THE COTTAR'S HUMBLE HAME.

My heart, my love, is thine, dear land, Tho' wide seas intervene, Atween thine exiled son an' thee, This lanely Hallow'een.

Fu' brichtly glints the fire licht, Frae' monie an ingle side, In dear "Auld Scotia," far the nicht Ayont the restless tide, An wearie is my heart the noo, An' brim wi' tearfu' pain, As memory paints in colours true, The cottar's humble hame.

Methinks I see them gathered there. Each weel remembered face. An' near my dear "auld mither" is Her bairnie's vacant place. My faither sits lang side her, His haffets white wi' care, An' whiles his een rests sadly. On Ronald's vacant chair.

Twee no a mansion bigget gran', Wi gowd an' gear insiste, But a cosie canty,—" But an Ben" A cottar's gentle pride, It's roottree shelters a' I lo'e, They'r biding there, their lane, An'l afar, mid strangers toil. To win for them that hame.

Cabbye, the heather bells an' gorse. Made perfume sweet an' rare. An' the haverock's lilt frae mornin-tide. Wi' music filled the air, Afere the door, "Doon's" silvery stream, Bright like a mirror lay, An gar'd the wee bit fleecy clouds, Seem islets in a bay.

Ave, "Bonnie Doon" ye'r watters rin, In wimples a' day lang, Ye'r "Banks an' Braes" oor "Robbie Burns."

Gied tae the world in sang, He sang o' thee, dear heather land, Wi' tongue an' pen aflame, But wi' a' the poet, in his saul He sang the cottar's hame.

AGNES BURT.

NOTES FOR THE HOUSEHOLD.

Food Reform ..

winter diet for healthy persons. The stretched as far as it will go, and ironed authority of civilized custom in this from underneath, but it must on no acrespect accords with that of the best scientific authority. Any intelligent must be understood that it is only vel person knows that those who are best qualified to speak in matters of food are in this way. The latter containing our physicians of eminence, whose silk, is only amenable to the ordinary names are their own recommendations. | process of dry cleaning.' These authorities are extremely consercative in advising any departure from established precedents in food matters. The truth must be told, however disappointing it may be to the female reformer who is bent on setting the world awry with the philanthropic purpose of straightening it again, and there is little need of reformation in food matters. There is need of education in our pres ood matters which must be accepted as need not disturb us if we have such an authority to fall buck upon.

There is no article of food, however necessary to the needs of the body, that has escaped the condemnation of some self constituted food reformer. One assures us meat is dangerous, another warns us against milk, a third condemns salt, one of the most essential constituents of the human body. Another essures us that spices are injurious, as though there were no recognized scientitic authority that has spoken on these matters. The dispensatory of the United states is compiled by the best medical authority, and we will find by consulting it in regard to the usual spices of cookery, that these condemned articles are valuable assistants to the digestion of the rich foods called for by cold weather, when used in proper moderation.

The nerves of taste, which are the best guides that any creature can pos-5088, will not allow a person with a healthy taste to use spices or any condiment to excess. There is hardly any article of food which is not injuriously used in the coarse excess which a depraved taste sometimes craves, or a palate "grown callous almost to disease."

There are many people whose entire capital consists of the fact that they believe themselves called on to set the world aright upon matters of which they know less than nothing. The French cuisine is founded on science as well as fashionable usage. Even in sickroom cookery there is no higher standard While the food for those who are ill is totally different from that for those who are well, it is cooked in much the same manner. The training schools for nurses have employed expert cooks, never food cranks or cooks with eccentric ideas, who are bent on reforming, instead of educating, the world in the superior methods of accepted cookery.

When a reform of any value comes in food matters it must come from persons who by education and position in the acientific world are entitled to speak. Cooks who teach us methods of cookery should not condemn food which has the precedent of long usage without the highest medical reasons quoted from medical authority, otherwise their science is tiresome and of no avail. Our best teachers in cookery have always adh red to this rule, quoting only such simple science in food matters as the most ordinary course in physiology

How to Press Embroidery Properly. In all cases of embroidery on linen the work should be carefully pressed when finished, and it is important for every embroiderer to know how this may be done in the simplest and safest manner, says

The Woman's Home Companion. The proper way to press the finished work is to lay the embroidery face down

WE WE WE WE WE WE WE WE WE flannel; place a thin, dampened cloth on the back of the article to be pressed, and then use a hot iron deftly on the wet surface until it is perfectly dry. A steaming process is thus engendered, whereby the emcroidered linen is rendered smooth and the effectiveness of the work much

An Old Remedy for Buldness.

