Conducted by HELENE.

A CHRISTWAS THOUGHT.

I will honor Christmas in my heart. I will live in the past, the present and the future. The spirits of all me. I will not shut out the

and kindly greetings is with us again, finding us a little farther on the way This season is one of gift-making and receiving, a custom conscientiously followed since that night almost two a wearisome process, indeed, to a thousand years ago when the priceles vigorous, healthy youngster. Gift came down to the little town of deep recesses of the heart can tell. This being particularly the children's feit, the blessedness of giving. Let them stretch out their tiny hands to And this is one of the great sethe fortorn and neglected children of the poor whom the Christmas spirit will not reach, thus implanting a lesthe years. Make the little ones hap-Dy, so that when the hearthside will be silent because the children's voices have been hushed, and when the re us the realization that so many are Therefore his interest in it friends, there will mingle no feeling of regret. Let us, then, spread the Christmas spirit abroadt let there be a cleansing of hearts, let "the crookbeing fulfilled, we can have none other than perfect peace filling our hearts Christ-child be generously poured on our readers, and may we be able to serve them as well in the future as they have given us reason to believe ·they enjoy what we set before them in the past. ...

A CLEVER SILVER GIFT.

A clever little Christmas gift for the woman who prides herself on having her silver just so, yet who finds it decessary to have it polished every sure chest (which usually happens to be a drawen), is a set of camton flam-Jewelers usually provide cases with sets of silver, but the box cases aren't the satisfactory ones in point of keeping the contents bright. Canton flannel comes in bright. Canton fiannel comes in a showing in our children, and their toy department is one little place both sides and in the prettiest colors crimson and robin's egg blue and Instead of buying playthings as mo terial at both ends and fold one end up to exactly the middle of the square. At regular intervals stitch those which will cause the child to use his imagination as well as the twelve spoons or forks, or, with the twelve spoons or forks, or, with the shape bits should be stitched on, one on each side of this lower side, and e piece of tape or ribbon matching in HOW TO MAKE A SUBSTITUTE color tacked on to one edge. Each time the silver has been washed and wiped it should be given an extra means passed the days of its usefullittle rub and put away, each in its compartment, and the case rolled up, may do so, but a variety is som protection against insidious damp-ness, and the bapes tied to keep the sed there'll be practically no tar-

In these days of twentieth century these may be twentien canon, these may and complexity we are thing far from the spirit of simpli-ty and love in which the first Ohristwas born. In no way is this present, and the result is our Christian gifts, especially those for the lidren and the result is that many born east aside the simple toys it is arrived at and claimed. Such

child's playthings are no longer the tools of his active mind and busy fingers, but, instead, he has become the tool of the toys.

interesting. We look with amaze at the way every external detail has been copied, as its stands with its clever mechanism ready, and all we have to do is to wind it up and let it got. This we do a few times, nder at the inventor's ingenuity, and then we forget its existence.

But let us consider the matter for

out from the standpoint of the He is not supposed to cast it aside after the first interest has subsided. He is expected to play with it, and yet how can he play with a gether in the shape of a flower. Nap toy which does everything itself after it is wound up? When the child has mastered the simple art of winding his mechanical plaything he has no followed since that night almost two part in the game except to look on-

course, if the vehicle can be made to the giver is part of the gift only the freight or passengers, interest in it time, it would be well to teach our his own imagination, and not in the toy itself, that the child has found this added interest.

spirit of play must come from son to last them right down through child himself, and his toys should be simply the means to bring about this do this. It is itself an end, not a means. Complete in itself, it sug gests nothing to its little owner and currence of the day of days brings to leaves nothing to his imagination wanes missing among those we called our rapidly, and the tendency of almost every child is to drop a toy of thi kind as soon as it has mastered the art of "making it go," and turn to something else. Occasionally a child investigates the mechanism of his ed ways be made straight." This plaything, but always with bad results to the toy. The machinery, cheap or delicate, as the case may be on Christmas morn. May all the is not equal to the demands put upon it by the small investigator, and the loys and blessings of the divine plaything is useless, for a child will not play with a broken toy, especially a mechanical one, if he can possibly help it.

The mechanical toy has a certain value in keeping the child in touch with the world through his play toy automobile, for example, is no sense like that of the real article and even if it were the child would not be able to understand it.

That toy which leaves somethin to the imagination is the one which will last longest and in which the child will take the deepest interest That is why the game of blocks has outlived every other game and why iti will exist long after the mechanical toys are forgotten.

