

**I**t would be well if people would endeavor to carry some of the good cheer that abounds on Christmas day along with them through the entire year. A little sprig of holly bright with sparkling berries, should adorn our deeds all through the year. We are apt to be recklessly lavish on this day. We seem to board all our kindness and generosity for one grand pyrotechnical explosion—that takes place only once a year. Why not use a little of it each day; there'll be a goodly supply of it left by the end of the year, and we will have heightened the joy of anticipation. Let us remember that a kind word today is worth a litany of regrets tomorrow. Let no day of our lives pass without having done some thing or said something that will make others happy and better for having known us. There are so many opportunities given us in the course of a year for doing good, and which we allow to pass by unheeded.

It is often that we could lighten the burden that rests heavily on the shoulders of some neighbor, or friend, if we would only bear in mind that it was for our fellow men, as well as for us, that the Christ child came into the world.

Selfishness is, unfortunately, the native that regulates our daily conduct. But the lesson we can learn on Christmas day is one that should teach us the virtue of unselfishness and the true spirit that animates us on this day should permeate our deeds through life. With selfishness most of us combine thoughtlessness. If we were a little more thoughtful—a little more concerned about others—we would make the entire year one grand Christmas celebration.

#### THE WASSAIL BOWL.

The picturesque old "wassail bowl," a relic of the Saxon days, from which each man drank spiced ale with a "wassail" or "Here's your health" to his neighbor, was always a feature in the old time celebration of the closing night of the year. Hence, grow, the custom among the poor of going door-to-door, carrying a ribbon decked bowl from door to door and singing songs that would enable us better to enjoy a diversion similar to that of the richer neighbors.

#### THE GIVING OF CHRISTMAS GIFTS.

Gifts are a part of Christmas. Gifts to the poor are a part of the Christmas spirit. Gifts to the rich are a part of the Christmas spirit. Gifts to the poor are a part of the Christmas spirit. Gifts to the rich are a part of the Christmas spirit.

Giving with the expectation of getting something back is not good form. Neither is it wise to give the same value in return or the same kind of thing each year.

If it seems best to give the same thing every year for instance, a check or a roll of money—use a little ingenuity in dressing it up, or change the value for the sake of the surprise it will carry.

A card should always accompany every gift, but stilted words are out of style. A "Merry Christmas" is sufficient unless we can be delightfully original. Those who give to the poor may omit the card if they choose. This is the occasion when anonymous communications are good form. Neither is it necessary to tabulate gifts to children. Let them enjoy Santa Claus just as long as possible.

Gifts among friends and relatives should be selected with the utmost tact and delicacy, and those to the servants should be chosen for the purpose of giving pleasure. The utilitarian aspect should not be always paramount. A check or a new gown or an overcoat may be given where the motives are understood, but these should be concealed in something frivolous. The true spirit of Christmas calls for the unattainable. Give something to somebody, but if possible let that something be the very best thing that the "somebody" cannot buy for one's self. The gift should be a

luxury rather than a necessity, but if that be unattainable, then let the practical gift be smothered in luxury or foolishness. If we give a check or a crisp ten dollar bill to somebody, let it be concealed under a few simple Christmas flowers, in a bunch of holly, in a box of sweetmeats, or in a dainty but longed-for book.

#### HER CHRISTMAS PRAYER.

Mary Mother, be good to him. Be kind to him this day— 'Twill be the only Christmas time That he has been away.

I promised him a world of toys If he would only stay— Sure, heaven's full of little boys That sing and laugh and play. But you would know the smile of him Among a thousand boys. His smile will make all else seem dim When you call him "Astoria."

When you call him "Astoria."

## WOMAN'S PAGE.

#### THE YULE LOG HAS ITS ORIGIN IN SCANDINAVIAN MYTHOLOGY.

In the Scandinavian feast of Jul, when they burned huge bonfires in honor of Thor, we discover the origin of the Yule log. The descendants of the old Norsemen, who no doubt are responsible for the custom in England, carefully preserved half of the log with which a fresh hall was to be burned at next Yuletide.

The Druidical contribution to the modern Christmas celebration originated in the annual feast given in honor of the Druid god Tutanus, who corresponds to the Phoenician sun-god Baal. His favorite among all trees and plants of the forest was supposed to be the mistletoe. The number three was held in reverence by these ancient people, and because the leaves and berries of this parasite grow in clusters of three, this, in addition to the glory of being Tutanus' favorite, made the mistletoe and annually there was a great festival given in its

of Aska. And at the present day in Devonshire, as a relic of this pagan reverence for this tree, we find the Christmas flag made of ash sticks, bound tightly together by green withes or bands of pollard oak. As each wither bursts, a quart of cider is passed around, and healths are drunk, amid great glee and rejoicing. The gypsies, too, and the wild hill people of Bavaria and Bohemia reverence the ash, although their legends attached to it are Christian in their origin.—Boston Herald

#### HOW TO DECORATE THE TABLE.

OF the many ways of decorating the Christmas dinner table perhaps the most appropriate is the pine tree all decked out in Santa Claus array with its candles and tinsels and many bright colored balls. These may be bought at different prices, from 50 cents up, ready to put upon the table. But if you prefer you can make one yourself out of a branch of a fir tree. This you can

the middle you could not have a prettier decoration.

