

HOME INTERESTS.

Conducted by HELENE.

"It is safe to say," declared a physician, "that one half of the women are simply starving for fresh air, and if they would throw away their pill bottles and headache powders and exercise freely in the open air for at least two hours daily they would feel like new women at the end of the year. Nature cannot be cheated, nor can impaired forces be restored by swallowing medicine every time warning pains and illness overtake the offender. A busy woman may be compelled to neglect some duty or pleasure for a time in order to obtain outdoor exercise, but under the circumstances it will be excusable and in the long run she will make up for it because of increased bodily vigor."

LOVERS' DAY IN THE MIDDLE AGES.

In the middle ages troth plighted on Easter Sunday was regarded as peculiarly sacred, and it was customary for lovers to exchange poetical addresses somewhat after the manner of valentines. The following, rendered into modern spelling, is by Athelstane Wade, a folk poet of the time of Richard I., and is regarded as one of the best specimens of its kind:

'Tis God's Sunday, precious one,
That binds your heart in love to me.

Let us, then, all folly shun:
Be true, my sweet, as I to thee.
Troth plighted on Christ's rising day

Is sacred, holy, good and true.
Let come to me whatever may.
In life or death I'll cling to you.
—New York Herald.

A PRETTY SPANISH EASTER CUSTOM.

In the country districts of Spain the people bring birds in little cages with them to church, and at the moment the Gloria is pronounced open the little gates and throw the feathered singers high over their heads in the air.

EASTER, GODDESS OF SPRING.

Many of the most popular and curious customs and observances of Easter and Eastertide are of remote and pagan origin. The name Easter itself is undoubtedly derived from the artistic appellation of an ancient Saxon goddess, "Eostre," or "Eostre." This bright lady, tall and flaxen-haired, was popularly supposed to preside at the annual birth of the spring, when earth began to deck herself with flowers and beauty and heaven itself was clearer. She was evidently a relation of Siegfried, and before him Baldur, all of them types of the glory and beauty that arose in the world when the early spring was born and the days grew longer, as the death of the great saga heroes was also, typical of the decline of summer and its death at the hands of the cold and cruel northern winter.

These beautiful myths appear to have been strangely suggestive and indicative of that great truth which was born into the world and never to leave it, come summer, come winter—in the person of our Lord Jesus Christ.

It was the policy of the early church to give a religious significance to all those ancient and heathen customs which she could not easily uproot. In this case of the not very devoted worship of the goddess Eostre, diluted as it was with the leaven of all manner of social gaiety and festive rejoicing, the conversion was not a very difficult matter. The spirit of joy and festivity of the occasion was left untouched. The cause alone was changed, and almost unconsciously the Saxons accepted new reasons and sympathies without having to deviate from their established customs.—Living Church.

THE SPRING SHIRTWAIST.

The plain, mannish model has the lead for business and morning wear. The touch feminine about it is the tiny plaited frill each side of the centre box plait in front and on the turn-back cuff.

Instead of being plaited this frill is sometimes a narrow ruffle finished with the tiniest edge of torchon lace.

Girls who like to give an individual touch wear studs and cuff buttons to match the little silk tie worn with the stiff linen collar. These sets of studs in various colors can be purchased quite inexpensively.

The new fingerette waists show touches of dainty color in the embroidery.

BISCUIT SANDWICH.

At a fraternity tea where a dozen college girls were entertained this week, a novel sort of sandwich was served. They were made from tall, narrow biscuits, from which the centres were removed nearly to the bottom with a sharp round apple corer, leaving a little well. This well was filled with chicken salad cut fine, and the little round crust on top was fitted into the biscuit like the top of a plate case, making the biscuit appear whole, while a delicious surprise was hidden within.

THE NEED OF AN EASTER GREETING.

In Catholic countries the mediaeval "Christ is risen." "He is risen indeed," still prevails, but not in America, and it is doubtful if such a greeting, however significant in spirit, would find thorough acceptance here. With the growing recognition of the festival, its celebration by all sects and classes, as is now the case, the want of a verbal expression symbolizing in some part all that Easter day means is strongly felt. There should be an Easter greeting just as there is a Christmas and New Year's greeting, and it should be welcome to all creeds. The opportunity is lying in wait for some felicitous phrasemaker.—New York Sun.

EASTER IN THE EMERALD ISLE.