The nervous unrest of our time is where we may put down the brakes dern, as elaborate, as finished and as mechanical as possible, let us ra + + +

FOR THE CHRISTMAS TREE. The Christmas tree has by no ness, and let us hope that it never times desirable at Christmas time as well as at other times, and to get in the spider's web may be substituted covers in place. If such cases are for the tree, says the Ripley (Ind.)

mishing of your silver. These cases can be made pretty in spite of the rather pressuic service they are put to and set off their contents most effectively. GIVING CHILDREN MECHANICAL or spinkles, one or more for person to be remembered. Each person to be remembered. Each spin dle should contain a different colored string or ribbon, and these are then threaded in a bewildering maze through the furniture, from room to room, up and down stairs, and

of the occasion and will serve as a means of getting all present better

grandchildren return to the old home for the holiday season a spider's web will add to the merriment of the

CANDIES.

HOW TO PUT UPTHE CHRISTMAS cream.

Where a large number of children are to be provided with candies and nuts, use, instead of the ordinary tarlatan bags or pasteboard, boxes some pretty crepe paper napkins, placing the candies and nuts in the them up with either bright-colored yarn or baby ribbon, thus bringing the four corners of the napkin kins with a holly design, tied with red ribbon, are very effective.
napkins save work and are less pensive than either bags or boxes.

+++ of SOME NICE THINGS TO SERVE. Birds' Nests with Ovsters .- Boil one Bethlehem; but as to how much of go from point to point and carry package of spagnetti in salted water until tender. Drain and arrange in may be sustained for a time, but the eight small mounds on the bread of rehearsal a but, votate toy has then, in a sense, become a board; before it is thoroughly cold you get the gestures?"

Tain't the gestures," replied the scoop out the centre of each, and, when cold, fry in hot fast. The irregular form of spaghetti results in very the gestures; it's the hives." realistic nests. Prepare the oysters, by scalding them in their own liquor crets of childhood's amusements. It then drain immediately, Place a is the child who plays, and his imagination which he uses. The real saucepan, add a finely minced onlon and carrot, and turn until the oil is cream and cook for five minutes, then The mechanical toy does not stir in a tablespoonful of chopped season with salt, pepper and paprike and add the oysters. Set over boiling water for ten minutes and pour carefully into the nests, garnish with blanched celery tops.

Sweethread and Pistachio Salad. Cut a pair of sweethreads into cubes with these one head of finely shreaded lettuce and a cupful of mayonnaise dressing to which had been added half a cupful of blanched and pounded pistachio nuts. Arrange in a mound and decorate with stars of mayonnaise and sections of sour

Frozen Fruit Cup-Take equal por tions of preserved peaches, cherries and pineapple, cut them into small pieces and add two oranges, peeled and shredded; cover with confection er's sugar and chill on ice for four hours before serving. Half fill sherber things, but its educational value is cups with the chilled fruit and cover very small. The mechanism of the with two tablespoonsful of straw berry sherbet. Cap each portion with a star of whipped cream, plac ing a candied strawberry in the cen-

Crystallized Fruit.-Boil two cup of granulated sugar with a cup of water and one-fourth of a teaspoon ful of cream of tartar Test it by dropping a little in cold water, and remove from the fire. Dip into it in holding up his right leg. skin has been removed, white grapes,

"A Great Tonic"

- "PSYCHINE" is a wonderful tonic. It contains medicinal elements not found in any of the patent medicines. "PSYCHINE" patent medicines. is a regular practicing physician's formula. A tonic for weak people, for men of business worries, for the girl. Young girls just budding into womanhood; elderly people who feel that weakness due to old age find it a remedy they cannot do without. It restores vitality, cre-ates rich, new blood, removes all impurities, strengthens the nerves. If you need a trial ask druggist for

GREATEST OF ALL TONICS



cent amusement and the surprise at the end of the ribbon is all the more appreciated for the search it has taken to find M.

For Christmas house parties, sithes for children or for grownups, the scheme will add much to the pleasure of the occasion and will serve as a means of getting all present better. move from the fire, and, when col-pour in a cupful of maple syrup an half a pint of cream lightly whipped Freeze to the consistency of custard then add a cupful of chopped boiled chesnuts and freeze hard; pack, in an ornamental ring mould and serve with the centre filled with whipper

FUNNY SAYINGS.

PERLING IN HIS ART.

centre of the napkin and then tying event in the district, the pupils had been instructed to memorize a verse or two to recite for the entertain ment of the visitor.

