Conducted by HELENE.

A LADY'S COMPANION.

Of all the odd jobs that women turn to in desperation, that or "companion" affords the longest list of horrible possibilities, says The World Today. Taking boarders, accressing envelopes at \$2 a thousand, or even canvassing is a joyous occupation in comparison to being a companion.

few months ago a well connect ed woman in New York made known that she wanted a companion was a lady born, under years of age, who had had social who owned a good She must have a cultivated voice and be able to accompany herself on the piano. Her duties were to consist of being private se cretary and accountant at times, to read to her employer, receive callers if desired, and to make herself gene rally useful. When at home would be expected to act as house keeper and when travelling to be the maid, buy all tickets, attend to the bills, hotels, and so on. salary was \$20 a month.

A friend of mine who was disheart ened and restless at the time 'chance of a lifetime' was offered, called upon the lady. Later in the day I called upon the girl. I began, "are you going to give up all idea of your operatic career now and travel in state abroad?" looked at me in silence a moment and then replied impressively: I have decided that instead of cepting so much honor so suddenly will work as I have never worked be fore-work until I male that woman pay \$5 to hear me sing.

+ + + A SIMPLE REAUTIFIER.

The skin of the face can be strengthened and whitened with this lotion, said to be favored by a noted ac tress : Two ounces each of spirits of ammonia and camphor, five ources of sea salt, and half a pint of alcohol added to sufficient boiling water make a quart. Pour into a bottle and thoroughly shake before usingthe bottle, not yourself. This lo tion, well rubbed into the skin every day, is said to be very soothing to nerves, and so doubly beautifying.

+ + + NURSERY NOTES.

Make sure that the children have plenty of sleep.

Potatoes are not good for your children because they contain more

starch than nutriment Plates decorated with Mother Goos pictures and nursery rhymes are now made to please children.

Indian corn meal, boiled with milk sweetened with sugar and dashed with cream is a good fattening for

thin children. Babies' heads should be carefully washed once every day in tepid wa ter without any soap if the scalp is to be kept in a healthy condition and

the hair strengthened. Children subject to convulsions should be so clad that they can be stripped almost immediately, and in the house where the child lives hot water should be obtainable any moment in the twenty-four

... THE CHILDREN'S SCRAPBOOK

The scrapbook is a pleasant educative fad to indulge the children. The future years are likely to be the outcome of the child's life in his scrapbook. There should be some definite means of expression for the child's train of thought.

One enjoys the pictures of loco tives. The future may find him One finds the railway magnate. pictures of buildings a matter constant pleasure and no double time will register him as an architect. Birds interest another child, and it may quicken within him the spirit

of ornithology.

Give your child a scrapbook see what his tastes are, and if does not have natural interest in one perhaps a little of your attention will help to awaken latent powers. Foster the originalities of child as much as you can.

+++

BE A POSITIVE PERSON.

Don't be a negative person. Don't permit yourself to fall into negative ways of thinking and talking about yourself and your abilities, says the

Denver Times.

So many gifted, capable people in
this world are living indifferent, unsuccessful lives simply because they
do not realize the necessity of being
consitive, and have no conception of

the actual wrong they do themselve

tal attitude. Success in this life consists in sharply, clearly, decisively determin ing what one intends to do and definitely starting out to do it, meanwhile thinking, talking a consistently. It is not contalking and acting nsistent to when one thinks and talks in a way to destroy one's clain

to success. Have you not frequently found ourself telling someone very earnest ly about the things you could do, the desirable traits you lacked, the unfortunate tendencies you pos Dwelling on your deficien cies enlarges them, establishes them more firmly in your mind, and robe ce you need to draw you of the for desirable conditions and to cultivate admirable qualities.

No matter how ambitious you are nor how hard you work, if you hold negative mental attitude you defeat your own purposes. Your thoughts must not be uncertain, wa vering. You must not under-value your gifts. You must not waste yourself in longings, wishes, that have no clear-cut line

The great mirror you call your life with wonderful accuracy the picture of yourself as it exists your mind and shows with unerring distinctness the real beliefs you hold about your abilities and powers.

