

A Cure for the Blues.

A doctor who has made a speciality of nervous diseases has found a new remedy for 'the Blues.' As no drugs are administered, he has felt safe in experimenting with at least half a hundred melancholy patients, and now declares himself thoroughly satisfied with the good results of his treatment. His prescription reads something like this: 'If you keep the corners of your mouth turned up you can't feel blue; and the directions for talking are: 'Smile, keep on smiling, don't stop smiling.'

It sounds ridiculous, doesn't it? Well, just try turning up the corners of your mouth regardless of your mood, and see how it makes you feel; then draw the corners of your mouth down, and note the effect, and you will be willing to declare 'there's something in it.'

The doctor treats his nervous patients to medicine when necessary, but when the case is one of pure melancholy without bodily ill, he simply recommends the smile cure. He has the patient remain in his office, and smile—if it isn't the genuine article it must at least be an upward curvation of the corners of the mouth—and the better feelings follow inevitably. The treatment is followed up regularly, and the patients all testify to their good effect. It takes considerable persuasion to induce some of them to apply the cure, and of course, the greater number of patients are women; for when a man is blue, he is bound to be blue, in spite of everything, but a woman is more easily persuaded to try to find a cure.

His discovery grew out of an experience in his own home. His wife was of a nervous and rather morbid temperament, and when in a despondent mood he would ask her to 'Smile a little,' until the saying came to be a household joke. But it brought about good results, and then came the inspiration to try the same cure upon others.—Chicago 'Times.'

For the Busy Mother.

Where more than one pattern is wanted, additional coupons may be readily made after the above model on a separate slip of paper, and attached to the proper illustration.



INFANTS' OUTFIT.—NO. 1038.

This set contains the essential garments for baby's outfit of dress, petticoat, pinning-blanket, nightgown and sacque. The dress can be of fine quality nainsook with a yoke of lace, embroidery or tucking, and finished with fine edging, the skirt gathered at the yoke and finished at the bottom with insertion and edging. The petticoat would develop nicely in long cloth, or lawn with tucks and a ruffle of edging, gathers adjusting it to a band closed with button and button holes. The flannel pinning blanket or barracoat has a muslin band held in place by safety pins, and featherstitched at the edges. The nightgown is gathered at the neck and a narrow frill finishes the neck and the sleeve at the hands. A dainty little sacque completes the outfit of

French flannel or cashmere. The sacque is plain back and front, with a round lay-over collar and sleeve finished with a ruffe; the edges can be scalloped or hemmed with a featherstitch finish, or bound with ribbon and tied at the neck and hands with baby ribbon. For dresses it requires 2 5-8 yards of material, 36 inches wide, with 2 yards of edging, and 2 3/4 yards of insertion. For slip, 2 1/4 yards, 36 inches wide; pinning blanket, 1 7-8 yards of flannel, 27 inches wide, with 3-8 yard of cambric, for band. For skirt, 2 1/4 yards, with 1 1/2 of edging. For sacque, 7-8 yard of material, 27 inches wide, with 1 1/2 yards of ribbon.



MISSES' SHORT WAIST.—NO. 1020.

This simple tucked shirt waist is a good model for the girl's plain school suit. It has two clusters of tucks at each side of the box-plait, which gives a pretty blouse effect. The sleeve can be made in long or elbow length, and the collar and cuffs are of embroidery. The pattern is cut in 5 sizes, 13 to 17 years. For 15 years it requires 3 3-8 yards of material, 27 inches wide.



BOYS' PLAIN BLOUSE WAIST.—NO. 1054.

This blouse is very simple and plain, the pattern provides for turn-over collar to finish the neck, and a wide plait is made at the front stitched on both sides, with button-holes and buttons for the closing. A pocket is made at the left side if desired, and the lower edge is finished with a draw-string or elastic in a casing by which the blouse effect is made. The sleeves, which are in sailor style are plaited at the hands and stitched a short distance

to form a cuff. Percale, cambric, madras, and all washable materials as well as French flannel, and serge, or mohair, are serviceable. This pattern is cut in five sizes, 4, 5, 6, 8, 10 and 12 years. For eight years it requires 2 3-8 yards of material 27 inches wide, or 1 5-8 yards 36 inches wide.



CHILD'S YOKE DRESS.—NO. 1029.

This pretty little dress can be made with high, Dutch, round or square neck, and bishop sleeve having cuffs or frills. The mother who makes her small child's dresses at home and wishes them to be simple will find an easily made little frock in this design. The pattern is cut in six sizes, from 1 to six years. It requires 4 7-8 yards of material 27 inches wide, with 5-8 yard of all-over insertion 18 inches wide for collar and cuffs, for the five year size.

'NORTHERN MESSENGER.'

PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

No.

Size

Name

Address in full

N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern will reach you in about a week from date of your order. Price 10 cents, in cash, postal note, or stamps. Address, 'Northern Messenger' Pattern Department, 'Witness Block,' Montreal.