Transforming three meals

into a full day's work is a pretty intricate and

The point about "FORCE"

is that it meets Diges-

tion more than half way

and the two work hand

in hand to accomplish it.

THE CLEANING CLOSET. Every House Should Have One In an

Accessible Place The suggestion which the Cooking

Club makes apropos of setting aside a closet in the house for cleaning fluids

and materials is a capital one. Who cannot recall the annoyance arising

from having to wear an ink stained gown or a shirt waist freckled with

cherry stains because one hadn't any-

thing to remove the ugly disfigurement

"If possible have the cleaning closet

separate from the regular medicine

closet, so that in case of sudden illness

there will be no danger of getting the bottles mixed" advises this magazine.

"Have all bottles plainly marked. If special cupboard cannot be spared

for the cleaning fluids, place them on

a separate shelf and label the shelf in

order that any one can go there and find the required drug without trouble.

"Ammonia, wood alcohol and gaso-

line for the liquids and French chalk, cornmeal and pipe clay for dry clean-

ing are absolute necessities. Each household has special things that it in-

variably uses for cleansing and reno

vating, and doubtless one is as good as another, but the important thing is to

have them in an accessible place and

where they can be had at a moment's

How long will it take the man to fill the sack if he does not stop the leak? To attempt to nousish the body when the stomach is dis-

tion is lost, and en ables the building up of the body by the nutrition derived from food. The gain in weight proves the cure.

Dr. Pierce's Pleasant Pellets cure con-

Parrott & Rothwell

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kin, Scalp and Blood Humours

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Speedily Cured by Cuticura when All Else Falls.

The agonizing itching and burning of the skin, as in eczema; the frightful scaling, as in psoriasis; the loss of hair and crusting of the scalp, as in illed head; the facial disfigurements, as in sone and ringworm; the swful suffering of infants and anxiety of worn-out parents, as in milk crust, tetter and salt-rheum—all demand a remedy of almost superhuman virtues to successfully cope with them. That Cuticura Soap, Ointment and Resolvent are such stands proven beyond all doubt. No statement is made regarding them that is not justified by the strongest evidence. The purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy, have made them the standard skin cures, blood purifiers and humour remedies of the civilized world. as in acne and ringworm; the awful

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and softe, the thickened cuticle. Dry, with hard rubbing, and apply Cuticura ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and, lastly, take Cuticura Resolvent, to cool and cleanse the blood. This complete local and constitutional treatment affords instant relief, per-This complete local and constitutional treatment affords instant relief, permits rest and sleep in the severest forms of eczema and other itching, burning and scaly humours of the skin, scalp and blood, and points to a speedy, permanent and economical cure when all else fails.

Cutiours Resolvent, liquid and in the form of Chocolsk casted Fills, Cutiours, clottment and Guttours Scap ard did throughout the world. Depots London, 27 Charter ouse Sq.; Paris, 5 Rite de 18 Faix; Australia, R. Towns, Co., Stday: 18cton, 137 Columbus Ave. Fotter Drug \$ shemical Corp., Soie Proprietors. Ger Send for "How to Cuts Every Humour."

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**************** AND A CANADA CAN

INDIA'S SACRED SNAKES.

When a Native is Bitten the Victim Is Benered Eather Than Pitled

Snakes in India are sacred to the gods. When a Hindu is bitten by a snake it is considered the act of a god, and the victim is honored rather than pitied. While his death is deplored, no doubt, he has been removed from this poor earthly spheroto a much more happy and honorable condition in the other world. Therefore, while it is scarcely true that the Hindus like to be killed by snake poison, they will do very little to protect themselves or cure the bites. Nor do they like to have the reptiles killed for fear of provoking the gods that look after them. The snake gods are numbered by hundreds of thousands, and shrines have been erected to them in every village and on every highway. If a pious Hindu peasant sees a snake he will seldom run from it, but will remain still and offer a prayer, and if it bites him and he dies, his heirs and rolatives will erect a shrine to his memory. The honor of having a shrine erected to one's memory is highly appreciated.

Snake charmers are found in every Snakes in India are sacred to the

shrine erected to one's memory is highly appreciated.