If your thoughts are negative, yo cannot have a positive success you are continually talking of things you cannot do, you subtract your ability to do well the things you can do. The more we dwell upon the positive side of things the more power and ability we attract to us. Substitute for "I can't," "I fear," and "I lack," the positive statements

"I can," "I am confident," "I am Be positive. Just try it and complish.

ABOUT APRONS.

Why do many girls dislike to wear aprons? A gingham apron made with a band to fit the waist with bib and shoulder straps is pretty and becoming when nicely fitted, somehow every boy and man seems to have a weakness for seeing a woman or girl in an apron, perhaps be- quently quite a trade was established cause it suggests cooking, and we all heart," etc. An apron will save a Latin merchants, to be worn on the good dress and hide an old one and heads of Roman dandies. n any case will save laundering, the dress too often. All sorts kinds of design and materials and used for aprons-pretty colored ones, rounded at the corners, with ruffles all around, for afternoon wear or rabbit if one is fond of the flavor of light work; white, prettily trimmed tomatoes. Stew one cupful of

CATARRH and CONSUMPTION

Are Kindred Diseases

"PSYCHINE cures dis

"PSYCHINE cures diseases causing consumption, and consumption itself."

"Mine was just ordinary Catarrh. The slightest color change of weather would cause it to return each time worse than before. There were pains and p. Chills, corons and night sweats became to distass me. And I frequently spat up blood, mixed with mucus.
"I saw Psychine advertised, and decided to try it."

STANISLAS LAVERTER

Warwick, P.Q.

All Druggists

atlments

when, through neglect some serious illness visits the home, such as Pneumonia. Pleurisy, Bronchitis. Consumption, La Grippe, etc. then is PSYCHINE just as

Purchase a bottle of PSYCHINE this winter and you will be surprised to how much suffering it will relieve and how much money it will save you.

PSYCHINE (pronounced Si-keen)

SEEK SAFETY IN PSYCHINE DR. T. A. SLOCUM, Ltd., 179 EING ST. WEST, TORONTO, CANADA

The Greatest of all Tonics

One Dollar

housework and great grown-like ones of finely chopped onion; let this ook for covering the whole dress, to be for five minutes and then add one alipped on over one's costume, while cupful of cheese that has been cut alipped on over one's costume, while getting tea ready for serving when stertaining.

TIMELY HINTS A piece of butter the size of a pes

dropped into the oatmeal pot will keep it from boiling over. It is a mistake to cook an in cold water unless soup is to

made. Cold water and slow boiling draw out all the juices. When adding cream to a thick soup let the former be quite boiling;

result is far better than when it is added cold. A dash of vinegar and a clove

garlic in the water is a gre-provement to boiled meat or A pudding, whether steamed in oold or boiled in a bag, must not cease boiling not even for a minute, the water boiling, and if more needed as it boils away see that what is used to replenish it is boiling.

The woman who is awakened by the first streak of dawn will do well drink a hot cup of cocoa if many ours are to elapse before breakfas is served. Cocoa furnishes both food and drink and is easily digested most people. It will relieve faint feeling and give one the cessary strength to dress. The c may be made the night before can be heated in three minutes an alcohol lamp. If the cocoa made with fresh milk it will keep perfectly overnight.

* + +

THE COIFFURE CURIOUS

The custom of powdering, the hai lates back as far as the sixteenth century, and was first, we are told introduced by the nuns in convents. Those who had occasion to leave the cloisters for any reason were wont to powder their hair as to give them a venerable look, The fashionable dames were so struck with the novel effect of white powde on dark hair that they soon appro priated the device as one of arts of the worldly toilet. Out of this grew the use of tints in the hair. The Roman women often used blue in 1860, powder, and later, the Empress Eugenie set the fashion of using gold powder. Rome under th Empire and Greece during of Pericles were seized with a mania for golden hair. The belles and fops of the day devised several method and whereby black locks might be changed to golden yellow, but the bleach ing did not always succeed. Conse with the fair-haired tribes beyond "the surest way to a man's the Alps, who sold their locks

+ + +

RECIPES.

