

Calendar for June, 1909.

Table showing Moon's Phases: Full Moon 3d. 9h. 25m. a. m., Last Quarter 10d. 10h. 43m. p. m., New Moon 17d. 7h. 28m. a. m., First Quarter 25d. 2h. 43m. p. m.

Table with 12 columns: Day of Week, Sun, Moon, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto. Rows 1-30.

(Continued from first page.)

of \$45 51 for "miscellaneous" may at first sight seem high, but it covers alcoholic drinks, tobacco, barber's services, funeral expenses, moving and a variety of other items.

The conclusion that \$900 is the minimum upon which a family of five in Greater New York can maintain a sound physical existence and make some provision for the future, and that even this amount does not seem to meet adequately the mental, religious and emotional needs, ought to be sufficiently startling to the comfortable classes, the unreflecting optimists, and all the varieties of close philosophers.

The results of the committee's investigations in nine other cities of New York State, which are to be found among the appendices of our volume, make this a tolerably safe conclusion.

The difference in rent between New York and Buffalo for families with a cost of living of \$900 per year would be somewhere between \$72 and \$100 (pp. 314, 315). Putting it at the latter figure, we see that even in Buffalo (and in very many of the other large cities) the minimum annual cost of a decent livelihood would be \$900.

What proportion of adult males get this amount of wages? Very much less than half. The writer of the report on Buffalo, Mr. John R. Howard, says that the investigations have established one fact beyond question, namely, "that the average unskilled wage-earner in these two cities (New York and Buffalo) gets far below the income necessary to provide what any one of us would call a minimum standard of living."

Our store has gained a reputation for reliable Groceries. Our trade during 1908 has been very satisfactory. We shall put forth every effort during the present year to give our customers the best possible service.—R. F. Madigan.

All Stuffed Up

That's the condition of many sufferers from catarrh, especially in the morning. Great difficulty is experienced in clearing the head and throat.

No wonder catarrh causes headache, impairs the taste, smell and hearing, pollutes the breath, deranges the stomach and affects the appetite.

To cure catarrh, treatment must be constitutional—alterative and tonic. "I was ill for four months with catarrh in the head and throat. Had a bad cough and raised phlegm. I had become discouraged when my husband bought a bottle of Hood's Sarsaparilla and persuaded me to try it. I advise all to take it. It has cured and built me up." Mrs. H. Brown, Buffalo, West Lombard, N. Y.

Hood's Sarsaparilla

Cures catarrh—It soothes and strengthens the mucous membrane and builds up the whole system.

Mrs. Gould's Children.

It is the mother that counts where children are concerned, and so I sought out Mrs. George J. Gould, and asked her for a recipe for bringing up a family. I found her in their magnificent suite of apartments at the Plaza Hotel, New York, surrounded like Cornelia by her jewels.

She has had all that women crave, has Mrs. Gould who is a darling of the gods. First, she had success and fame, which she won by her own genius; then she was given love and marriage and enormous wealth and high social position. She has beauty that is still undimmed, but the best that life has given her is her children, and it is good to hear her say so.

"My acquaintances have sometimes pitied me," she said, with a smile, "because I have had so many babies, but I have not one child too many. I have never had a child that I did not want, or that has not found a warm welcome waiting for it. I think that is one reason why my children have all been so strong and have had such serene dispositions.

"I have felt the responsibilities of motherhood, too, and have tried to give my children as good a start in the world as possible by giving them sound-bodied. Before they were born I took every care of my own health and lived as much as possible in the open air. Before Edith was born I spent months on our yacht cruising around, as it was summer; in fact, she was born at sea. Then I have nursed my babies myself, except twice when illness rendered it impossible for me to do so. I do not believe in sterilized milk nor patent baby-foods. A baby is like a little puppy. If you want it to grow fine and strong and fat, you must give it the right start, and nothing has yet been discovered that takes the place of food that nature intended for a child.

"In raising my children, my plan has always been to bring them up to be simple and hardy. Not one of my children has ever had on a stitch of flannel, not even a flannel petticoat. They have warm wraps when they go out of doors, but in the house they have little socks and low-necked and short-sleeved cotton or woolen clothes. They live also on the simplest and plainest food—cereals and eggs, tender steaks and good roast meat, with vegetables and fruit, and the simplest sort of dessert when they have any at all. No pies and pastry, and no nibbling at candy all day for them. I also put great stress on absolute regularity in eating, and no matter who else waits, the children have their meals exactly on the stroke of the clock.

"We are a very domestic family, and the children have their breakfast and lunch, which is really their dinner, with Mr. Gould and myself, but until they are sixteen years old, they have their supper at a little after six o'clock, and only have something very light to eat. They never come to dinner, unless upon their birthdays it is permitted as a great treat. Why, Marjorie never came to dinner regularly until last year, and she is still so attached to nursery tea that when we are down at Georgian Court she often eats with the children by preference.

"Of course I have so many other duties that it is not possible for me to be always with my babies, and so I kept a trained nurse for each one until he or she was two and a half years old, and past the teething time; but there is never a night, even to this day, that I do not go into each room the last thing before going to bed and tuck the covers down with my own hands, good and tight around each child. And I have nursed every one of my children with my own hands when they were sick. I had trained nurses of course, but I sat up with the sick child, too. When Marjorie had that fearful spell of scarlet fever in France the summer before last, and when it seemed utterly impossible for her to recover, her father and I never left her day or night for weeks. The doctors said it was the most malignant case

they ever saw, and that nothing but her marvelous strength pulled her through. They said that if she had been a French girl she certainly would have died.