In no place outside of Rome is Easter celebrated more joyously and universally than it is in Ireland. The whole heart of the Irish people, peasantry and gentry alike, goes out in glad and pious rejoicing at the thought of the Saviour of mankind risen from the dead. The celebration of the day may be said to begin on the evening before. That evening is known in Ireland as "Holy Saturday." The long period of restraint imposed by Lent has nearly passed, and the long pent-up mirth and merriment will bubble over in spite of everything. All the household sits up to "watch the Lent out." A hearty meal is prepared, and at midnight justice is done to it.—New York Times.

TIMELY HINTS.

For silver polish, take half a cupful of whiting, half a cupful of cold water and one ounce of ammonia. Bottle, shake well before using, and apply with a flannel cloth. This is good also for brass or nickel.

The careful housewife sometimes discovers that her pillows are beginning to have an old or sickly smell, owing either to long use under ordinary circumstances or in a sick room. An easy way to cleanse them is to place them upon a block of wood in a wash boiler containing enough water to make a good steam, but not enough to come up around the pillows. Keep the steam going until the pillow is thoroughly heated through, then hang in the sunshine to dry, remembering to give it several thorough shakings while drying.

A lump of alum dropped in the pickle barrel will preserve the color and shape of the pickles.

As a carpet cleaner bran slightly dampened, thrown on the carpet and then thoroughly swept out, is unexcelled. It removes all dust, and, being damp, prevents dust from flying.

To drive flies out of a room, burn a small piece of gum camphor, or mix a little oil of lavender with an equal part of water and put it into an atomizer and spray about the room, especially over the table linen. This delicious odor is very offensive to flies, who flee from it.

Minister Speaks to Mothers

Tells His Wife's Experience for the Sake of Other Sufferers.

The following letter has been sent to Dr. T. A. Slocum, Ltd., for publication.

Dr. T. A. Slocum, Limited.—Dear Sir: Within the last two years my wife (who is of a delicate constitution) has had two severe attacks of la grippe, both of which have been speedily corrected by the use of Psychine. We have such faith in the efficacy of your remedies that as a family we use no other. For toning up a debilitated system, however run down, restoring to healthy action the heart and lungs and as a specific for all wasting diseases your Psychine and Oxomulsion are simply perfect. Yours sincerely, Rev. J. J. Rice, 51 Walker Avenue, Toronto.

PSYCHINE, pronounced Si-keen, is a scientific preparation, having wonderful tonic properties acting directly upon the Stomach, Blood and weak organs of the body, quickly restoring them to strong and healthy action. It is especially adapted for people who are run down from any cause, especially Coughs, Colds, Catarrh, LaGrippe, Pneumonia, Consumption and all stomach or organic troubles. It has no substitute.

PSYCHINE (PRONOUNCED SI-KEEN)

is for sale at all dealers, at 50c and \$1.00 per bottle, or write direct to Dr. T. A. Slocum, Limited, 179 King St. W., Toronto.

There is no other remedy "Just as Good" as PSYCHINE.

Dr. Roo's Kidney Pills are a sure and permanent cure for Rheumatism, Bright's Disease, Pain in the Back and all forms of Kidney Trouble. 25c per box, at all dealers.

LITERARY REVIEW.

THE APRIL WOMAN'S HOME COMPANION.

A distinct contribution to contemporary literature is the epic poem, "At Pilate's Judgment Seat," by Thomas Nelson Page, in the April Woman's Home Companion. In this poem, which occupies two full pages of the magazine, Mr. Page depicts from the usual procedure and describes the Judgment from Pilate's point of view. The result is a mastery and novel treatment of the most marvellous trial scene in the world's history. The poem is strikingly decorated by Herbert Paus. Another important feature in this number of the Woman's Home Companion is a characteristic editorial by Edward Everett Hale, "Some Reminiscences of the Nation's Capitol." Homer Davenport, who recently visited the Arabian Desert for this magazine, has a notable article, entitled "The Arab Horse in Legend and Story," in which he gives a wealth of first-hand information on a very interesting subject. The ever helpful subject of home building is treated by Henry Harrison Lewis in an article, "Selecting the Site," which describes in detail this important preliminary in home construction. An unusually strong array of fiction headed by a timely short story, "Mrs. Sackett's Easter Bonnet," by Mary E. Wilkins Freeman and including Josephine Daskam Bacon's serial, "The Domestic Adventurers," and short stories by Jennette Lee, Temple Bailey, Lulu Judson Moody, and Gelston Spring give added interest to the April number. Among the special departments are "For the Girl Who Earns Her Own Living," by Anna Steese Richardson; Mrs. Sangster's Home Page; Sam Loyd's Puzzle Page; The Campaign Against Child Labor, a department specially conducted by the National Child Labor Committee; a page for "Serious-Minded Women," conducted by Herbert D. Ward; Dan Beard's Own Page for Boys; Practical Fashions, by Grace Margaret Gould; Cooking Lessons, by Fannie Merritt Farmer; and Aunt Janet's department for children. The art features are fully up to this magazine's highest standard.