Tomato Rabbit.-Tomato rabbit i a change from the ordinary Welsh ones for piazza, work; plain ging- matoes and when they have simmered

YCHINE

A SIGN FOR EVERY HOME

If every home in Canada had this sign there would be far less sickness and disease and home would be a happier and brighter place than it

PSYCHINE can help every member of the

Mother worn out with her daily toil and com

ining of Lassitude, Weakness, No Appetite,

All these can be cured by PSYCHINE; and

Free Trial

Dyspepsta and Decline.
Father with a bad Cold or Chill brought on by exposure at his daily work.
The Children with their innumerable little

into coarse pieces. Let the mixture cook until the chaese softens, then pour over hot slices of battered

Toasted Shrimps—Toasted shrimp will also be reliahed when the ordin ary fish diet grows monotonous. Procure a can of the largest and fines shrimps obtainable, remove from the liquor, drain and place on a fine wir brown on both sides. Have read some thin slices of toested lay the shrimps over them in a dee dish and cover with a rather thic Sweetbread Salad-Clean and par

boil two pairs of sweethreads, through emove the fat and skin and cove with fresh boiling water; add one teaspoon salt, and simmer gently for twenty minutes. When done stand-away to cool. When cool cut into away to cool. thin slices. Wash and dry the ter der leaves from one head of lettuce. Rub a dish with onion and make it a half pint of mayonflaise. Place a thin slice of onion in the centre of your salad dish, arrange the lettuce eaves around it; mix the swee breads carefully with the mayonnais and put in the centre of the dish.

Marshmallow Candy Combination -Marshmallow fudge is made with two cups of granulated sugar, two squares of chocolate, or four rounded tablespoonsful of cocoa, and one cup of milk or cream, and two even table spoonsful of butter. Cook until the candy strings, then add fifteen or twenty fresh marshmallows, stirring hard until they are melted and tho roughly blended with the other ingre-Pour into buttered tins and cut when quite cold. Marshmallow penouche is made with two cups of brown sugar, three quarters of a cup of milk or cream, and two even table spoonsful of butter. Cook until the candy begins to string, then twenty marshmallows and a pound of hazel nuts. Stir in a spoonful of vanilla flavoring stir hard. Pour into buttered The flavor of the hazelnuts and the marshmallows is said to be an especially good combination + + +

F UNNYSAYINGS.

This little story comes from the South

The first slice of goose had been cu and the negro minister, who had been invited to dine, looked at it with a keen anticipation as was displayed in the faces around him.

"Dat's as fine a goose as I eve saw, Brudder Williams," he said to his host. "Where did you get sucl a fine one?'

'Well, now, Mistah Rawley," the carver of the goose, with a sud den access of dignity, "when you preach a special good sermon I neve

HE GOT AWAY,

An exchange tells a funny story a motoring doctor who ran into and capsized a pedestrian. He looked behind him, and, seeing the man still prone, made a circuit and ran back. intending to stop beside and help him. But the motor shot, a yard or two beyond the mark and hit man again just as he was getting up. The doctor turned his car once m and was cautiously stealing near to the prostrate sufferer when an excited tator rushed from the sidewalk and, shaking the victim, exclaimed 'Look out ! He's coming at you again ?" Whereupon the man scrambled up and started to run.

* * *

A NEW USE FOR A SERMON. One of the most convincing sermons in the world was never preached; it was devoted to another use. Archpishop Tait was driving to Enfield, poring over the manuscript of his ser mon as he rode. His attention was attracted by a roar and a clatter behind, and, turning round, he saw a horse attached to a huge lorry caeering down Holloway Hill at gallop

The animal was quite beyond control of its driver, and was mak-ing straight for the back of the dogart in which the archbishop The runaway drew rapidly earer, but Tait waited calmly, and as it thundered up to the light trap he selected the right moment, then with all his force, flung the many with all his force, flung the many-leaved sermon full in its face. It must have appealed to the horse's sense; at any rate, the runaway stopped short to think it over, and as he did so his driver got him in hand again, and the situation was saved. "The poor beart naver had such a blatter" of theology before," was the Archbishop's comment.