"I believe that the chief thing about raising children up to be well and strong is to bring them up in the country where they can have plenty of fresh air and room for exercise, and freedom. It was for the benefit of our children that we went down to Lakewood and built Georgian Court. The second floor of the house is devised especially for the children, and the sunniest room in it is for the baby and the next nearest for the ex-baby; and we've always had great times and ceremonies when the reigning monarch had to give way for a new king or queen of the nursery and have his or her little belongings packed up and moved.

"Everything has been sacrificed for the good of the children. For ten years we lived in Georgian Court only in the winter, and took the babies every summer up to the quietest and dullest little place in the world in the Catskills, ten miles from anywhere.

"At Georgian Court we provided every sort of diversion for our children to encourage them in athletic sports. We have a polo ground, and a riding ring, and tennis and squash courts, and the children have their ponies and ride and drive a great deal. The boys were particularly interested in polo, and Kingdom, my oldest son, at fifteen was considered one of the best polo-players in the country. Jay was also a fine player, but after Kingdom went to Columbia the game was somewhat broken up; so as there was a fine professional tennis player at Lakewood he took up court tennis instead. It is a game that requires unusual strength and quickness of motion, but he soon became so expert at it that when he was seventeen he won the American championship, and when he was eighteen he carried off the English championship, which is, of course, the championship of the world.

"Neither Mr. Gould nor myself is an advocate of boarding schools. We believe that the very best associations that children can have during the formative years of their lives are home associations, and that no guardianship is equal to the loving watchfulness of a father and mother. Therefore we have kept our children right in the home nest, and have had them educated by tutors and governesses and with such good results that Kingdom was able to take the examination to enter the School of Mines at Columbia—which is one of the hardest and most technical examinations that a student is called upon to undergo—when he was fifteen and a half, and he entered college when he was sixteen.—Cosmopolitan for May.

Where Gold is Gained.

There is a popular misapprehension in the belief that gold is itself its gain. In the minds of the rising generation is the idea that success may be gauged by the aggregate of our accumulation. There are comparatively few of us who are not under the delusion of belief that the thing of chief account in the reckoning of success and achievement is one's bank account. All of which is fully made manifest by the universal struggle to accumulate wealth.

But it is also evident to any man who pauses long enough in the frantic swirl of the money-making game to calmly consider the fact that mere wealth is not necessarily well, and that gold does not mean gain. To succeed in the game of money-making and to land the glittering prize, may be of no more real profit than the catching of the fish to the fish-hook upon which it is caught.

Gold is no gain to a dead man. The wagon-loads of gold coins upon his basket and there is absolutely no profit. Will him the wealth of the continent and neither he nor any other is the gainer in the least. Guarantee him in the right of possession of his wealth by all the laws and force of the nation, and still there is no gain. The profit of wealth lies not in the wealth possessed, but in the possessor. The standard of valuation is that of use. To everything it applies. Possession is partly of itself. It is not the thing itself that counts, but what may be done and is done with it after the fact of possession. A tool finds its value in its use. A self-identifier is valueless in the showroom or in the barn. Value is attached to it when it reaches the field of standing wheat and plays its part in the reaping of the harvest. And it must be remembered by us as we engage in the game of gold-getting in this new country, that its value shall only be found in its use. To the man who is engrossed in its acquirement, and who is dead to the needs and demands of his fellow men it is of no more real value than the corpse upon whose casket it is poured in a glittering stream. To that Canadian who shall take shrewd advantage of the wonderful opportunities for self-enrichment presented today by a new country, who shall succeed beyond the dreams of avarice in his accumulation and who shall not be slave to its use in the uplifting and betterment of all other Canadians, gold can never be either private or public gain. Far be-

HAD BACHACHE.

Was Unable To Do Household Work For Two Years

Many Women Suffer Untold Agony From Kidney Trouble.

Very often they think it is from so-called "female disease." There is less "female trouble" than they think. Women suffer from backache, sleeplessness, nervousness, irritability and a dragging-down feeling in the loins. So do men, and they do not have "female trouble."

Most of the so-called "female disorders" are no more or less than "kidney disorders," and can be easily and quickly cured by Doan's Kidney Pills.

At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

Trade With Germany.

Two steamships of the combined North German Lloyd, Holland America and Hamburg-American St. Lawrence service, inaugurated this season have sailed on May 11; the Prinz Adalbert is now ready to sail. Each has as part of its cargo for Hamburg a quantity of grain—from the United States. Germany is an importer of food stuffs, and as it grows in manufacturing importance is likely also to increase its demands for them.

Milburn's Sterling Headache Powder gives women prompt relief from monthly pains and leave no bad after effects whatever. Be sure you get Milburn's. Price 20 and 25 cents.

Mary Ovington, Jasper, Ont., writes:—"My mother had a badly sprained arm. Nothing we used did her any good. Then father got Bugard's Yellow Oil and it cured mother's arm in a few days." Price 25c.

Milburn's Liniment Cures colds, etc.

Count Zeppelin's airship has made a journey of 850 miles in 37 hours. Apparently it was at all times under control, and changed its direction when and how its crew of ten men desired. There is no doubt of Zeppelin's genius in having won for Germany the credit of one of the remarkable inventions of the day.

Combines the potent healing virtues of the Norway pine tree with other absorbent, expectorant and soothing medicines of recognized worth, and is absolutely harmless, prompt and safe for the cure of COUGHS, COLDS, BRONCHITIS, HOARSENESS, CROUP, SORE THROAT, PAIN or TIGHTNESS in the CHEST.

Mr. J. L. Parry, Millvale, N.S., writes:—"I have been troubled with a hard, dry cough for a long time, especially at night, but after having used Dr. Wood's Norway Pine Syrup, for a few weeks, I find my cough has left me. To any person, suffering as I did, I can say that this remedy is well worth a trial. I would not be without it in the house."

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