delicate brown in a moderately

FUNNY SAYINGS

HE WONDERED



Perfect Brightness and Clearness. 4

KINKORA, P. E. Island. Mrs. Mary Jane Greenau who used Pastor Koenig's Nerve Tonic assures me that she has received wonderful benefits from it. She used to take fits very frequently, but since using this remedy has not had an attack since arrive spring, and then not accompanied with its usual terrible effects. Perfect brightness and clearness, of intellect returned after the use of the Tonic. REV. J. J. MACDONALD.

158 Elizabeth St., TORONTO, ONT. I cannot sufficiently express my thanks to you for the good Pastor Koenig's Nerve Tonic has done me, only the fervent wish that you may continue in your humane work. I owe you a debt of gratifude that I shall always remember.

ALEXANDER MCLEOD

FREE A Valuable Book on Nervous Diseases and a Sample bottle to any address. Poor patients also get the medicine free. Prepared by the Rav, Parsess now by the

KOENIG MED. CO., CHICAGO, ILL.
Sold by Druggists at \$1.00 per bottle, 8 for \$5.00.
Agents in Canada:—THE LYMAN BROS. & CO.,
LTD., TORONTO; THE WINGATE CREMICAE
CO., LTD., MONTREAL



Erysipelas, Scrofula, and all troub



just 'dreadfully nervous.' '

PROPITIOUS.

advertisement: -"Wanted-A gentle man to undertake the sale of a patent medicine. The advertiser guarantees it will be profitable to undertaker."-Christian Register.

ister who had a call in the country He had to ride nine miles over The horse was spirited rough road. and the cart had no springs. and the dominie was jolted up and down until he wished he was dead. Final ly the horse ran away, and the minister was dumped in the road. When he was picked up with his collar bone broken, he said: "If I ever go to hell, I want to ride over road, as I shall be glad when I get a there.

NOT ON HER LIFE.

An Irish woman walked into walker, who was very bow-legged asked her what he could do her. She told him that she would like to look at the handkerchiefs

"Just walk this way, ma'am, said the floor-walker.

"No, sir," indignantly replied the old lady. "I'll die first."

time asked at what army incident

"Well," he said, "I do not know but I always laugh when I think of the Irishman and the army mule. I when I saw an Irishman mounted on The mule finally got begorra, if you're

STILL ABLE TO FIGHT.

A Scotchman, who had got inebriated, in his peregrinations accidentally stumbled against the pump, the handle in its upward bound striking him on the nose. He put his arms around the pump, and on feeling the "I'd like to know why it is," mus- handle, exclaimed: "Now, sonny, pit AND THEIR CURE BY THE BUILDINGed Willie Waffles, "that when I act doon yer stick an I'll fight ye.

> "Give me some familiar proverb Dr. Chase's about birds," said the teacher Tommy Tucker raised his hand 'The early bird''-he paused a mo ment, and tried again. "The early

ingly. "That's right."

-Chicago Tribune.

An old Pennsylvania farmer, while Dr. Chase's Nerve Food. on a visit to Philadelphia, was calling on a dentist, was informed that the tooth must be extracted and that he had better take gas for

The patient agreed to this, then started to count his money. The dentist remarked, "Oh,

Bowels or Blood Mrs. A. Lethangue, of Ballydoff, Ons. writes: "I balleve I would have been as my grave long as had it not been for Burdock Blood Bits for I was run down. tors. I was run
to such an extent
that I could source
that I could source
that I could source

like thunder, I'm 'cross and disagree able,' but when ma's that way, she's

An English daily had the following

Mark Twain tells a story of a min

The woman looked at his legs.

** ** ** THE IRISHMAN AND THE MULE

General Phil Sheridan was at on did he laugh the most.

was riding down the line one day a mule which was kicking its legs rather freely. its hoof caught in the stirrup, when, in the excitement, the Irishmen remarked: "Well, going to git on I'll git off."

"Yes," said the teacher, encourag-"The early bird gathers no moss."

the operation.

need not pay me until I have

"I reckon not," replied the farmer "but if you are going to make me unconscious, I thought I'd jest like to see how I stand."

elle THE POET'S CORNER.

THE CHILDREN'S CRY.

A ceaseless, plaintive cry goes up to God,

To rescue from the clutches of the pale, dwarfed children stooping

'neath their load, Slaves in the shadow of our bloodbought hills-

that feeds on darkness 'The death and on dust Sucks from our cheeks the birth right of our years,

endless din of wheel and chain and bar Shuts from our ears Life's song and leaves us tears.

'The sad, sad tears of ignorance and They fall unnoticed from our weary We know not what we miss, we only

If Death means rest, then Death were paradise.

We have known nothing in our narrowed lives, But restless nights, and still more restless days; ceasless clanking of the tireless

looms The only music that attends ways.

Sometimes a tired child drops from its place,
nallid hands are still, their Its pallid

task is done; But ere the wheels have paused th empty space Has claimed another, and the mills

go on. ye who fill the halls of State. Oh give heed!

Give ear unto our cry for Liberty: Strike off the shackles from our helpless hands, Bind fast man's greed of gain, and

set us free!' -Kate G. Laffitte, in September Watson's.

ENVY.

Tis true that dogs will bark and bay Because the moon o'er them doth shine;

And so, 'tis often, too, the way With human folks,-they snarl and

whine Because, with selfish instinct strong, They can not bear their neighbor

should To brighter sphere than they belong, Although to shine these folks ne'er could!

O, foolish dog, the moon shines on Despite your valiant labor lost, And, envious heart, when you are gone,

And learn, to your most bitte cost, How futile all your efforts proved,

Your neighbor still, in his nigh a plane, Will move and smile, as e'er moved And smiled at your endeavor vain!