MAY BE PNEUMONIA TO-MORROW.

DR. WOODS NORWAY PINE SYRUP

contains all the lung-healing virtures of the pin-tree, and is a sure care for Coughe, Colds an all Threater Lung troubles. Hrv. E. Hutchin son, 180 Anyle Street, Turoute, writes: "I hav-been a sufferer from Chronic Bronchitis for years and have found Dr. Wood's Norway To-Syrup far better than any of the hundreds o remedies I have used. Our whole family use is in cases of Coughs or Colds. We would no be without it."

POPE PIUS X.AND THE WID OW'SMITE

Touching Incident Connected with the

Calabrian Relief Fund. Writes the Roman correspondent of the London Tablet under date

"Last Monday Father Brandi, edi tor of the Civilta Cattolica, mad his fifth Calabrian visit to the Holy Father with over eighty thousan francs in his inside pocket-a sum which brought the Civilta subscrip tion to over 550,000 francs. Pope was agreeably surprised, Jesuit to look it over he remarked There must be some large offering Holy Father,' replied the editor, 'bu' you will find that the largest offering is from a poor woman,' and he point ed at the foot of the page to the only letter which has been printed in connection with this very successfu subscription-just a few lines from a parish priest to explain that the fiv pence enclosed reached him too late to be sent with the offering from his parish. It was from a poor woman who had been present in the church when the appeal was made, but who had not even a penny to give. couple of days later, however, managed to earn half a franc, and at Lolled in his office-chair, there sits once hastened with it to the Parroco, begging him to send it to the poor sufferers in Calabria. Thus her five pence came to figure in the Civilta list, wedged in between sums

thousands and hundreds of francs The Pope read the letter. 'Yes, father,' he said, deeply touched, 'vou are right; that is the greatest offering you have received, for it is th widow's mite over again.' Then he pulled down a drawer of his and took out a big silver medal struck in commemoration of the second year of his pontificate, one of those usually presented every year to the Cardinals and the high officers of the Papal court, and handed it to Father Brandi. 'Send this to her from me,' he said; 'and tell her that the Pope thanks her for her great

BABY'S HEALTH.

generosity and sends her a

blessing.'

When a child is well, give it no nedicine," is a wholesome adage. But at the first sign of trouble the care ful mother will give Baby's Own l'ablets, which promptly cure indigestion, colic, constipation, diarrhoea simple fevers and teething troubles They contain not one particle of opiate or poisonous "soothing" st yet they give refreshing sleep because they remove the cause of sleeple and the child awakens bright and well. Mrs. F. McIntosh. bigoon, Ont., says: "Baby's Own Tablets wrought a wonderful chang in my little one. When he cried almost night and day. But after giving him the Tablets he grew well and is now a bright, laugh baby, who scarcely ever gives trouble. The Tablets are surely blessing to both mother and child All druggists sell these Tablets, you can get them by mail at cents a box by writing the Williams Medicine Co., Brockville,

The is dangerous to abandon on for the luxury of grief; it deprendent of courage, and even of the for recovery.—Amiel's, Journal.

The Bad Cold of To-Day | The Poet's Corner.

DAY DREAMING.

seyond the purple hills the realm of Spreads mile on mile in limitles

A realm in which by spell of ne quite absolved from heart-

ache, care and pain. In day-dreams oft its quiet lanes I And take my rest besides its mes

ment rules this land of Way Off Yonder,

The realm that lies beyond the purple hills.

The valley where I live is most pro-The lives lived there are those greed and gain,

The building laws, dust covered and archaic, Proscribe the castle-building known of Spain.