#### HOW THE DATE DEC. 25 CAME TO BE ESTABLISHED.

There is some disagreement as to the origin of Christmas day. The legend runs that in the earliest period of the Christian Church some communities of Christians celebrated the festival of Christmas on January 1st, others observing it on the 6th of that month. In some of the eastern churches it was kept about the time of the Jewish Passover, near the end of March. There is also some evidence of its having been observed on September 29th, being the feast of the Tabernacles. In the year A.D. 325, when the Emperor Constantine legally established Christianity in the Roman Empire, Christmas was observed at the beginning of the new year, while in the Eastern church it was celebrated on January 6th. Pope Julius eventually effected a compromise, and the

said that neither flocks nor shepherds could have been at night in the fields of Bethlehem. This strange objection is considered of such importance that it is incorporated in almost every encyclopaedia and dictionary which treats of Christmas. It is one of the curiosities of literature. The present writer has been in those parts at this season of the year, and has found no difficulty in "keeping watch by night" in the open fields of Palestine. What is possible for a western traveler, unused to living in the open air, in the nineteenth century, must have been far easier for a band of eastern shepherds at the beginning of the Christian era.

### "IT'S ONLY A COLD, A TRIFLING COUGH"

Thousands have said this when they caught cold. Thousands have neglected to cure the cold. Thousands have died a Consumptive's grave through neglect. Never neglect a cough or cold. It can have but one result. It leaves the throat or lungs, or both, affected.

### Dr. Wood's Norway Pine Syrup

Is the medicine you need. It strikes at the very foundation of all throat or lung complaints, relieving or curing Coughs, Colds, Bronchitis, Asthma, Croup, Sore Throat, and preventing Pneumonia and Consumption.

It has stood the test for many years, and is now more generally used than ever. It contains all the lung healing virtues of the pine tree combined with Wild Cherry Bark and other pectoral remedies. It stimulates the weakened bronchial organs, allays irritation and subdues inflammation, soothes and heals the irritated parts, loosens the phlegm and mucus, and aids nature to easily dislodge the morbid accumulations. Don't be humbugged into accepting an imitation of Dr. Wood's Norway Pine Syrup. It is put up in a yellow wrapper, three pine trees the trade mark, and price 25 cts.

Mr. Julian J. LeBlanc, Belle Cote, N.S., writes: "I was troubled with a bad cold and severe cough, which assumed such an attitude as to keep me confined to my house. I tried several remedies advertised but they were of no avail. As a last resort I tried Dr. Wood's Norway Pine Syrup and one bottle cured me completely."

#### FUNNY SAYING.

##### SLIGHTLY MIXED.

A good Bishop was visiting an outlying portion of his diocese for the purpose of confirming some of the rising generation. The pastor had ranged the brave little band in a line, and the Bishop, after asking a few leading questions, requested a little girl to state the definition of matrimony. And with hands folded, eyes half closed, and a generally modest mien, the little one rapidly recited off the startling announcement that "matrimony is a state of terrible torment which those who enter it are compelled to undergo as a partial punishment for their sins and in order to prepare them for a brighter and better world." The pastor, who had taken great pains to prepare his class, was greatly annoyed at this blunder, and sharply said: "No, no, Katie; that is not marriage at all, that is purgatory." "Leave her alone, Father James," said the bishop, with a meaning smile, "leave little Katie alone. What do you or I know about it?"

In the early eighties two Irishmen, one of whom has since become a resident of South Boston, and is noted for his ready wit, came to America, landing in Boston. One had, among other things, a fine flute upon which he was an excellent performer.

They started in to see the sights, and in the course of the day landed in the Chinese quarter of Harrison avenue. Their attention was attracted by a large sign over a restaurant, which was printed in Chinese characters, and Dan said to Jim: "Say, Jim, can ye read that?"

"No," said Jim, "but he thunder, if I had my flute I think I could play it."

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There was no room in the Inn.

I promised him a splendid tree, With candles all aglow. O Mary Mother, you can see 'Twas me that loved him so. And surely, surely, you will see My boy so sweet and slim— His eyes are hungering for me. As my eyes are for him.

Mary Mother, be good to him. Be kind to him this day— 'Twill be the only Christmas time That he has been away.

In the choice and selection of the Yule log the ash tree plays a very important part. In Scandinavian mythology it is Odin's tree and was most noble, for its wood made the spear and the javelin, the oar and the mast. In their language ash means man, and the legend runs that when the sons of Bor, who were sons of Odin, formed the first man and woman, they were made out of a piece of ash. This man was nam-

purchase for a very small sum, and then you can put whatever you choose on it in the way of gifts. There is another idea, though, that might be suggested. Make a red rose of something that is firm enough to hold a candle, say a stiffer red paper, and set firmly on a stem with green wound around, or some leaves would make it more natural. You perhaps could take some from the flowers on your summer hat. With a red candle stuck in

25th day of December was established. These historical statements have been called in question by some, but John Chrysostom, the eloquent preacher at Constantinople, in the fourth century, confirms them.

It is a curious circumstance that some difficulty has been found in accepting the date of December 25th as the probable day on which Christ was born, because, the close of December being usually the height of the rainy season in Judaea, it is