An old-time but good remedy to prevent the hair from falling out, says The Woman's Home Companion, is a wash made by steeping three large onions in a quart of rum, or until the strength is drawn from the vegetables, and applying it to the scalp every second day. The odor of the onion soon passes off, but if found disagreeable ten drops of lavender oil and ten grains of ambergris will overcome the scent.

Washing Velvet and Velveteen Shirt Waists.

Velvet and velveteen shirt waists are the rage this winter. One objection to them, the women all say, is that they show dirt readily, and are easily crushed Few women know that velvet, if treated right, washes like an old rag. Of charse. it musn't be sent out with the family wash, along with the sheets and towels. or it would come home looking like an old rag, indeed. A Pailadelphia woman, however, has learned the secret of wash ing velvet and velveteen so that they come out of the tub looking almost as good as new. This is her method: Fill an enamelled-not zinc-tub

three parts full of hot water, then shred in finely as much white curl soap as will make a very scapy lather; take the material to be washed-it a dress, it backward and forward in the water | God intended her to be, but a virage. nntil the latter becomes dirty. The velvet must not be rubbed, merely shaken to and fro through the suds. When the water bagins to cool throw it away and repeat the same process, shreded soap and all, with some fresh water. and white you are preparing the second lot of lather hang the dress or material over a clothes line; do not teave it in a heap. Repeat the shaking until the dress is thoroughly cleansed Then rinse out several times in tepid, and finally in cold, water. Do not wring it. Stretch it out, if in the material, across two clotheslines; if a dress, pin it out to its full extent by the hem, using for the purpose pins, not clothes pegs. It will take a day or two to dry, and when dry should simply be stretched and knocked between the hands to raise the pile, or it can be ironed on the wrong side ir held by two people while a third irons, Rich food is one of the necessities of or pinned on the back of two chairs, count be ironed upon a table in the ordinary way, or it will be spoiled. It veteen, not velvet, which can be cleansed

Home Education.

Lucy Hayes, writing in the New York Times, thus philosophizes on the influences of Home Education: -

What is born and bred in a man sticks to him" is a saying more wise than elegant. We have all met the woman, costly attired, flowery of speech, genial of manner, yet lacking the essen- gave an example of this special exercise, ent methods, not of new methods. The authority of the intelligent chefs and of a lady—that charm which can no nor a lady—that charm which can no more he and or the lady—that charm which the wisest medical men is a standard in the wisest medical men is a standard in the matter which the standard in the standard than can the scent of the rose, but which thus bringing into action the nurcles we feel through all our being when we of the neck. Another exercise was the highest. The shricks of food cranks | we reer through an of the owner, be she talking or silent, grave or gay. It is born and bred in her. It is not put on becoming bent and the shoulders with her evening gown or haid saide with | rounded. the same. It is the manly tenderness of her father and the womanly grace and virtue of her mother blended with the daughter's life current-it is her home education. The smile, the graceful inclination, the sweet solicitude of another's comfort, the quick eye and the tirm, gentle hand are all part of herself, seen by her with baby eyes, learned unconsciously, and therefore never to he forgotten She is as different from her neighbor, Lady Show, as the rose is from the dandelion.

> SOME LIKE DANDELIONS-ALL LOVE THE ROSES.

Lady Show is lovable, too, but she shows her early training. She is lovable because she does not try to conceal her early training, thereby becoming stiff and unnatural and didactic and horrid. As with women, so with men. We all know the self-important little man with the large visiting card and the still larger display of 'good form, don't you know.' He tells us that he is 'self-made.' He is wealthy and at the top of the ladder, else, be sure we would not tolerate him for one minute. This energy is to be commended. Nothing succeeds like success. Yet we surink from him. We remember the poor fellows, the good fellows, whom he jostled and crushed down and stamped on before he reached the top of the ladder. We do not want our sons to be like the little man in aught save bis success. This little man has had a selfish, brutal father and a patient, hard working mother. Selfishness and patient toiling were born and bred in him. His early education at home was rude and incomplete. He is not to be blamed too much that he has no fine feeling now. Next comes Lord Show, stout, florid, good-natured, good-hearted, all except a gentleman. He is lovable, too, but he shows his early training. His father was a country gentleman of easy going habits who married a thirdrate actress while he was under the influence of wine. He knew