Snake charmers are found in every village. They are usually priests, menks or sorcerers, and may generally be seen in the neighborhood of Hindu temples and tombs. They carry from two to twenty hideous reptiles of all sizes in the folds of their rules generally next to their their robes, generally next to their naked bosoms, and when they see a chance of making a few coppers from a stranger they draw them out casually and play with them as if they were pets. Usually the fangs they were pets. Usually the fangs have been carefully extracted so that the snakes are really harmless. At the same time they are not agreeable companions. Sometimes snake charmers will allow their pets to bite them, and, when the blood appears upon the surface of the skin, they place lozenges of some black absorbent upon the wounds to suck up the blood and then sell them at high prices for charms and amulets.

The Coming of Spring.



The Land of Silent Wives.

The Land of Silest Wives.

The lives of the upper class ladies in Corea are, we are told, passed in absolute saclusion so far as masculine society is concerned. As etiquette forbids their going out in the daytime—except on rare occasions, and then only as the occupants of closed chairs—the entire day is spent within the courts of the houses. Here the femiline portion of the family employ their time in embroidering and sewing, varied by the reading of light literature and gossip. Outdoor exercise may, however, be taken in the evening between the hours of eight and twelve, during which time the main population is debarred from patrolling the city. It is a strange and weired sight, travelers tell us, to see the darkened streets filled with cloaked and muifled women, who can only make their way along by the lamps borne by servant escorts. Custom decrees that at this late hour ladies may be permitted to visit feminine friends with—of course—the consent of their husbands, to whom an account must be given of all their movements abroad.

To attempt to nous stomach is diseased is like trying to fill the sack with the blode in it. When the stomach and nutritive or gars are diseased, there is a constant loss of nutrition. Enough is eaten but the blode in it. When the stomach and nutritive or gars are diseased, there is a constant loss of nutrition. Enough is eaten but the blode in it. When the stomach and other digestive and nutritive or gars are diseased, there is a constant loss of nutrition. Enough is eaten but the blode in it. When the stomach and other digestive and nutritive or gars are diseased, there is a constant loss of nutrition. Enough is eaten but the blode in it. When the stomach and other digestive and nutritive or gars are diseased, there is a constant loss of nutrition. Enough is eaten but the blode in it. When the stomach and other digestive and nutritive or gars are diseased, there is a constant loss of nutrition. Enough is eaten but the body eaten is accentance is like trying to fill the succent and nu

End of China's Great Wall. Shan-hai-Kwan, where the Chinese are massing their troops, is remarkable as being the point



END OF CHINA'S GREAT WALL. which the Great Wall of China ends on the Manchurian frontier. Our sketch shows the end of the wall.

At one of the principal theatres of Tokio the plays are played entirely by children, who are all, we are sure, perfectly well-fitted for their arduous roles. All these little people are between the ages of eight and thirteen, and they go through their parts, often of the most tragic character, with an intolligence and precision which is quite marvellous. A great deaf of the public dancing is done by children also, who, at a very tender age, are compelled to go through a most severe training, including the performances of gymnastics, for acquiring suppleness and agility; whilst their little fingers have to be artificially hardened to enable them to play the tambourine. They are allowed but little sleep, and have sarly to get accustomed to extremes of temperature. Indeed, the lot of the Japanese child-actor is not altogether an enviable one, it is to be feared. Japanese Child Actors

Pins.

Pins have been found among the Egyptian mummies and in the prehistoric caves of Switzerland.

CHARM OF MANNER.

It Is the Most to Be Desired of All Gifts to Women.

It is a curious fact that nothing plays a greater part in a woman's career than a charming manner, yet nothing is taught and cultivated less. To be gracious without being patroniz ing on the one hand or too gushing on the other, all this requires cultivation and is not attained in a day. That illusive attribute known as charm is still more difficult, if not impossible, to achieve. Is it not inborn and not to be acquired, strive we ever so hard?

Certain it is that this charm is the most to be desired of all the good gifts the fairy godmothers have to bestow. Beauty may fade and riches may fly away and health and youth be swallowed up by the years as they pass, but that charm will ever remain, more potent, more soul satisfying, than beauty and riches and even youth itself.

How often does not one see this ex-

emplified in society by the popularity of some woman who apparently pos-sesses little or nothing to justify such success and who nevertheless is court-ed and admired and of whom every one says, "Isn't she charming?"

says, "isn't she charming."