FUNNY SAYINGS.

Waiter—What would you be pleased to order, sir? We have potage psintanier a la julienne, fricandeau de veau avec croquettes des pommes de terre, risoles de boeuf.

Diner—Yes; we'll give a plateful of whichever of them's nearest to Irish stew.

A Medicine Chest in Itself.—Only the well-to-do can afford to possess a medicine-chest, but Dr. Thomas' Electric Oil, which is a medicine chest in itself, being a remedy for rheumatism, lumbago, sore throat, colds, coughs, catarrh, asthma and a potent healer for wounds, cuts, bruises, sprains, etc., is within the reach of the poorest, owing to its cheapness. It should be in every house.

WEATHER NOT PERMITTING.

A correspondent of the Manchester Guardian relates that he saw on the notice-board of an Ipswich reading-room the following appeal:

"Will the gentleman who took a horn-handled umbrella from the stand on Wednesday kindly return it to the Librarian?"

Some one wrote beneath in pencil: "Certainly not; weather still unsettled."

COULDN'T FOOL THE BOY.

A physician was annoyed by a small newsboy, who would run into his office and yell "Evening papers" in a way to startle the patients. Thinking to break him of the habit the doctor stretched a wire across the room arranging it so that a skeleton hanging in a closet would slide out by pulling a string.

The next day, when the boy appeared in his usual noisy way, the skeleton danced out in front of him, shaking its bones in a most terrifying manner. The boy gave one yell and disappeared down the stairs. Thinking that the trick might have been rather too severe the doctor went down to the street to reassure the boy, whom he found hiding behind a tree. He called to him to come back, but the boy shook his head.

"No, you don't," he yelled. "I know you if you have got your clothes on."

Billiousness Burdens Life.—The bilious man is never a companionable man because his ailment renders him morose and gloomy. The complaint is not so dangerous as it is disagreeable. Yet no one need suffer from it who can procure Parmelee's Vegetable Pills. By regulating the liver and obviating the effects of bile in the stomach they restore men to cheerfulness and full vigor of action.

A LITTLE MAID'S GUESS.

A certain wise little woman eight years old has two brothers. She participates in their joys and sorrows, in their pleasures and their toil, as much as circumstances will permit. And she has a thorough understanding of a boy's character.

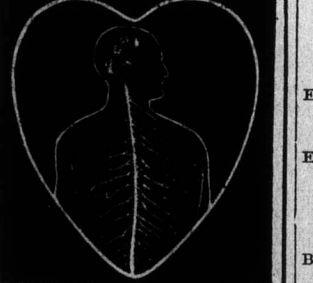
The other day her brothers came home from school with a problem in arithmetic which had caused a good deal of discussion among their playmates, and submitted it for the edification of the family at the lunch table:

"If a boy draws his sled to the top of a hill nine times and slides down eight times, where is he?"

The wise young woman from the depths of her experience answered without hesitation:

"I duss he has done home for his mudder to mend his pants."

MILBURN'S Heart and Nerve Pills.



Are a specific for all diseases and disorders arising from a run-down condition of the heart or nerve system, such as palpitation of the heart, Nervous Prostration, Nervousness, Sleeplessness, Pain and Dizzy Spells, Brain Fag, etc. They are especially beneficial to women troubled with irregular menstruation.

THE SIN OF THE COPPENTER MAN.

The coppenter man said a wicked word,
When he hitted his thumb one day,
En I know what it was, because I heard,
En it's somethin' I dassant say.

En he growed us a house with rooms
inside it,
En the rooms is full of floors;
It's my papa's house, en when he
bowed it,
It was nothin' but just outdoors.