NONE OF THE SWEETNESS OF A REFINED

HOME LIFE. He is not to be blamed too much, Along comes a gentleman. He has not walked over any one to get on faster himself, and he shows it in the easy grace and dignity of his bearing, in the kind glance of his eye as well as in his pleasant voice and reverence for women, be they worthy or not. The gentleman was born and bred among sweet, good women. He cannot bear to think that they are

THE WHOLE system feels the effect of Hood's Sarsaparilla—stomon a clean cloth spread over an ironing ach, liver, kidneys, heart, nerves are blanket or two or three thicknesses of strengthened and SUSTAINED. ach, liver, kidneys, heart, nerves are

not all angels. His father was a man of noble aim in life—his mother, well, she was your and my ideal lady. 'What is born and bred in a man sticks to him. The education of the home is indelibly stamped on the children of the home. The home may not be rich in costly furniture, but it should be immaculately clean, and beauty of manners and beautiful thoughts and words and actions, and

beautiful daily living, should all be there. If the best china is not used every day, how can you expect your sons and daugh ters to handle china g acefully by and by? If the parlors be not used every day, how can you expect your children to be easy in parlors by and by? 'Men are only boys grown tall.' They keep their boyhood manners. The linest things of earth are not too line for home use. The sweetest behaviour in the world is not too good for home use-for father. mother, son and daughter, wife and child. They are the ones we love best. Let us give them our best behaviour.

PALACE OR ATTIC. If the home is a palace decked with all that gold can buy, it is well. If the home is one room in an attic, it can be made lovely with cleanliness, a growing plant, fine manners, and much love. But one person cannot make home beautiful It takes all the inmates of the home. They must all be refined and unselfish and tender and true. What can Heaven give us more [than a happy, ideal home life gives?

Many a woman has tried to make an ideal home for her children and miserably failed because their either was not the king among men that God intended him to be, and many a father has sought the liquor saloon and allowed his calld should be unpicked, though this is not | ren to go neglected, because their mother absolutely becessary-and shake it was not the rose queen of home which

HOW TO KEEP YOUTHILL.

Women who wish to preserve health and faultless figures had better study the words of Dr. Dadley A. Sirgent, of Harvard, who recently gave a lecture on Physical Culture for Women. He said there is not a movement made by man to day that has not been made by men for ages. The encounters with natural forces and with wild beasts must have made those who survived strong and athletic men. But recently men have not used their muscles, and have entered on a state of deterioriation, in cities especially. He took up free mus cular development, showing some of the exercises that may be done without apparatus. One of his pupils gave examples of these exercises. Artificial exercise must now be used to train the unused muscles, and these should be as nearly as possible like the natural method. There are a thousand ways of developing the muscles. Yet there are special ways in waich these exercises should be gone through. Exercise helps the whole body by increasing the respiration and quickening of the circulation. There are many exercises by means of apparatus, either light or heavy. The only way the down-word tendency of the body, which indicates the approach of age, can be arrested, is by means of constant and proper exercise. A proper poise is gained by free exercise. In civilized communities there is a tendency to droop the head. and it should be overcome by mains of proper exercise. Dr. Surgent's pupil which consisted in bending the head back and forth and from side to eide, given to show how the spine may be kept erect and the body prevented from

BRAIN POWER OF WOMEN.

Wemen of late have shown their ability to compete with men in all the professions and in all lines of business This fact has again brought up the much mooted question whether a woman's brain, because it is lighter than a man's is inferior to that of the sterner sex. Sir William Turner, a medical man of much prominence in Great Britain, says it is, and, in fact, the majority of the medical profession over the world have always inclined to this theory. Recently the Russian Professor Darkchevitch took up the cudgels in favor of the weaker sex, and demonstrated that the fact of a man's brain weighing slightly more than a woman's was worthless as a testimony of his superior intellectual capacity. Professor Darkchevitch contends from the result of his researches that the sexes as regards brain power are on an equality and backs up the argument in support of his theory with many convincing illustrations.

