

MINISTERS OF THE GOSPEL SPEAK OUT

TELL THE PUBLIC OF THE GREAT WORK PSYCHINE IS DOING.

Psychine in its great work of healing those diseases that lead to consumption, and even consumption itself, has naturally come under the notice of a large number of the clergy, and many of them have felt it their duty to let the public know what splendid results come from its use. Here are a few instances of what clergymen say:—

REV. WM. H. STEVENS, Paisley, Ont.—

"Psychine seemed just the stimulant my system needed. I shall add my testimony as to its efficacy at every opportunity."

REV. R. M. BROWNE, Amherst Head, N. S.—

"I have often recommended Psychine since taking it myself, for I believe it is a cure for the troubles you specify."

REV. J. J. RICE, 51 Walker Ave. Toronto.—

"My wife suffered two very severe attacks of La Grippe, one of which threatened rapid consumption, there being a hereditary tendency in that direction. They were speedily corrected by Psychine, leaving no trace of the disease."

REV. CHAS. STIRLING, Bath, N.B.

"I have used Psychine in my family; the results were marvellous. I have visited people who state they never used its equal. I have no hesitation in recommending it."

REV. J. S. I. WILSON, Markdale, Ont.—

"I have taken two bottles of Psychine, and am pleased to say that I am greatly improved in health. I was troubled with my throat, but now I find it about restored to its normal condition. I find my work very much less taxing. I have reason to believe Psychine is all that is claimed for it."

Where sickness is there the minister of the gospel is found. His is the opportunity to note how the sufferer got relief, what furnished the relief and what caused the cure. Large numbers of the clergy of Canada recommend Psychine. They know, out of their experience, that it is the greatest preventive of consumption, the greatest builder-up of weak men and women science has given to the world.

Psychine is 50c. Per Bottle, Large Size \$1.00 and \$2.00 Per Bottle, at all Druggists.

Must you be out in Cold Weather?

on the cattle ranges?—lumbering?—taking long drives? Don't your feet get terribly cold?

Elmira Felt Shoes

Keep the feet warm and comfortable, no matter how long you are out. They are the only possible means of protecting the feet against cold. They prevent you taking cold—and make walking and driving a pleasure.

ELMIRA FELTS are as easy as old shoes—light—pliable—dressy—wear well—and are **WARM**.

ELMIRA FELT SLIPPERS are fine for the house. See that the trademark, as shown below, appears on the sole. All genuine Elmira Goods have it in this way.

SOLD ALL OVER THE WEST BY BEST DEALERS



Woman and the Home.

Down to Sleep.

November woods are bare and still;
November days are clear and bright;
Each noon burns up the morning chill,
The morning's snow is gone by night.
Each day my steps grow slow, grow light,
As through the woods I reverent creep,
Watching all things lie down to sleep.

I never knew before what beds
Fragrant to smell and soft to touch
The forest sifts and shapes and spreads;
I never knew before how much
Of human sound there is in such
Low tones as through the forest creep,
When all wild things lie down to sleep.
Each day I find new coverlids
Tucked in and more sweet eyes shut tight,
Sometimes the viewless mother bids
Her ferns kneel down, full in my sight.
I hear their chorus of "good night,"
And half I smile and half I weep,
Listening while they lie down to sleep.

Heart and Home Talks.

One of the most surprising things in life is how small a matter may create troubles and quarrels, bitter feelings and angry resentment, in the home as well as in the outside world.

A missing button, a leaky teakettle, underdone potatoes, overdone meat, a difference of opinion upon some subject having no bearing upon either the welfare or the happiness of the home, and one heart is hurt and sore, another equally wounded and resentful.

Other things contribute also to such infinitesimal sources of discord. Over-work, lack of sleep, partial prostration from the heat of summer, or the discomfort occasioned by the cold in winter, any of which tends to destroy the physical balance and which unsettles the mental also, and we fail in the practice of the simple cardinal virtues.

Happy is that man and that woman who is in such full and perfect control of the entire being that brain and body respond always to the will, because few indeed there are who will suffer an occasional discord.

For this reason the practice of the greatest patience and forbearance with one another's peculiarities and weaknesses becomes the greatest of the virtues and the most necessary.

The woman who can remain cheerful when the stove smokes, the wash-tubs leak, when the men are late to dinner and track her clean floor, and when caring for an ailing babe at night and can endure the daily cares also uncomplainingly, should stand among the saints.

The man who bears his share of the care of a family with a complaining, half invalid wife, and who labors without murmuring against his fate through all stress of heat and cold and amid discouragements of loss of crops by storms and drought, content to do his best to provide for those dependent upon him, ranks higher than any king on his throne, for he is that mightiest of conquerors, the conqueror of self.

We may each be one of these, good friends, if we will so to be and persevere in efforts toward that end, no matter how many times we falter or fall by the way. To attain unto perfect and complete control of self—we can have no higher ambition—thus shall we become a very rock of refuge and an unfailing source of strength and guidance to those who depend upon us to assist them through the untried, untaught ways each human soul must pass on toward maturity.

While the mental can in a great measure control the physical state, yet should we conserve and build up our physical powers to their highest capacity if we would be our best

selves. To this end we must beware of any over strain—of either nerves, and muscles, of "bone and brawn," or of brain, which weakens not only the body but the will. A certain amount of rest as well as nourishment is required to meet the needs of the body, to recuperate after labor, and those who do not take pains to secure it soon feel its effect in loss of mental as well as physical poise, and so weaken their hold upon life and their influence in the home and community.

Had we headed this little homily with a text, we think we would have worded it thus: "Our duties to others can only be rightly performed, conscientiously performed, when we have first fulfilled our highest duty—the proper care of self."

If we are half-ill, weak, vacillating, uncontrolled, then somehow we have failed in our highest duty, and should at once set about its performance that we may properly perform also the work God has given us to do.

Little Points in the Home Beautiful.

Floors should be stained of a shade to match the woodwork, but never painted.

Trim your windows for the pleasure of inmates, rather than for that of the persons outside.

Do not buy pictures or vases in pairs. Balance in effect is attainable without matching end for end.

Don't tack your rugs. Have the carpet man reinforce them at the edges, and be free to lift and dust or air them at pleasure.

Curtain-rods should be stout enough to carry draperies without sagging, and all rings—where used—should be loose enough to move freely.

Try plain woollen serges for your hangings and table-covers, and note how well they harmonize with paper and carpet. Too much pattern destroys effect.

"Richly carved" furniture when of modest price is in most cases in bad taste. More often than not, the carving "covereth a multitude of evils" in workmanship.

Choose your wall papers with reference to the outlook of the room. A sunless room with a blue paper is doubly cold, but with a yellow or red paper may be positively cosy.

Don't overfurnish. Successful furnishing means everything for convenience and comfort, and little else. "Do not buy anything you do not know to be useful or believe to be beautiful."

The best is the cheapest, but be sure you know what is the best. It is not always the most expensive, and is often the moderate price. The plainest furniture may carry an air of distinction if the room as a whole be harmoniously arranged.

You'll Find It Here.

Tomato juice will remove ink stains.

For earache, warm some honey in a teaspoon and pour into the ear, then plug with cotton.

If you have not time to wash your hair, let it down in the evening and let the breeze dry it out.

Wiping the feet off in cold water every night and rinsing out the stockings at the same time will make you very comfortable for the next day's work.

A woman who marries for a home should not mind if she finds her husband has married for a housekeeper.

Remember you were young once, and don't be unsympathetic when your growing daughter tells you of her love troubles.

Those who have tried it say that a newspaper slipped inside the pillow case over the pillow will make a cool head rest during a hot night.