

Harvest Song.

Laugh out, laugh out, ye orchard lands,
With all your ripened store;
Such bounteous measure nature yields;
How could heart ask for more?

The golden rick, the bursting bin
Of rich and ripened grain,
Bespeak the wealth which all may win
In industry's domain.

The cornfields set in grand array
Of solid rank and row
Are streams of wealth which set this way,
And soon shall overflow.

Laugh out, laugh out, ye ripened fields,
With e'er increasing mirth;
The joy your bounteous measure yields
Shall bless the whole round earth.

"Aint we Nice?"

Clarissa and Bess were two of the sweetest kittens possible, at least so everyone said; consequently they were very conceited and would look at you as much as to say, "Aint we nice?" Their little mistress thought nothing could please her as these two—but one day Ethel became the possessor of a pug dog to whom she had given all her affection for a day or two. She had introduced Clarissa and Bess to the dog, but they had not thought much of one another.

"They are beauties no doubt," said the pug to himself, "but terribly conceited." "He is a horrid ugly old thing," said the kittens, "and we shall never like him." As the days went on Clarissa and Bess became more spiteful and disagreeable and would attempt to scratch all who came near them. The pug, on the other hand, tried to make himself agreeable, but they would have nothing to say to him. "Ugly thing! to be made so much of," they cried, "while we are so very pretty, and nobody pays any attention to us now."

So they spent the days in looking at themselves in the looking glass—or would run out in the garden where there was a pond and gaze at their reflection in the water. This conceit led to a terrible catastrophe, for one fine morning they began at last to quarrel with each other, and losing their balance fell in and would have been drowned had not the pug come to the rescue. He helped them both out and licked their faces, although the kittens did not quite approve of that. "Come," said the pug, "let us be friends after to-day."

"How can we be otherwise," said Clarissa and Bess together, "after you have been so good to us." From that day they were friendly and agreeable to all, and Clarissa, Bess and the pug were true friends ever after.

Fat and Lean People.

Fleshy women should avoid everything in the way of liquors (especially beer), starchy cereals, like cornmeal, hominy, rye, oatmeal, and brown bread; also they should avoid too much seasoning in the way of salt, pepper or sauces; these create an unnatural thirst which nothing but liquid of some kind can quench. And water enters largely into the composition of fat. Meats can be eaten as freely as they enter into muscle, not fat. Fleshy people should exercise vigorously every day and not be given to too many hours of sleep. They should also sleep on hard beds; pampering the body in habits of luxury predisposes one to embonpoint.

Some women are constitutionally inclined to thinness; in such a condition the right kind of food is one of the requisites toward change. Tea and coffee should be abstained from, and in its place cream or rich milk substituted; eggs, fish, celery, fruits, the cereals and vegetables should be the diet, with a glass of water containing the juice of an orange and plenty of sugar, to be drunk immediately upon rising. Cultivate a happy, cheerful state of mind, take plenty of sleep, and lie down a great deal in the daytime; no posture is so favourable for gaining flesh. Lying on a lounge, or in a hammock, with a cheerful book for a companion, is better than activity. Take

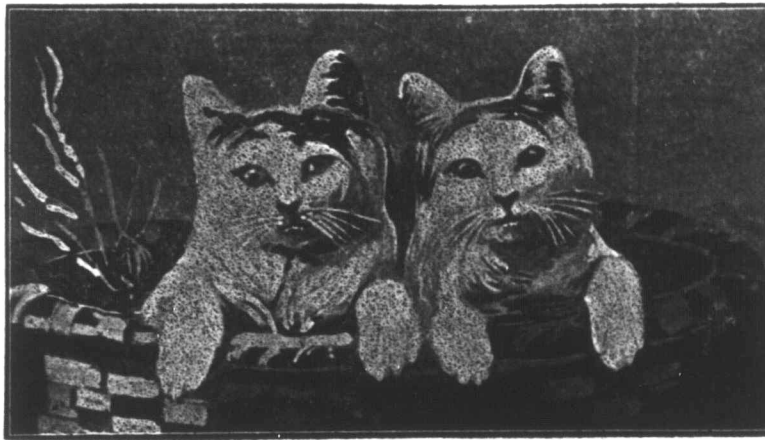
the world as a comedy rather than a tragedy (as lean people are prone to do); proper care will increase the weight in almost every case. Above all—don't worry.

An important proposition for both fat and lean—bathe daily. Ladies troubled with obesity will lose in weight, and thin ones will gain. No doubt this sounds like a paradox, but it is capable of a rational and accurate explanation. A normal, healthy condition is neither fat nor lean. A body subjected to a regime of daily bathing will gain so much activity of the vital forces, that an excessive formation of tissue is prevented—in the fleshy woman. In the case of the lean one, the general health will be improved, the nutrient functions quickened, and the body vitalized, producing a beautiful and elastic roundness very pleasing to the eye.

Beautiful Babies.

Have you ever noticed how many people look odd because they have no eyelashes and brows, and thumbs which are broad and flat on the end? That is because in infancy their mothers were either indifferent or ignorant of a few simple observances which would have obviated all these physical defects. Babies, for the first few years, are really only tiny bundles of malleable cartilage, and it behooves mothers to see that this cartilage is not trained in the way it should not go.