The opinions on this matter are diverse and various. A large number of persons hold the views of Sir William Turner, and with him conscientiously believe that the lesser weight of wo man's brain implies in itself less mental power. On the other hand, many side with Darkchevitch and say that her cumulative and retentive powers are fully equal to those of man. From an anatomical and physiological point of view she is by many authorities relegated to a position lower than that occupied by man. The supporters of the theory of woman's intellectual inferiority point out with triumph that in scarcely any branch of science, art or literature has she ever reached quits the front rank. This is all true enough, but it must at least be granted that the cause of a part of her failure must be put down to her comparative lack of opportunity, and the fact should be taken into consideration that up to the present time, from the conditions of her life. she has been heavily handicapped in the race for fame. May not also the difference in the brains of men and women be looked for not so much in the ponderosity as in the quality? A woman's brain from the nature of things is to a certain extent of another type. The natural role of a woman differs widely from that of a man, and she is provided with or has I ss evolved brains suited to her eituation.

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THE TYRANT OF THE HOUSE.

[Eva Lovett in The Independent]

While baby sleeps-We cannot jump, or dance, or sing, Play jolly games, or do a thing To make a noise. The floor might creak

Creak
If we should walk! We scarcely speak,
Or breathe, while baby takes a nap,
Leet we should wake the little chap! A strict watch Nursie always keeps While baby sleeps

When boby wakes! But little gratitude he shows, When other people want to deze! At night, when folks have gone to bed, He rouses them all up restead, To wait on him. Ma lights the lamp. And warms milk for the little scamp Pa walks him up as I down the floor. Sometimes two hears and sometimes mere

And nurse comes rather, in a stew, To see what she, to raine can do! And Will and Harry, at the row, Cail: "What's the motion with him now

And I'm waked up at all the clatter To wonder what on earth's the matter! Such uproar in the house he makes, When budy wakes!

Soit asleep, or if awake, The bouse exists but for his sake, And such a truy fellow-he, To be hoss of this family

The Humorous Side of Life.

Are you the manager of this store?

Yes, sir. What can I do for you? "I want to enter a complaint."

'What's wrong "

'I asked that young woman over there if she had any ear muffs. She said, 'For yourself' I said 'Yes,' and she told me to go to the third counter, * Well:

'The third counter, south, sir, is the ivershoe counter.'--Chicago Daily Tri-

Jmmediate Assistance—'Mr. Grumpy,' aid the chronic berrower, 'I'm financially embarrassed to day. Can you help me cut"

Cheerfully" Then Grumpy kicked his caller through two offices and a long hallway. -- Detroit Free Press. Friend But if y(u) must reduce your

xpeases, why don't you discharge your private secretary? This Lordship - What * And meet all these creditors personally? I should say not! dife.

lones, the fuller, is informed that one if his clients has suddenly zone insane. Ob, the poor tellow! But he'll pay my bill, at least, won't be " Oh, ac isn" ciffe insiene emange for that '-- Chur-

"What did she want " asked the eashier, as the ten mane visitor flounced indigmently out of the bank," "She asked or a New York draft," meekly responded the teller. Well? She wouldn't take it because I told her we didn't give trading stamps."-Chicago Journal.

She at the desk)-Denr, please tell me how to spell costume. I'm writing to mother about my lovely new gown. 'Well, are you ready?' 'Yes?' Cost, cost'— 'Yes,' Tu—to?' Well?' 'Me, me--\$65 as yet unpaid.' You're a wretch.'-New Orleans Times-Democrat.

Todd, your wife has a voice like vel-

Gracious! Don't talk so foud, If she should hear that I should have to get her a lot of gowns to match it.—Boston Pilot.

THE LADY AND THE HUMORIST.

A well-known humorist was at a dinner party, and the lady he took down promised herself a treat She said-'I have met him at last, he

is the funniest actor in London, and be

is going to talk to me all through dinner; what a lucky girl I am.' They took their seats, and the funniest man in London calmly ate his dinner; not a word did he atter until his eye fell on his wife, who sat opposite; then he turned to his companion. 'It has been

a long time coming,' she thought, as she prepared to receive the joke. Do you see that dress my wife has on?' asked the comedian.

Yes. 'Well, it cost nine pounds,' and not another word was heard.

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