

Her Mother-in-Law.

It is the boasted principle of American democracy that "all men are created equal."

The Camerons, coming to the western world with their capital in a shining bag and in the health bestowed by their shining eyes and cheeks, young, hopeful and poor, had prospered modestly from the start.

He took it sensibly, and his quiet, shrinking wife scarcely took it at all. They made no change in their manner of life, but the two girls and the one son were sent to good schools and subsequently the boy went to college.

Four children of the Camerons had died before wealth had found them, in one awful desolation of diphtheria; it was said that the shrinking little mother, whose plain garb and plain ways wealth had not altered, had buried in those four little graves all possibility of ambition, that to her, life was henceforth rather a thing to be endured for the sake of the others whom she loved than to be enjoyed.

When Jack Cameron came home and announced his engagement to Cecelia Haversock, the announcement filled his father with harmless pride that the beautiful daughter of the richest man in the State was to be the second Mrs. Cameron.

She put her hand on Jack's shoulder, clad in the best of weaver's and tailor's skill, and only said: "Oh, Johnny, dear, I hope she'll make you a good—for a man's soul is mostly in woman's keeping—first and last, mother and wife. Is she a good girl, John-boy, and home-lookin', besides bein' God-lovin'?"

And Jack had laughingly assured his mother that Cecelia was the combination of woman, angel, beauty, and sweetness that a man finds but once in his life—and too often sees in that light but briefly.

Cecelia was a good girl, untutored, ignorant of everything outside of books, including herself, petted and guarded, but kindly and upright; a girl that meant well by her fellow-creatures when they came out of the perspective inexperienced contentment to be seen by her in that light.

Cecelia called on her future mother-in-law, waving ceremony when Jack explained that his mother could not be brought to pay calls. She went away with nothing accomplished save monosyllables on the part of Jack's timid mother, and a saddened conviction on her part that they never could draw closer.

Jack's mother went to the wedding. One of Cecelia's aunts, lacking the girl's kindness, impatiently remarked that "it did not really matter; everybody knew about Jack Cameron's family." Jack's mother seemed to try to obliterate herself during the ceremony, and still more during the reception that followed.

She wore her heavy gray silk with an air of trying to be an antidote to the rustling, ribbled springiness of the splendid supper, surreptitiously removing crumbs of the wedding-cake from the corners of her lips with her finger-tips as she replied: "Yes, ma'am," to an unheard remark from the bride's magnificent mother.

After Jack and Cecelia had run the gauntlet of rice, and had gone away in the great French motor-coach which was to take them the first half of their journey across the United States, Jack's father slipped away with his wife, both with an unspoken recollection of their wedding-journey, the distance of three-quarters of a mile from the club to their bedroom and a

All Stuffed Up

That's the condition of many sufferers from catarrh, especially in the morning. Great difficulty is experienced in clearing the head and throat.

No wonder catarrh causes headache, impairs the taste, smell and hearing, pollutes the breath, deranges the stomach and affects the appetite.

To cure catarrh, treatment must be constitutional—alterative and tonic. "I was ill for four months with catarrh in the head and throat. Had a bad cough and raised blood. I had become discouraged when my husband bought a bottle of Hood's Sarsaparilla and persuaded me to try it. I advise all to take it. It has cured and built me up." Mrs. Hoes, Roseton, West Jacob, N. S.

Hood's Sarsaparilla Cures catarrh—it soothes and strengthens the mucous membrane and builds up the whole system.

nestling beneath a rowan tree in far-off County Kerry.

"Well, I hope they'll come off as well as we did, and be the half as happy," said Jack's father out of the middle of his thoughts, and his wife did not need telling what these thoughts had been.

After the wedding the elder and the younger Mrs. Cameron saw little of each other. It was inevitable that it should be so, though it troubled Cecelia when, at less frequent intervals, something reminded her of it. She told herself that by and by, when certain pressing claims upon her were satisfied, she would make an effort to know the lonely little woman who never could grace her dinners and receptions, but who had given her a remarkably good husband, in love for whom they surely must be united, if ever opportunity offered. But opportunity for some things rarely offers, it must be sought, and weeks and months slipped by into years without bringing the two Mrs. Camerons into closer relations.

