

measure. It requires $6\frac{1}{4}$ yards of 44-inch material for a 36-inch size. The skirt measures about 3 yards at its lower edge. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

1501.—A New and Up-to-Date Design.—Ladies' Shirt Waist with Convertible Collar.—Figured silk in brown tones was used for this style, with collar and cuffs of organdie. The fronts are full and gathered to square yoke portions. The closing is in coat style. The sleeve is in regular shirt waist style and finished with a neat cuff. This model is also good for velvet, flannel, madras, lawn, chambray, voile, batiste or corduroy. The collar may be rolled open at the throat or closed high. The pattern is cut in 7 sizes: 32, 34, 36, 38, 40, 42 and 44 inches bust measure. It requires $2\frac{3}{4}$ yards of 40-inch material for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

The Open Window

It was Miss Theophila's first batch of letters since, for the only time in many years, she had left home under orders to seek rest and change. She opened the uppermost eagerly:

"Dear Theophila. I hope everything is beautiful and everybody nice, and you are having a good rest. Johnny has chicken-pox, and Billy has sprained his thumb, and the currants won't wait, so I've got to begin preserving to-morrow; but I felt I must just send a line about the trunk-room window in your attic. It's open. I don't know who you left your keys with, so I couldn't tell her, and it's worrying me. In haste with love, Mary Harding."

"If that isn't Mary all over, the blessed old caretaker," exclaimed Miss Theophila aloud. She explained the remark to Felicia Grant, in the other hammock, who had looked up inquiringly; and then she opened her second letter. A moment later she laughed, and read this paragraph aloud:

"Surely you didn't mean to leave the trunk-room window open? The first heavy shower that pelts in is likely to soak through the floor and spoil the ceiling below. I suppose it's Selina Chase's affair, as she has your keys; but she hasn't shut it, so I felt it my duty to write."

Felicia glanced to the sky. "If the storm we're going to have reaches Dulverton, too, I'm afraid that warning comes too late," she said.

"It won't do a mite of harm," Miss Theophila assured her. "The way the eaves slope, it never does rain in that window. I left it open on purpose, so the attic wouldn't get too hot and warp the extra chairs of Grandma Parson's mahogany set that I keep stored up there." She ripped open the third letter. "Well! Selina herself this time! She says she knows perfectly well I told her that window was meant to be open, but everybody who went by Sunday stopped her after church to tell her she ought to go over and shut it; and she's had two telephone calls and a note, and Mrs. Simpson sent her little boy to inquire—and they've got her so nervous she's raced across after every sprinkle to investigate. Now she wants written instructions, so they'll leave her in peace."

"Umph! Rather too much of a good thing," suggested Felicia. "With the neighbors observant as all that, life in Dulverton must be like living under a microscope."

"Oh, no!" cried Miss Theophila, with a sudden wave of homesick loyalty. "They do notice things, dear people! but it's most always to sympathize, and ever so often to help. That's the beauty of a little town; everybody cares."

Felicia remembered her dusty, dreary flat; the constantly changing tenants below; the languorous lady with a French poodle above; the sulky, shirking janitor; the thousand houses full of strangers between it and her nearest friend.

"You're right," she admitted. "It's funny, maybe, but there's something fine, too, in having neighbors who are neighborly even to your empty house."

Children and Pain

The mother should always keep in mind that she is rearing men and women into whose future lives some degree of

suffering must inevitably come, and that she is not doing them a kindness by making them weak and whining about every trivial form of pain. She should remember that the very foundations of fortitude under both bodily pain and adverse conditions are to be laid early in life, and that a good deal of this work must be done by her. A very little child can be taught to regard pain with a certain lightness of view. It can be taught to bear without complaint, and that to give way to whining overmuch is a species of cowardice.

A calm and even way of looking at pain can be impressed on a very immature mind. This is an important factor in establishing the habit of self-control. While she treats the sufferings of her

children with the most tender sympathy, making them feel sure that in the mother's ear and heart there are always ready attention and help, yet it is her duty to insist on a certain hardihood toward pain. Lessons of endurance should be taught them, impressing them that it is a necessity of life and therefore to be submitted to. Also that to bear pain well is an act of both bravery and heroism. She can teach that to endure cheerfully is to conquer it, is a victory of the spirit over the flesh. It should be made clear to the child also that some form of suffering is universal, that no one escapes. He should know that every present pain well borne strengthens him to bear future inflictions.

The idea of the brevity of most pains,

that they soon pass away and are forgotten, should be kept before the mind of a child. A hopeful attitude of mind should be maintained to that end.

The mother is wise who banishes from conversation the sufferings of a child except when recognition is absolutely necessary. Constant conversation on a subject only emphasizes it, and encourages in the child a spirit of self-pity. This works against all healthy development. While not, of course, neglecting any necessary alleviations of pain, nor releasing the mother from the ready sympathy which is the child's natural due, the general attitude toward the pain should be to encourage endurance without murmurings, to be hopeful of a speedy recovery, and to inculcate a spirit of heroism.



Health in Old Age

Old age and low vitality go hand-in-hand. The blood gets thin and watery; the nerves, failing to get proper nourishment, become exhausted. Since nerve force is the power which runs the machinery of the body, when this is lacking the bodily organs lag, and the result is pain, weakness and suffering.

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