Conducted by HELENE.

One of the daily papers tells pretty story of the kindness of the Empress Frederick of Germany, and the loving service that she rendered to a poor woman in her trouble. A patient in the hospital at Potsdam was lying at the point of death, and his wife had been hurriedly summon With her baby in her walking up and down the waiting room close to the ward in which her husband lay. The Empress happened to be paying one of her frequent visits to the hospital, and, seeing the woman in her bitter sorrow, she approached to ask some sympathetic questions. "Yes, he is dying," the wife sobbed, "and he wants to say so much to me about how I am to manage when he's gone, and how the children are to be brought up; but baby is not well and cries, and he is so weak that he can't bear it, and he may die at any moment." In an instant the empress had taken the infant into her arms, and while the wife sat for a whole hour by the side of her husband, her majesty took care of the child walking up and down the room with it, and soothing it with motherly tenderness. An act service like this, humble though it may be, is the "cup of cold water" spoken of by the Saviour, whose giver shall in no wise lose her reward.

THE CRAVAT.

The cravat was once the name of a great military nation, the Croats, or Cravates, of the Balkans. It was their fashion to wrap large shawls or pieces of cloth around their necks and shoulders. About the middle of the reign of Louis XIV. he uniformed several regiments in the Croat fashion, with huge shawls their necks. The fashion took, and the shawl diminished in size to the slight strip of cloth we still

TAKE CARE HOW YOU LABEL YOURSELF.

They were discussing a man famous over the world as a statesman an a philanthropist, when ber of the company said with real spitefulness that as long as she had lived in a certain city she had never heard a good word said for that man. Silence fell, but one sharp

son whispered to another. "She labels herself, doesn't she? She shows just what sort of people she was living among. . It was the only possible conclusion

for a well-balanced hearer to reach. The worst labels we get are those

Day after day, at duties or at diversions, we label ourselves in very opinions we express of other and their doings. ems to us the smart retort labels us as having enjoyed the society of unkind critics; what we consider revealed, marks us as having live among those whose sense of honor was not high, and the jest with the sting behind it labels us as under-

SPANISH WOMEN OF TO-DAY.

Nearly all Spanish women beautiful eyes with a soul-melting look; and if fine teeth and an abund-ant head of hair be a sign of strongest in the world. The women of the lower classes never wear any-thing on their heads, and their glory is to have a coiffure so shiny, so stickly, and so arranged in tiers that it looks like a varnished helmet. Amongst this class the hair-dres in institution; a woman may netimes want bread, but she has always a peinadora who, for a few

half-pence, will come daily to Hardly any woman of the people over years of age can read. sister trains the younger, and at the age of 12 or 18 years they are put out to service; even to-day there is not very much time given to school. Amongst the higher classe French or English governesses are the rule, and young girls are taught two or three languages and "accord plishments." Spanish parents, as a rule, fight shy of higher education. For middle class education ther exists practically no organization.

HOW TO REMOVE INK FROM CARPETS.

When freshly spilled, ink can be re moved from carpets by wetting milk, says the New York Journal. Take cotton batting and soak up it will receive, being careful not to let it spread. Ther take fresh cotton, wet in milk, and sop it up carefully. Repeat this operation, changing cotton and milk each time. After most of the ink has been taken up in this way with fresh cotton and clean, rub the spot Continue till all disappears; wash the snot in clean, warm wa ter and a little soap, rinse in clean water and rub till nearly dry. If the ink is dried in there is no way that will not take the color from th carpet as well as the ink, unless the ink is on a white spot. In that case salts of lemon or soft soap, starch and lemon juice will remove the ink as easily as if on cotton.

TEST YOUR WASHING BLUE.

Many rust spots of seemingly un accountable origin may be traced to the blueing used in washing. Prussian blue, the constituent of some of the bluings on the market, is a compound of iron, which, in the pre sence of an alkali, deposits the rus spot. If you suspect the bluing you use, take a little of the compound in a vessel with soap, or, better, caustic potash, and bring to a boil. If iron separates, the compound is prussian blue, and you will have to b very careful in rinsing to get out all the soap.

> .. .. .. WOMAN AND THE AGE.