So circumscribed one is in speech and action 'Tis sweet to let Thought go the

way it wills, To wander without tribute or exaction

The sun-kissed land beyond the purple hills

build my castles there with all of splendor, In arbors sit where roses twine

above, And with my Knight beside me, brave

though tender, I learn the wondrous magicry of

Ah, day-dreams sweet, my foolish heart, grows fonder Each hour of your ecstacles and

thrills .s roam once more the land of Way Off Yonder,

The realm that lies beyond the pur-Roy Farrell Greene.

+ + + SEATS OF THE MIGHTY

Of all the chairs of church or state-Bench, woolsack, throne, or what you will-

written in the book of fate, The high-chair is the highest still.

The master of a thousand mills Men toil or rest as he permits : Men fail or prosper as he

of Perched on the polished bench, where strife

Cries to condemn or pleads to save, Sits one, and blots the light from life, Or nods another to the grave.

Squat in his place of power, behold The monarch of a mighty land ! And destinies are lightly told,

Toyed in the hollow of his hand. But over all and over each Another sits, who must be reckon-

ed: The eternal woman comes to teach The first of men he is but second.

Vet hardly is her reton begun Till she must learn as she schooled:

And rules the ruler of the ruled. For chair of church, or seats of state

For, lod there comes the helpless one

you will-Are only relatively great: The high-chair is the highest still !

cholas. ... GREATNESS.

-Edmund Vance Cooke, in St. Ni-

The world looks up at him with en vious awe Who rules where millions yield obe-

dience.

Who in his purple apes Omnipotence The world looks up at him with flat-

tering eyes,
And lauds him for the vastness his state; and for his heaps of treasure calls

And for his army's triumphs calls

But wiser than the one who rules is

Who gives to them that hew and

sow and glean.
The knowledge that the souls of men are free, That pomp is vain, that bigotry is

and greater than the leader whose

Brings triumphs to their arms are they who teach that dignity may be in calloused

hands.
That what is right for all is just

OUR

THURSDAY, JAN

Dear Girls and Boys: You surely could not mong your New Year of writing to the then, I know school is the ant subject for little p composition is one of the the class list, and I am would practice writing you would all stand a prize for letter writing of the term. I hope y well, enjoying the lovely ther, and not studying am always glad to hear my little friends, so wr Your loving

AUN ...

THE FAIRLES' F Once upon a time a s down under a chestnut to He was a very little for tle that the fairies still him their choicest secrets you know, would much r children than to grown a boy starts to say ther

begun to grow up, and ple will have nothing n with him. But the boy under tree was still on their He had many callers from at the most unexpected they were always welcom Oh! how he loved the

ries, you can be very

When the small boy wa would cry to his father his face beaming with je twick, tome twick : my f Don't oo see dem?

Then his mother woul will be a great poet." "A poet ! There a more." his father would needs to play with other

knock the nonsense out But, oh! how disappo small boy was that his r not see his friends. It p very much, till he remem the eyes of the aged are So, of course, his father could not be expected to

one as tiny and transpa boy stopped talking of But his mother always they came; for, if mothe

sometimes poor, mother When his big blue eyes with a faraway look, the ther never disturbed him

knew his fairies were wil The mischievous sprites nod land were the most sitors, but the water kelp most as often. Indeed, stayed away, then the si bath was a very stupid s when they came, what and spluttering there there were the golden-ha who lived in the heart c or deep down in the whit lilies, who used such a fragrant perfume, and

ressed in rainbow color, on the small boy's soap the little black imps wh sunbeams. Strange to say, the sn never met the bad fair very glad of this, for the had many dreadful tales

their naughty kinswoman To-day, as the small bo the chestnut tree, he was Only that morning he

his father say, "That boy like a bad weed." Then the father sighed will soon lose my baby, ing up so fast."

Now the small boy had intimate so long with th without leawing their grown people. He was terrible dread that he, to soon be placed on their !

What could he do to ! growing up 2 He thought and though There were the hated er nurse said made boys gro never eat another. But also the good roast beef that nurse called regu sprouters"—they were has ap.

Could be do it?

Just as he had decided

Just as he had decided

everything to keep his

everything to keep his

a rich red shearn blow on

A rich red shearn fe