During the delivery of the lines, or with small boy was especially noticeable.
The for the action with which he accompanied his words so much so that th teacher, surprised at his efforts, com mended him highly on the ease with which he spoke and the apparent practice which he must have put on COVENANT OF KINDNESS the piece.

closing, "and shows a large ar bread of rehearsal ! But, Johnny, where did

young genius with a twist,

+ + +

A NATURAL PHENOMENON

One day Mr. Jellaby had his twin babies down-town, tucked in their double-ended carriage, facing each other, with only their little round faces showing out of the blankets A boy caught sight of the babies, and he cried in astonishment, "O, mamma, look quick.! There is a baby with a head on both ends." ...

THE TIME FOR IT.

The juvenile rowdy of the house was promised a spanking when he went to bed. His father, who had the contract in hand, went up-stairs at the proper time to administer it. imagine how we have been lifted up He heard the boy praying earnestly by their joy. for all sorts of things. Finally the little fellow made a special request little further and resolve to go into winding up with the assurance: "And this week every day we shall now, God, if you're ever going to help me, now's your chance.'

+++ A GYMNASTIC MARVEL.

There are optical illusions of all and some are not. A little boy who was drilling a squad of classmates at recess found difficulty in getting them all sorts of kindly things to the per to march properly.

"Lift your right leg !"

Things went very well until Patsy Hennessy forgot and lifted his left leg, which happened to be clad in before Almighty God, that they will trousers exactly like those of the be kind this week, and not unkind,

V. Henkels, Philadelphia's authority on books and autographs, was describing the Gov.

Pennypacker library.
Suddenly he paused and laughed. "That was an error," he said, "H error as that got into print I would feel as uncomfortable as the

lawyer's wife.
"This lawyer's wife lived uptown, and one evening her husband brought a friend home with him to dinner.

"There is only one bottle of wine," the lawyer's wife whispered to him in the hall. 'That's a glass around.

But at dinner he asked Brown disappears.

again and again to have more wine.

Brown, though, refused steadily and CHINESE CONVERTS AND THE A dozen times he declined with great determination.

First Eat only 3 meals a day, 5 hours apart.

It requires 4 to 4½ hours to diges a meal. This leaves ½ to 1 hour for the stomach to rest. Second—Eat nothing bet-

Ween Meals.

If anything is taken into the stomach
while digestion is going on, digestion
stops and may not start again for an hour.

Thurd—Eat slowly and

chew food thoroughly.
This insures food being well mixe
with saliva and partially digested befor
it reaches the stomach. Fourth-Drink little fluid

with meals

The atomach gives out about on the of gastric juice to digest each meal. If you take another pint of tea, wine or water, then the digestive juices are too diluted to properly digest the food.

Fifth—Take one "Fruit-a-

tives" tablet about twenty minutes before meals. "Fruita-trues" tone up and sweeten the stomach - insure an abundant flow of digestive juices—and cure Dyspepsia. Follow these directions for a month and see how much better you are in every way.

50c. a box. At all druggists.

Make One to-day and Resolve to Keep It

By Ian MacLaren.

Pardon me if I suggest to you that you enter into a covenant of kindness with your soul. Let us resolve that if we get put out this week by some thing said to us or something done we will not take it out of our wife, which many respectable "Christians" do. Nor take it out of our children That we will not be mean enough to house, who can't reply to ust nor out of the clerks in the office, who afraid to say anything lest they lose their situation.

Let us resolve this week that no friend shall pass us without a signa of good will, even though it be across a street. If any one succeeds this week, then let us trample under foot our envy and our jealousy and let us go and tell that man or that woman that this is one of the greatest things we ever heard of, that they can

Might we not carry the covenant little fellow made a special reduced little further that the whipping should be light, deeds? Suppose we determine that do something to make this poor world Suppose you write a letter when you go home to some one you love but to whom you have not go to bed. Let it be a letter full Some are due to mirage, of kindly gossip, telling what you are about, what you have been reading what you have planned, and saying son, whether it be your mother "Lift your right leg." he called. the country or your friend you have not seed for a long time.

I declare to you that if the people who read this should resolve to-day, when it becomes brittle and snaps, in holding up his right leg.

The drillmaster stopped aghast.

The drillmaster stopped aghast. now are falling, and the day is com ing to its close, soon the shadow will be athwart your life and mine and your day will be done. We shall come home in the everling, rendering our account to the Master.