En they planted stones in a hole
for seeds,
En that's how the house began,
But I bet the stones would have just
growed weeds,
Except for the coppenter man.

En the coppenter man took a board
en said
He'd skin W en make some curls,
En I hung 'em into my ears en head

THE POET'S CORNER

AFTER THE PASSION.

Lord of my heart, by Thy last cry,
Let not Thy blood on earth be
spent—
Lo, at Thy feet I fainting lie
Mine eyes upon Thy wounds are
bent,
Upon Thy streaming wounds my
weary eyes
Wait like the parched earth on April
skies.

Wash me and dry these bitter tears,
O let my heart no further roam,
'Tis Thine by vows and hopes and
fears
Long since—O call Thy wanderer
home
To that dear home safe in Thy
wounded side,
Where only broken hearts their sin
and shame may hide.
—John Keble.

AN EASTER LILLY.

Spikenard and frankincense and
myrrh,
And spices savory and sweet,
They brought unto the sepulcher,
To lay them at the wounded feet.
The precious gifts their hands be-
tween,
They came in that first Easter
dawn;
And she who was called Magdalene
Before the other hastened on.

But at the door the spices slipped
From hand upraised in reverence,
And to the ground, unheeded, drip-
ped
Spikenard, and myrrh, and frank-
incense,
With finger on her lips she turned
And in a whisper tense with awe,
With eyes that in their rapture burn-
ed,
She told the glory that she saw.

The tomb aglow with holy light,
A radiant one of gentle voice,
Whose lustrous wings were jewel
bright,
Whose lips made music, thus: "Re-
joice!
Your hearts no more need shelter
fear."

And one sat where had been his
head,
Who said to them: "He is not here,
For he is risen, as he said."

Then, turning back upon their way,
They set their feet; and then the
sun
Flung from its arms the Easter day,
As bright as was that shining one,
And she that was called Magdalene
Paused, for before the sepulcher
A lily, stately and serene,
New-bloomed, flung back the dawn
to her.

EASTER SUNDAY.

Peace and joy reign everywhere,
Heavenly odors scent the air.

En they made me look like girls.

En he squinted along one side, he
did,
En he squinted the other side twice
En then he told me, "You squint't,
kid,"

'Cause the coppenter man's reel
nice.

But the coppenter man said a wicked
word,

When he hitted his thumb that
day;
He said it out loud, too, 'cause I
heard,
En it's somethin' I dassant say.

En the coppenter man said it wasn't
bad,

Heavenly music fills our ears.

Making us forget our tears.
Those days of sorrow, pain and
gloom
Are left behind Him in the tomb.
Our hearts rejoice, freed from their
care,
The earth once more seems bright
and fair.

The valleys bloom with timid shoots
The streamlets sing like angels' lutes.
The merry robins fill the trees
With their peaceful symphonies.
What's the reason of all this?
Why on earth this heavenly bliss?

All things of earth in one vast shout
Unite their voices and cry out,
In words that up to heaven reach
And through hell's stygian caverns
screech.
And penetrate men's stony hearts
As rays of light through darkness
dart:
Rejoice! Rejoice! He's risen to-
day!

The God that for mankind hath died
To-day hath risen glorified.
The faithful few who sorrowing wept
Rejoice, God's holy word is kept.
Heavenly choristers far on high,
With hosannas fill the sky,
In similar cadence that to earth
Announced the sweet Redeemer's
birth.

In heaven, on earth, a joy doth reign
That men nor angels can restrain.
Heaven's eternal walls are rent
With angelic merriment.
And the whirling earth's vast
bounds
With the creatures' joy resounds.
Human passions that were pent
Through this holy time of Lent,
Now burst out in grand acclaim
Sounding praises to His name.
Humanity sends up this cry,
Sweet-voiced angels make reply:
"Rejoice! Rejoice! He's risen to-
day!"
—Thomas P. Neeson.

ONE RESURRECTION.

A soul once beautiful lay dead in sin
And all who loved it sorrowed at
its state:
Bright was its glory once,—its pro-
mise, great;
But, the despoiler—long had entered
in;
Gone was the life and beauty that
had been.
Hideous, it lay, deformed by sin
and hate.

A far earth cry arose—"Was it too
late
For One Sweet Power that fallen
soul to win?"
Too late? Ah, no:—One, pitying,
loving, came
Unmindful of ingratitude and shame,
He touched that soul with the divinest
grace:
All glorious, it looked into His face,
Remembering the long lost Saviour
Friend,
It wept,—and served and loved unto
the end.