About the ears—many men and women to-day have to thank the bonnet strings of infant years for oval appendages which establish a resemblance between them and donkeys. Mothers should avoid tying anything behind the baby's ears. A good plan, when the baby is asleep, is to lay it on its side, so the little head will press the ear flat. So common has become this disfigurement that



"AINT WE NICE?"

skeleton caps are made to press the baby's ears close to the head. A silk handkerchief, however, drawn over the top of the head, down over the ears and tied securely under the chin, answers the same purpose. Children with ears that project should sleep with this arrangement over their ears.

Many children inherit "bald" eyes, or eyes without lashes, and only a shadow where the brows should be. This is especially the case where one or both parents are blondes.

Pure vaseline rubbed on the brows several times daily and put in the lashes at night, will promote immediate growth. Nor does this apply only to children, but is equally efficient with adults.

Nothing too strong can be said against permitting children to suck their thumbs. Charming and delighting as this common occupation of the baby is to the average mother, nothing will more surely ruin the shape of the hands. It is the cause of broad flat thumbs in after life. There are preparations to put upon the baby's thumbs which will render these rosy digits less palatable, and after one or two attempts baby will soon forget the injurious habit.

Tired, Weak, Nervous,

Means impure blood, and overwork or too much strain on brain and body. The only way to cure is to feed the nerves on pure blood. Thousands of people certify that the best blood purifier, the best nerve tonic and strength builder is Hood's Sarsaparilla. What it has done for others it will also do for you—Hood's Cures.

Hood's Pills cure constipation by restoring peristaltic action of the alimentary canal.

Hints to Housekeepers.

To keep your fruit jellies from moulding put an even half-inch of sugar over the top after the jelly has cooled, and then cover the glass with thick paper that has been coated with white of egg.

Use K. D. C. for all stomach troubles.

ICE CREAM CAKE.—Make good sponge cake, bake half an inch thick in jelly pans, and let them get perfectly cold; take a pint thickest sweet cream, beat until it looks like ice cream, make very sweet and flavour with vanilla; beat and chop a pound of almonds, stir into cream and put very thick between each layer. This is the queen of all cakes.

CANNED PEARS.—Weigh the fruit, and to every ten pounds allow three pounds of sugar. Peel the pears and drop them in cold water. Make a syrup with one quart of water to every three pounds of sugar, skim well, take the pears from the water, and boil gently in the syrup until they can be easily pierced with a fork. Fill the heated jars with fruit, then fill up with boiling syrup, and seal at once.

PRESERVED PEARS.—Select small firm pears. Peel them and put one pound of sugar to the same quantity of pears. Leave the stems on, and stick a clove in the blossom end of each. Make a syrup with the sugar and a little water; put in the pears, and stew them until perfectly transparent; take out the pears, and let the syrup boil until clear and thick. Return the pears to the syrup to get boiling hot, pour into small jars, and seal at once.

K. D. C. Pills cure chronic constipation.

CANNED CRAB-APPLES.—With a small thin knife, cut the crab-apples in two, and remove the cores. Nearly cover with cold water, and add sugar to taste. Boil until soft, but not mashed, can, and seal at once.

CRAB-APPLE JELLY.—Wipe the apples, cut them up, put them in the preserving kettle with water enough to cover, and boil until perfectly soft. Strain through a jelly bag, and allow a pound of sugar to a pint of juice. Bring the juice to the boiling point, skim, and add the sugar that has been made hot in a pan in the oven. Boil gently twenty minutes or half an hour, and pour at once into glasses.

CRAB-APPLE PRESERVES.—Weigh the fruit and allow an equal weight of sugar. Put the crab-apples in the kettle with water almost to cover them, and boil for three or four minutes. Skim out the fruit, add the sugar to the water, boil the syrup until clear, skim it, and pour hot over the crab-apples. Next day, drain off the syrup, put it again upon the fire, bring to the boiling point, and pour hot upon the apples. If sufficiently rich the preserves may now be stored; if not repeat the process a third time.

K. D. C. is marked, prompt and lasting in its effects.

QUINCE JELLY.—Rub the down off the quinces with a dry cloth, remove the blossom end, and cut the fruit in pieces, using the seeds and cores. Add water to the fruit until it can easily be seen all through it, but not enough to cover it, and boil until it is perfectly tender. Strain through a jelly-bag, measure the juice, and to each pint allow three-quarters of a pound of sugar. Place the juice over the fire, and boil twenty minutes. Add the sugar that has been made hot in a pan in the oven, let the whole boil for three minutes, then turn at once into jelly glasses.

For Cholera Morbus, Cholera Infantum, Cramps, Colic, Diarrhoea, Dysentery, and Summer Complaint, Dr. Fowler's Extract of Wild Strawberry is a prompt, safe and sure cure that has been a popular favourite for over 40 years.

Dr. Fowler's Extract of Wild Strawberry cures Diarrhoea, Dysentery, Cramps, Colic, Cholera Morbus, Cholera Infantum, and all looseness of the bowels. Never travel without it. Price 25c.

Dear Sirs,—I have used Yellow Oil for two or three years, and think it has no equal for croup. Mrs. J. S. O'BRIEN, Huntsville, Ont.