Woman's sphere is the Christian home, where she rules as queen. All her instincts point to this destiny, and for this position nature particularly fitted her. For this she is endowed with patience, tenderness, sympathy, endurance, courage and great executive ability. The idea of the up-to-date woman is to tally antagonistic to that of the Chris tian mother. She is assertive of her rights. She is refusing the obligations of home life. She is ready to abdicate woman's real dignity and to descend from her throne in the household and enter the turmoil of public life. It is related of great Napoleon, whose heart burned to do great things for France, that What shall I do to make France really great ?" Napoleon was ther making and unmaking kings at his beck and nod and was in a position to do almost anything for France Madame de Stael answered him : "Give to France good Christian mo thers.'

When we measure up the influe that shape the affairs of this world we believe without a doubt that voman will be given the palm. good as well as evil, there is nothing that can come any way near her in importance. The history of the world has demonstrated that morality of an age is not better and more often than not men are just what women make them. As the barometer of woman's Christian character rises, so rises with it the standards of Christian civilization Hence the necessity of a religious education for our young womes hence the necessity of young womes

To prevent the too early appearance of gray hairs LUBY'S PARISIAN HAIR RECEWER needs only be applied as a hair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing when its valuable was to be applied as a lair drawing w

glous influences living up to the standard of their training. You then who are going out from a con-vent home have a two-fold responsint to attain, and you have your Christian education to vindi That is why you must ways stand for those deep prin ciples that lie at the basis of civic and spiritual welfare. Set your rors. Stand for the highest stand ard of Christian womanliness

RECIPES.

Dainty individual salads are pared by arranging on plates placing them together so as to form little nests. For a filling use one cup each of chopped celery, English walnuts, apples and a little salt. Into each lettuce cup place a large tablespoonful of the mixture. The mayonnaise dressing may either be put on top after the cups are filled, or mixed with the ingredients before

For nut and cherry salad use pr served or home-canned cherries that Drain off all the juice, and in the niddle of each sherry place a hazel nut that has been blanched by lying boiling water for a few veral lettuce leaves, heap a fev spoonsful of the nuts and cherries on them, and pour a good mayonnaise dressing over them. The salad should be placed on the ice until ready to serve Coffee Sherbet-For coffee sher-

bet pour one quart of boiling water over four ounces of fine ground Java coffee, says the New York Tele-Cover, simmer ten minutes, gram. through cheesecloth and sweeter with six tablespoonsful sugar. When cold pour into the reezer and begin to freeze. As it thickens add the whites of two eggs, beaten to a stiff froth; freeze minutes longer, remove the beater, scrape down, cover and let it stand fifteen or twenty minutes before serving. A quart will be enough for Serve in glasses, twelve people. with a spoonful of whipped cream on top.

Delicious Dessert-Line a bowl with split lady-fingers or with thin slices of sponge cake. Into the centre of the bowl slice thinly oranges and bananas which sweeten and sprinke with lemon juice. Over all this heap sweetened whipped To whip cream successfully it must be thick—ask the milkman for double cream-and be very cold. If a cream churn is one of the great conveniences in the kitchen, a turns of the crank will heap the charn with thick froth from a pint or less of cream. But when there is no churn, an ordinary wire whip will answer almost as well. Sit in cool place and beat steadily. If the cream is thin, add to it the white of one egg, which will facilitate the frothing. Sweeten cream before beating it.

It seems like gilding the lily, but the addition of a few spoonsful red raspberry jam, or of canned peaches to ice cream as it is served will be found a great addition. Serve the mould of ice cream on a platter looks so deliciously cool-and serv the jam alongside of it in a glass

.. .. ..

TIMELY HINTS

ently to a utensil in which fish or or online have been fried may be dis-me." "—Everybody's Magazine. pelled by placing in a hot oven for en or fifteen minutes after washing and drying.



Turns Bad Blood into Rich Red Blood.

ing properties.

Externally, heals Sores, Ulcers

Abscesses, and all Eruptions.

Internally, restores the Stomach
Liver, Bowels and Blood to health action. If your appetite is poor your energy gone, your ambitio lost, B.B.B. will restors you to th full enjoyment of happy vigorou

This is claimed to be an infallible emedy for ivy poisoning: Stir a small lump of blue vitriol about in a saucer of thick cream until the mixture assumes a greenish tinge this forms a kind of salve, and, ap plied to the parts affected, is said to cure the most aggravating case

is the following: Cover the ribbo with warm water, then spread it on a board or table and scrub it thoroughly with a brush that been rubbed in soap. After a lather has been formed and the bon looks clean, rinse it in warm water, lay it between of thin cheesecloth and press until

Olive oil is said to be an cellent frying medium, improving the For the sting of bees and hornets bathe the parts stung with parts of salt and soda moi with water. Use plentifully.