ACHREE. Your face is ever with me,

-Amadeus, O.S.F.

I see it in the mist That rises on the moorland

Where we used to keep our tryst. In the red, red clouds at sunset, Where our castles used to ve-O, my lover of Glengariff, I am missing you, achree!

Through the patter of the raindrops On the thatch at evenfail, hear a saddened moaning Like the eerie banshee call, Tis your voice forever sighing As the wind upon the lea: 'I am wanting you, alanna,

Come, follow me, achree !" In the dusky glow of peat fire I can see you, misty, stand; I can see your mantle gleaming And the beckon of your hand. On the border of the shadows You are waiting but for me-O I'm coming fast to meet you, For I'm missing you, achree! -Elsie Casseigne King, in The Reader.

> ** ** ** THE COUNTRY FLOWER.

She could only thrive in sunshine, This daisy from the plains, When shadows dark loomed o'er her She sank to earth again.

A plain little flower from the open field.

Child of the Light and the Sun. Should the shadow stay o'er daisy's way,

The frail little life is done. Give freely of love, and light, and joy,

Guard and shield her everywhere, In her own sweet way will the daisy pay For your kind and loving care.

She can ne'er forget the sunlight Or the country green and fair, Or the honest hearts and loyal friends Who bloomed around her there. Then cherish the daisy fondly

Shield her from care and strife For the sweet little flower from the country Is the wearied city wife.

Julia Sullivan.

Detroit, Mich.

It stood upon the threshold of the door,

UPON THE THRESHOLD.

The little ghost of him we loved of yore: "Come in, come in!" we said It smiled at us, and gently shook its

The firelight filled the room with warmth and cheer

head.

eye,

Watson's.

There lay the toys that he had loved, and here The wee dog wagged its tail

At that small image, standing dim and pale. It noticed all, with dreamy, wistful

Then vanished with the semblance of a sigh: The great door slammed, and grandma raised her head.

"The North Wind is abroad tonight," she said. -Mary Small Wagner, in September

What Doctors Say **About the Nerves**

UP PROCESS AS ILLUS-TRATED BY

Nerve Food

Avoid fatigue, hurry, worry, and

Seek fresh air, rest, and the best means of increasing the nerve force of the body, or, in other words, use

These are the instructions the best taken with a violent toothache, and physicians will give you as the most used to say that priests ought to effective treatment to overcome diseases of the nerves, for, if they do preached. Aside from a valuable not recommend Dr. Chase's Nerve library given to the Paulist Fathers Food in so many words, they give he has

which are necessary for the formation

of new nerve force. It is only by this building-up pro cess that you can ever hope to entirely cure sleeplessness, headache, neuralgia, nervous dyspepsia, irritability, brain fag, and the discouragement and despondency which tell of exhausted nerves.

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at dealers, or Edmanson, Bates & Co., Toronto.

A MODERN SAINT

Rev. Denis P. O'Flynn, of New York City, who died on August 22, die poor and he practiced what he no discoverable estate-no you a prescription containing practimoney in bank, no money in the recally the same ingredients. tory. "He died as poor as the proally the same ingredients. tory. "He died as poor as the pro-Dr. Chase's Nerve Food is an up-verbial church mouse," says his asto-date, scientific preparation, composed of the most powerful nerve restoratives known to science. It is bound to prove effective as a treatment for weak nerves, because it supplies the very elements of Nature verbial church mouse," says his assistant. Father Corrigan, "What little insurance he carried will barely cover the funeral expenses. He never saved a penny for himself. After keeping the house on his meagre salary he gave away all he had." WINNER OF PI

THURSDAY, SEPTER

Annie O'Neill, Lo HONORABLE MI

Agnes McCulloch, Lon Joseph Caroline, Gran

Dear Girls and Boys: We have come to the at last. I am sure anxious to know who Well, the prize awarded regular and neatest w Miss Annie O'Neill, While her composition actly up to the mark, prize by her regularity Miss Agnes McCulloug second, but she too fre on pages torn from which, let all my litt remember, is very bac is the general comp Remember, no all. In writing a let have a good pen and able letter paper. It cessarily be of expensi must be clean, and ne ly written upon. O must never be allowe have received letters erasures upon them. must not think me ex all for your own good You have splendid opp loarn how to write which is an art in fresh courage. Try to terestingly as you can

for you. Your loving AU (The book awarded to-day to warded

forget the rules I have

Dear Aunt Becky:

O'Neil.)

As I am not very b I would write. It is look very much like leaves are dving and trees. All my flowers also. I go to every day and have lo The weather is We have not had any ly, only a shower the The pears are ripe no Aunty, as it is get time, I guess I will Love to all the cous

** ** *

Your loving

Becky.

Dear Aunt Becky:

As I am afraid I w I wish to put in my I will write to-day, eight dolls, three of won't let me play wi my best dolls: the o with in turns. Two from Chicago, and Louis, Mo. I got the to the World's Fair with mamma. One o doll, and it has met cidents and I wou would tell me wh Hospital" is that we True Witness I will ha put in to have his lin think that the doc to make him artifi arms. I am going now for a car-ride. I mas when Agnes come up to Montrea at our house as we room. With love to and you, Aunt Becky

Montreal.

Your loving n

Dear Aunt Becky:

You cannot imagir felt when I saw so the corner last week, this all the cousins and their letters to Annie O'N and Jo such regular corrected did not write last Agnes McC is the o

The great success and reputation that it has already obtained proves that Luby's Parisian Hair Renewer restores or a ball to its restored by the control of balsamic properties, strengthens the growth, removes all dandruff, and leaves the scalp clean and healthy. Can be had of all chemists. 50 cents a battle.

