

sick and helpless, his simple heart having taken to despairing, the more readily from his very simplicity and lack of imagination. He woke one morning chilly and feverish, and finally became delirious. Beggary and starvation stared them in the face. Minty brews a tea of green peppermint leaves, which she found near the house, but they work no cure. Then, driven to despair, and in spite of her scruples, she finds a way out of one of her difficulties—a way she takes, right or wrong. Carrying an old jar, which she has discovered lying around, she stole through the sweet fern, knee deep, night after night to a pasture where several cows were feeding, and by using so much art in the milking from one cow to another, she counted upon the slight diminution in quantity serving to conceal her theft. But, oh! how she trembled lest she should be caught on her way back to her suffering husband, whose delirious cry, "Don't leave me, Minty! don't you leave me, Minty!" was ever sounding in her ears. If a doctor could not be obtained Davy would surely die, and yet he would not let her leave him to fetch medical aid from Bassets. He was past reasoning with, and he could not be left even for an hour.

Perhaps the most beautiful bit of this lovely little idyll is the inspiration which came to Minty, and her prompt action upon it. But, alas, lack of space forbids more than its merest outline. It came with the thought of that old sulky. How she got the half-unconscious Davy into it; how she laid him on a bed of hay within it, covering him with her shawl; how she placed herself between the shafts, and in reply to his pitiful sobbing cry, "Oh, Minty, you ain't a'raggin' me! Let me get out! I won't have it! Oh, Minty, I ain't come to this!" used the only argument which could be of any avail to his disordered consciousness, "Look here, Davy, if you don't lay back and keep still, I'll leave you," and how at last her labor of love was accomplished, a haven reached, and the hands of good Samaritans stretched out to them in tender ministry; all is told with a vivid power of description which can hardly be read aloud without a sob in the voice of the reader. "Poor pretty, faulty Minty, dragging the sulky with her sick husband in it those three weary miles in the heat and dust, was to figure henceforth as the heroine of one of the unwritten folk-lore songs, to be handed down from mother to daughter in the little village of Bassets."

But says our author: "This was the young wife's true flower time. Everything worthy in her was awake and astir and glowing. Her face shone with the love and strong patience shining through it. Those days of watching over that honest, distressed soul, whose love for her was so unquestioning, had caused all the good elements in her nature to work out a change in it, enabling her to rise triumphant by this noble abasement from any lower level where once she might have been."

It is pleasant to leave our young couple—wayfarers no longer—surrounded by friends, with brightened prospects ensured, and but little fear of ever again having to go through such waters of tribulation. "They seem just as happy as the day is long. Hark, there she is, singin'." Minty's voice rang out from the best bedroom, clear and sweet, in a joyful psalm tune. The women stood listening. "She's got a pretty voice, ain't she. All I kin think of is a bluebird singin' when he first comes back in the spring." H. A. B.

A Womanly Woman.

She cultivates reserve.
She thinks, then acts.
She speaks ill of no one.
She is loyal to her friends.
She lives her mother's faith.
She cares for her body as God's temple.
She writes nothing that she may regret.
She knows that nothing is more undignified than anger.
She knows that to love and be loved is her birthright—if she be worthy of love.
—[Ladies' World.]

Merchant (to hawker)—Call those safety matches? Why, they won't light at all!
Hawker—Well, wot could yer 'ave safer?

HEALTH IN THE HOME.

By a Trained Nurse

How to Gain Flesh.

The thin girls want to know how to increase their weight, and I suppose they would like to be told of something to take that would bring about this result, in spite of all other conditions. How satisfactory it would be if a teaspoonful of some mixture several times a day would make sick people well, thin ones fat, and fat ones thin! One would make a point of taking it, and think it no trouble. Unfortunately, nature demands to be properly treated as a general thing, before she will respond to special inducements, and I must once more point to the rules of healthy living as the foundation of all physical improvement. Fresh air, pure water, wholesome food, plenty of sleep, plenty of work, cheerfulness and good temper; these are the important matters for the consideration of people who want to grow fatter, to have beautiful complexions, or any other physical perfection. The appearance of the body depends to a great extent upon the condition of the mind too. Thin people must avoid worry—not to the neglect of any duty, but so that they do not wear themselves into their graves about things over which they have no control. They should not eat much pie or candy, because the appetite they have for food of any kind should be satisfied with something really nourishing, and they cannot afford to waste any of their eating capacity. The most fattening articles of diet are milk and cream, eggs raw (alone or with milk), bread, butter, potatoes, and olive oil. The latter can be made palatable by the addition of sufficient salt, and can be taken on salad of any kind, or, indeed, with any cold vegetable. This really accomplishes a great deal for thin people. Sleep is very important, every extra half hour counts, and no girl can expect to gain in weight if she does not have a good rest every night. To lie down and sleep for fifteen minutes in the middle of the day helps. Do not go for a long time without food. Take two raw eggs between breakfast and the noon meal, and a large glass of rich milk between that and tea-time.