Coffee grounds kept in the sink strainer will catch grease and thus prevent clogging of pipes.

You cannot be happy while you Then do not delay in getting a bottle of Holloway's Corn Cure. It removes all kinds of corn without pain. Failure with it

FUNNY SAYINGS

NOT A WASTERPIECE

A Scotchman who had married a widow noted for her plainness, says Harper's Weekly, was accosted

his employer.
"Well, Thomas," said the latter. "I hear you're married. What sort of

a woman is your wife?" answered the "she's the Lord's handiwork, but I cannot' say she's just His master piece."

SHADE OF MRS. PARTINGDON

Mr. Dangle-I heard that our old friend and neighbor had a very impressive funeral.

Mrs. Mangle-It was so fine it was really an imposition of the respect people had for him. And the minister preached such a beautiful pare goric over the deceased.

THE WAY IT LOOKED.

"And what are you going to b when you grow up, my little man? asked the caller. The unfortunate child shook

golden curls savagely and gazed with anger at his lace cuffs. "I want to be a man," he said,

"but I think mamma's bringing me up to be a lady."

.. .. ..

POLLY'S FIB.

Little Polly, coming in from walk one morning, informed her mo ther that she had seen a lion in the park. No amount of persuas reasoning could make her vary her night, when she slipped down on her knees to say her prayers, her mother said: "Polly, ask God to forgive you for that fib.

Then she looked straight into mother's eyes, her own eyes shining like stars, and said: "I did ask Him, mamma, dearest, and He said: ention it, Miss Polly; that

CLEAR ENOUGH FOR HER.

(From Harper's Weekly.) Andrew Carnegie once delivered a little homily to the pupils of a public school in Washington, wherein ndeavored to demonstrate that the ent of men is apt to be warped by sentiment and feeling.

ed by sentiment and feeling.

"In Scotland," asserted Mr. Carnegie, "the people abominated hymns simply because the Episcopalians used them. The Presbyterians sang only the Psalms of David. The Episcopalians used the sentiment of the Episcopalians of the Episco palians used stained glass in their church windows, and for that rea-son the Scotch looked upon stained glass as something of unholy ori-

cin."
Continuing, Mr. Carnegie told fory of a Presbyterian minister was and been bold enough to introdukis hated innovation. He was sing it in triumph to one of parishioners, and asked her here.

THE WAY OF SORROW

faster, lean and lift me. I am sini

sign of death doth break

A mist is on the waters, cold It blinds me as I struggle through

ing, weary,
'The night is dark, and I am

Master, lean and lift me, I am sink

Borne down in doubt and fear, The burden and the mystery of life. The proud pass swiftly by

light of Thy sweet heave streaming o'er Their shining path, and while

poor and lowly Stand empty handed-watching Thy door

Master, lean and lift, me. I am sink ing eneath temptation's heavy crow

of thorns It tears my struggling heart, which wavering falters,

Allured, distracted, even while And oh, to feel the sweetness of th

knowledge That o'er this burning path Thy fee have trod; And oh, to hear Thee whisper

through the darkness The words, "Be still, and see that I

Master, lean and lift me, I am sinking; Thy strong right arm alone can'st

bear me up, Naught of myself have I but

and sorrow How shall I then shrink backward from the cup

Which Thou hast proffered me? Come nearer, Master For the blind anguish and the bitter

Will sink to naught, if Thou lift me higher, Yea, higher, even to Thy Heart!

-Mary Dolorosa.

What did he leave? He left the light

And the wide rivers that make glad He left the birds the forest to

And the sweet buttercups with golden shields. He left the music of the air and And the cool groves, where witch

ing shadows fall; He left earth-love, the Muses' purest

And poesy-that was beyond his

What did he leave? He left, with spirit yearning.

All of the flattering plaudits of his

All of the laurels he had spent his And many things that wither with

He left the wealth that flooded all his garners Which, ere the sun had set upon

his pall, Was reached for by the hands of

greedy mourners. Who feared lest something might the dead recall-He left them all.