You agree that she is and wonder why. Other women you know, better looking, younger, better dressed perhaps—though the really charming woman is never badly dressed—and yet they lack just something which attracts you in the other woman as it attracts others. What is it? you ask yourself, and you come to the conclusion it is something which, for want of a better name, you call "charm."

FOLDING DOORS.

When They Are Unsightly Remove Them and Use Drapery.

Folding doors are sometimes unsightly and a blemish to an otherwise pretty room, and it costs a good deal to hide them with curtains of any

However, they can be done away with and the vacant space decorated, as shown in the illustration. The doors are entirely removed and a deep mold



IN PLACE OF FOLDING DOORS ing fixed round the vacant space, bor dering it, as it were. A wooden arch-way, much fretted and quite inexpen sive to carry out, is placed across th top, and from the center depends the artistically careless, scarflike silk drapery, passed through three parts of the wooden carving. All the wood-work should be enameled either cream or ivory white and the drapery of plain or figured silk, bordered with silk ball fringe. This has a singularly light and dainty effect. This idea for dis-posing of folding doors is especially to be commended where the room space is small, and by it a much larger and

rettier room can be obtained.

A pleasant voice is surely something worth having, but how many girls seem to think so? They will spend hours over their clothes, complexion, carriage, hair and teeth and never give their voice a thought. Those other things should not of course be neglect-ed, but if any one of them was wrong how quickly a girl would be to im-prove it, and why does she not think of what is equally important? An agreeable, cultivated voice can be ac-quired, just as a pleasant expression can, if you take a little care and trouble. Of course a few lessons in voice culture are a great help, but you can do it quite as well yourself if you persevere. The pitch of the voice is most weight proves the cure.

*Three years ago I was taken sick with what the doctor called nervonsues and indigestion, writes Mrs. Warren R. Parker, of Orange Street, Nantucket, Mass. "He gave me medicine for the trouble, but I could not eat even a little toast or catmeal without suffering severely. In a few months I began to have distressing pains right in the pit, of my stomach. I called the doctor again and he said I had catarrh of stomach, gave me medicine but it did not do any good. I lost 28 pounds in three months. I then commenced taking Dr. Pierce's medicines and soon began to feel better. I have taken six bottles of "Golden Medical Discovery," two of "Favorite Prescription! and six vials of Dr. Pierce's Pelets. I have gained ten pounds. Can eat everything."

Dr. Pierce's Pleasant Pellets cure conmportant, and if this is high the work of lowering it should be the first thing to do. Soon the right pitch will become habitual, and the great point is

gained.

That little women can grow taller— even an inch in height by proper exer-cise—is the verdict of a physical teacher. If a woman is short and stout, to grow taller she must first reduce her fiesh by dieting and thorough exercise. Walking is the best way of reducing. Then when she has reduced until she is in just the right proportion to her height she must endeavor to grow tall

er. This is the slowest and most te-dious process. She must practice deep breathing and have regular exercises, such as hanging by her hands and always standing erect. Massage is ex-cellent for keeping the body in good condition and when the desired height is once gained should be kept up regu-larly, just as are the exercise and deep breathing.

Slaves to Children.

Many kind, devoted, even self sacri-ficing, mothers find the result of their children's bringing up very unsatis-factory. The: complaint is that they factory. Their complaint is that they have given up everything for their children, granted every wish and induged every whim, and yet they have grown up to be anything but helps and blessings. There is just where the trouble lies. Let the children sacrifice something for the mother and father save their steps and help them all they can in little things. The old saying is that as the twig is bent so will it grow, and the first impressions made on children's minds remain through future years.



Cut glass and bric-a-brac should always be washed with Sunlight Soap. Shave enough Sunlight Soap into a pan, one-quarter full of lukewarm water and whisk into a lather. Wash the articles thoroughly and dry with a soft cloth. This insures that brilliancy and sparkle so much admired in cut glass articles. Sunlight Soap can be used to clean and brighten all through the household. It is the purest

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Geo. Stephens & Co.

^

There are people who go into stock speculation as though it were a game of blind man's buff.

Some people never know when they have enough, but they always know, when they haven't.

The wise man never wants anything enough to be disappointed if he really doesn't get it.

A man who cannot mind his own business is not to be trusted with that of the King.

Ay nothing until you are conviaced that a thorough a hed. This should convince you that I have confidence therwise I could not make yop this proposition. It made you, gall or write me.

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