Those who are thin because of some illness, should go to the doctor and do faithfully what he tells them to do, and get well, when they will probably regain the flesh that is natural to them. Drinking water is said to make people fat, but this is not because water contains anything fattening of itself; but because drinking a proper amount of water helps to keep the body in good working order; indirectly it has a good influence on weight, digestion being normal. Two quarts of water during the twenty-four hours is not too much.

A certain amount of exercise is necessary too, because it invigorates the system and rounds out the muscles. Housework, especially making beds, walking, and special exercises, are all good. The breathing exercises given in one of these papers are first-rate for the upper part of the body. It would be well to go through them all twice a day, increasing the number of times each exercise is done as it becomes easier to do. Do not be impatient about increasing, and stop before real fatigue begins. It is often very restful to do one or two of the exercises when tired with other work. Housework is considered good because of the great variety of motions necessitated, but it ceases to be beneficial if done in a stuffy, ill-ventilated, and, perhaps, overheated house. Take time to eat meals comfortably and rather slowly. If you have only a few minutes in which to get something to eat, take something very digestible, as raw eggs, or milk, or both together. Milk alone is not enough for anyone who is working. Milk puddings, as rice, tapioca and sago, are good for a light lunch. The most important thing of all, perhaps, is to maintain a cheerful spirit, for this rests the mind and aids digestion, and encourages a healthy atmosphere all round.

Oct. 8th, 1904. ALICE G. OWEN.

Domestic Economy.

FOR SORE THROAT.

For a sore throat and congested lungs take a glass of hot flaxseed lemonade. This is made by pouring a quart of boiling water on a half cup of flaxseed; add the juice of two lemons, sweeten to taste and let boil in a double boiler for one hour.

ABOUT THE HAIR.

For falling hair, an old-fashioned remedy said to be effective and not harmful in latter results is four ounces of lime water and two drachms of pure glycerine; shake well together and apply to the scalp.

If a hair tonic is needed try the following: One ounce best castor oil, two ounces of bay rum, one ounce best brandy, and one-half ounce good cologne; twenty drops of tinct. cantharides may be added.

The best comb for the hair is made of tortoise shell or rubber; the teeth should not be sharp or the comb will irritate the scalp, also see that they are smooth and perfectly even. Uneven teeth will break the hair.

USEFUL TO KNOW.

After using a wringer for colored clothes, rub with a soft cloth saturated with paraffine oil. This will remove all color from the rollers, leaving them as white as snow.

Jellies may be easily covered by pouring melted paraffine upon them when quite cold. This hardens at once, and is air-tight. A paper should be put over to keep off the dust.

For fever blisters apply with-hazel or camphor water.

Avoid biting the lips, as it makes them thick, hard, and calloused.

Diluted witch-hazel will relieve inflamed and reddened eyelids.

For too oily hair add a teaspoonful salts of tartar to the wash and rinse water.

The too frequent use of cold cream will in some cases promote the growth of a slight down.

Don't make up the baby's bed on the floor. The air is most pernicious near the floor, and purest in the middle of the room.

POSITION DURING SLEEP.

Slightly Raise the Head and Lie on the Right Side.

The main object of sleep is that every organ of the body should have perfect rest. The brain, the lungs and the heart have been, not inappropriately, called the "tripod of life," as upon them hangs the prosperity of the whole frame; hence we slightly raise the head to check the flow of blood to the brain and more or less quickly find out the position of greatest ease for lungs and heart.

This will be found by sleeping for the greater part of the time on the right side, for nearly two-thirds of the heart is on the left of the medial line, and the apex points closely to the smaller left lung; hence the fullest and freest play possible should be given to the left side.

A quiet pulse, diminished respiration and refreshing rest are all combined when open windows, moderate warmth and unchafing heart work together. It is often best to court sleep on the left side and turn to the right before going off.

"Mr. Gladstone added to his public labors a multitude of burdensome charities until he was fairly tired out, and one day in a fit of despondency said to Lord Houghton: 'I am tired out; I am leading a dog's life.' 'Yes,' answered Lord Houghton, 'you are. You are leading a St. Bernard dog's life.' It is said that the answer helped the great man not to give up that obscurer but perhaps happier side of his useful life, as he thought of the noble self-forgetting work done in the Alpine storms by those most faithful creatures of a faithful race."

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