What did he take? Ah! that is not for mortal To judge the dead, or mete for him

the rod: Whate'er he carried through that mystic portal

Is known unto himself and to his Just this we know, he took the bless-

ing tender those he cheered in poverty's enthrall-He took whate'er he won of true

worth's grandeur, What time he sweetened Sorrow's cup of gall-And that was all.

GOD'S SILENCE.

God answers prayer; when hearts are weak

He gives the very gifts believers But often faith must learn a deeper

And trust God's silence when He does not speak; For He, whose name is Love, will

send the best, Stars may burn out, nor mountain walls endure But God is true, His promises are

To those who seek

**Bleeding Piles Entirely Cured** 

When Doctor's Treatment and Surgeon's Knife Failed Oure

## Dr. Chase's Ointment.

is now universally conce that Dr. Chase's Ointment is the most effective treatment obtainable for every form of piles.

accustomed to look upon bleeding piles as incurable except by surgical tremely meagre salary attached to operation we quote the letter of a young school teacher, who, after undergoing an operation which failed, was cured positively by Chase's Ointment.
This statement was given by Mr

Lepine with the idea of helping others who have not yet been fortunate as to hear of Dr. Chase'

Ointment.

Mr. Arthur Lepine, school teacher, Granite Hill, Musicoka, Ont., writes:

"I am taking the liberty of informing you that for two years I suffered from bleeding piles, and lost each day about half a cup of blood. Last summer I went to the Ottawa General Hospital to be operated on, and was under the influence of chloroform for one hour. For about two months I was better, but my old trouble returned, and again I lost much blood. One of my doctors told me I would have to undergo an operation, but I would not consent.

Dr. Chase's Ointment as the treatment in the world for bleeding

Dr. Chase's Ointment, 60 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

## Qualifications too High for Parsons.

The faculty of a large Protestant theological seminary received some years ago a letter in which the inhats of a small town in Kansas applied to them for a young clergyan to take charge of their spiritual education. The long and formidable array of qualifications which the minister must possess, and the to despair. After much thought, one suggested that the reply should run

who could satisfy you is our reverend college president, now dead some few years, and who, having accustomed himself to heavenly food (air) own years, and who, having accus-comed himself to heavenly food (air)-could perhaps else out a bare sub-sistence upon the salary which you propose." This after due deliberasistence upon the salary which you propose." This after due deliberation, was rejected, and the next proposal listened to: "We know of no one, excepting the Apostle Paul, who approaches your standard of plety; he might preach of a Sunday and get his living by sail-making on weekdays." This was at length also rejected, and the following reply finally hit upon and despatched: "We know of no man upon earth good enough for you, or who could possibly live on the salary you mention. We therefore advice you to make

Girls and Boys

We are almos which means gathe books and slates and other year's grind. makes one feel cool w how delightful the sli hec: as also does Jo broaches the ice-crear must thank Joseph fo thought about the fre T. is enjoying the ret is much in love with Tippy. I trust Annie nice time at the pich about. Many thank kind invitation to vi Lonsdale, but, as I se I started out to visit friends it would take summer, and that wo as city vacations do much time as the littl vacation. But, then may drop in on my by way of a surprise. Your loving

Dear Aunt Becky:

AU

.. .. ..

I was to see my letter week in the True Witn not disappointed in th was lovely. It has now though, but ther pleasure we are lookin now: it is the arrival lish frigates. The Fren here at present, but I visited them. The Emp tain and Ireland com tinually; they are beau Our holidays are nearl and we will have to sa pleasure for awhile at will soon be upon us. ing here is beautiful. T., and I am pleased she is enjoying herse Good-bye Aunt Becky. Your loving n

Quebec, August 14. .. .. ..

Dear Aunt Becky:

How quickly the time Here the week has pass Friday again. My sist going to catechism Sur weather has not been this last week. The m evenings are nice and c away visiting one day had lots of fun. I wen in the evening with tw I was glad last Sund when my sister came l with me. My sister

time while she was aw

visiting from where she

other place for a day.

going to a picnic a we nesday. I hope we will day to go. Well, dear letter is getting long I

\*\* \*\* \*\*

say good-bye. Your loving nies Lonsdale, August 17.

Dear Aunt Becky:

I think it is time for to you again, telling ; spending the remainder days. I spent a couple ing my friend Stella. pleasant time together, see her since school ste school will soon op pect to have a new ter we will like her as w our last teacher. did you ever here tell If you did not, I come and visit it. summer resort, on both sides banks when the the water. I h are well and n. With lots