—Mary Louise Murphy.

EASTER LITTLE

Easter lilies, soft and unfold
Emblems of eternal love
Close within their challenge
The truth below of God

Easter lilies, sweets imb
Let your incense rise
To our Lord, who, nev
Leads us o'er the thor

Easter lilies, life infold
Germ and seed for fut
So our life-germs we
For the future life su

EASTER EGGS

Rabbit eggs, according
respondent at Dafftown
for Easter purposes. To
gives is that the shell
retains the various dye
color Easter eggs more
permanently than the
egg fowl. Though we
had the pleasure of tes
titt's egg, our correspo
us that the taste of the
cious, and that they a
nourishing food one can

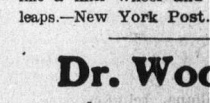
It seems that the shap
egg being round if the
lays it is a squarehead
if the one that lays it
head. The rabbit egg,
no specks on the shell,
the hen's egg, white o

In order to die a rabb
tines our corresponden
first select the color you
die it. This being don
egg in glycerine for thr
after this operation you
a piece of Manila rope,
embalm the fruit of the
der it proof against bec
ten. Then place the eg
and leave it so for thr
Our correspondent do
whether we should take
of the dye at the end o
but we presume that w

SEEING THE SUN

One of the oldest Eas
tions, around which cli
lore tales and legends,
spread belief in the sun
in the general felicity
by dancing in the heave
day. Devonshire maide
up early on the mornin
to observe not only the
but the lamb and flag
of the disk. An old S
makes the sun even mo
there it is expected to
like a mill wheel and
leaps.—New York Post.

Dr. Wood



Norway Syrup

Cures Coughs, Colds,
Nervousness, Grouph,
Pains or Tightness
Chest, Etc.

It stops that tickling in
pleasant to take and soot
ing to the lungs. Mr. E.
the well-known Galt gard
I had a very severe at
throat and tightness in
times when I wanted to
not I would almost choke
who got me a bottle of
NORWAY SYRUP. I
price I found myself not
not be without it if it cost
ble, and I can recommend
bothered with a cough or
Price 25 Cents

EASTER GOBLIN

Novelties in the East
goblins made out of egg
purpose the contents o
removed through a hol
and on the shells is pe
face. Then with a li
legs and arms are attac
a very comic effect. I
it is an "egg rocker,"
made by pouring sealin
then melted lead throu
in one end of an egg.
of the material shall o
other end, the natural
ing been previously r
blowing. Then the sh
with a comf face, and
cap are added, the resu
figure of fun that will
sist in sitting upright
how it is disturbed.

Useful at all Times

summer Parmelee's V
will cope with and ov
irregularities of the di
gans which change of
of residence or variati
perature may bring ab
should be always kept
once their beneficial a
known, no one will be
There is nothing man
structure, and the mos
use them confidently.

"No Alum or Acid there" advertisement for St. George's Baking Powder. Includes a testimonial from a report that 70% of baking powder sold in Canada contains alum and acid phosphates. The ad features an illustration of a man in a top hat and a woman in a dress. Text: "I saw, in an official report, that 70% (over 3/4) of the baking powder sold in Canada, contain alum and acid phosphates. 'It seems to me that folk ought to be mighty careful what baking powder they use.' 'I know, if I baked my own cake and pastry, that there is only one baking powder I would buy. That's St. George's Baking Powder. It is a genuine Cream of Tartar Baking Powder—free of alum, acids, lime, ammonias and phosphates. ST. GEORGE'S is healthful—and makes Biscuits, Cake, Pies, etc., that are not only deliciously light and inviting, but wholesome as well. Our Cook Book tells how to prepare a number of novel dishes—and is present old favorites in new guises. Write for a free copy to the NATIONAL BAKING & CEREAL CO. of Canada, Limited, Montreal, Qc."

LUBY'S 50 CENTS A BOTTLE advertisement. Text: "To prevent the too early appearance of gray hairs LUBY'S PARISIAN HAIR RENEWER needs only be applied as a hairdressing when its valuable properties will be appreciated. It imparts a most beautiful gloss and color to the hair, and keeps the head cool and free from dandruff. For sale by all chemists." Includes the LUBY'S logo.