> To discern and deal immediately Archangels and the Cherubim with causes and overcome them, rawith causes and overcome them, rather than to battle with effects after the disease has secured a lodgment is the chief aim of the medical man and Bickle's Anti-Consumptive Syrup is the result of patient study along this particular line. At the first ap Don't ask Brown to have more. He might accept, and then where would we be?"
>
> "Very well, dear," said the lawyen, the affected parts, so that the atlment the affected parts are the second parts and second parts are the second parts and second parts are the second parts are th

BLESSED VIRGIN.

ner ? cried the wife, as soon as Brown was gone. 'Didn't it tell you Blessed Virgin. The Sisters of Characteristic of Chinese was only one bottle of wine ? Why did you insist so on Mr. Brown having more wine, more wine, more wine? 'The pleasure of sending an offer-having more wine, more wine of the pleasure of sending an offer-having more wine. The wine?' 'The good Chinese Christian would 'no good Chinese Christian would 'no good Chinese Christian would 'The chinese Christian "My dear," said the lawyer, "I forgood Chinese Christian we think of ratiring to rest without chanting the Rosary, so matter is tired or weary he might be a recting we see hard worked fisherms kneeling in their little posts."

FIVE GOLDEN RULES. The Poet's Corner.

A BELL

The forged metals should be thus

But soft Humility and rich-veined

And there should be White charity,

And Silvery Love, that knows no Doubt for Fear,

To make the peak more clear; And then, to firmly fix the fine alloy, There should be Joy. ...

THE PRINCE OF PEACE.

Sweet Indant Prince, Who, by Thy birth.

Shed light and joy divine, Come now, in might, unto the earth, And calm this life of mine! Bid carking fears and doubts depart; Bid gloom and sadness Come, gentle Babe, and fill my heart, Sweet Jesus, give me peace!

The hopes that burned within my

Have lost their olden fire And, in their stead, a fierce unrest Doth 'gainst my soul conspire ! Lord, from my cheerless lot I crave The favor of release; From tyrant-rule my spirit save,-

Sweet Jesus, give me peace -Amadeus, O.S.F., in December Donahoe's. + + +

CHRISTMAS BELLS.

I heard the bells on Christmas Day Their old familiar carols play, And wild and swee

The words repeat Of peace on earth, good will to ment And thought how, as the day had

The belfries of all Christendon Had rolled along The unbroken song Of poace on earth, good will to men!

Till ringing, singing on its way, The world revolved from night to day A voice, a chime,

A chant sublime, Of peace on earth, good will to men! But in despair I bowed my he "There is no peace, on earth," I said;

For hate is strong, And mocks the song Of peace on earth, good will to men!" Then pealed the bells more loud and

"God is not dead, nor doth He sleep! The wrong shall fail, The right prevail, With peace on earth, good will to

men 4% > THE I -Henry W. Longfellow. * * *

The Blessed Maid, she sits and holds Her little Babe upon her kn Her little Babe she sits and holds And looketh on Him tenderly She does not know the angels le

THE BLESSED MAID.

From heaven's walls the twain to The angels lean from heaven's walls,

And they are clad in harness bright, Wrought in God's holy armorie. The angels lean from heaven's walls,
And loudly they sing adoringly;
The Blessed Maid, she does not hear
The angels' wondrous minstrelsie;
The kine, they kneel down in their

To hear that heavenly harmonic. The Blessed Maid, her eyes drop

tears:
The kneeling kine she does not see
She sees, afar, Gethsemane,
The cruel stripes, the crown of thorns
The awful cross on Calvary.
—Philip W. Francis, in the Independ-

Mild in their Action.—Parmelee's Vegetable Pills are very mild in their action. They do not cause griping in the stomach or cause disturbances there are so many pills do. Therefore the most delicate can take them

Dear Girls and Boys:

There is no use of you this week. You cited waiting for Sar would not take tim page, I am sure. I ho be very heavy, with things stowed away f and boy readers, not so kindly write me le all the little folks wh in reading this page sincerely the kind wish the letter in this issue my little friends to ac iest wishes for a ve

Christmas. AU

* * * Dear Aunt Becky : I was sorry to see in the corner. I hope will write you for X write and tell you what me. I sometimes get ! my sisters are away at a pretty little black do Nip. I have lots of fu etimes she will jur to play with me. Winderry Xmas and a har

I remain. Your loving nep

Granby, Dec. 18, 1 * * * ear Aunt Becky : will accept me for your to school and like it v

study English and Fre geography, history ar My best friends are Ka ters. The eldest, nos a school teacher, teach home. I was received on the 8th December, Immaculate Conception; was very pretty. As the letter I will close wishin ry Christmas and a hap

Sherrington, Que., De Dear Aunt Becky:
There is no doubt that wondering what has been mices from Sherrington. So busy with school stud

so busy with school study not many spare minutes to had a musical and true the 8th December, teast the 8th December, teast the 8th December, teast maculate Conception, in hall, given by the young parish for the profit of the years as success. My bree part in the French play part in the French play part in the French play conscrit. I am anxious skattes, as are many other firls. I hope Jack From in time this year.