At the end of five years there were three little Camerons for the grandmother to watch from a distance wistfully. There were the beautiful twin boy and girl, and the two-year old baby, noble children, as big, bonny and bright as scientific care and devoted love could make them. Cecelia thought that there were no children in the world that could surpass them; young as she was, the world offered Cecelia no rival to them or delight in them. Her new maternal joy and pride turned her thoughts more often to Jack's mother, whom, somehow, she did not know how to place within her formal circle.

There came a day when, for the first time in his life, Teddy, the twin boy, was ailing. Then, the other twin, was languid, and Cecelia, grieved and ready to go out to a grand dinner given by her father to celebrate the thirtieth birthday of his immense and increasing business, seeing the doctor passing by, sent out a maid to call him in.

"I shouldn't have sent for you, Dr. Longmead," she said apologetically, as she came shimmering down the stairs, "but seeing you at my very door I yielded to maternal weakness. I suppose even guarded little stomachs may get upset sometimes, and Ted and Tite are probably having indigestion and will be all right tomorrow, but if you aren't in a hurry will you go up to the nursery and look them over?"

The doctor went up, pulling off his gloves and warming his hands as he went, Cecelia following in a shimmer of golden silk and flashing gems.

Dr. Longmead raised Ted's head, it had fallen on his arms over a little table, and looked into his eyes. His own eyes changed, the alert, grave look of the physician replacing the amused smile of toleration that had lurked in them as he preceded Cecelia to the nursery. He examined the child carefully, put down his hand at last and went over to where Theo lay, half sitting, sliding downward in her little willow rocker. Then he looked up at Cecelia, who stood nervously twisting her fingers, catching alarm from the Doctor's manner.

"We will have these two put to bed, Mrs. Cameron," said the Doctor, gently. "And then we will telephone for two trained nurses—I'll look after that. I am glad it happened to be passing. I'll go back after anti-toxin and return immediately."

"Is it diphtheria?" said the doctor, gently, "but I hope we have discovered it in time."

Cecelia had never before known this gripping cold at her breast, the agony of abject helpless fear for something dearer than life. She did not recognize herself in the crouching, shuddering woman, shivering beside the leaping flames. How suddenly it had come.

The door softly opened, and through it quietly came the little plain figure of Jack's mother. She crossed over to Cecelia without a trace of shyness.

"My dear daughter," she said, in her soft voice, with its touch of Kerry accent, "I've come to help you with it. I know what it is, Cecelia, dear—I've been through it. But we didn't have means or learning then to fight it; this will end different."

Caught a Cold

Which Ended in a Severe Attack of Pneumonia.

Too much stress cannot be laid on the fact that when a person catches cold it must be attended to immediately, or serious results are liable to follow.

Bronchitis, Pneumonia and Consumption are all caused by neglecting to cure the simple cold.

Mrs. G. W. Bowman, Pattullo, Ont., writes:—"Three years ago I caught a cold which ended in a severe attack of Pneumonia. Since that time at the beginning of each winter I seem to catch cold very easily. I have been so hoarse I was unable to speak loud enough to be heard across the room. Last winter, however, a friend advised me to try Dr. Wood's Norway Pine Syrup, saying it had helped her. I bought a bottle and before it was half used I was completely cured. I also find it a good medicine for the children when they have colds."

Beware of the many imitations of Dr. Wood's Norway Pine Syrup. Ask for "Dr. Wood's" and insist on getting what you ask for.

It is put up in a yellow wrapper; three pine trees the trade mark; the price, 25 cents. Manufactured only by The T. Millburn Co., Limited, Toronto, Ont.

habitual taking of alcohol on an empty stomach that causes that very serious illness, scirrhus of the liver."—The Sacred Heart Review.

Bishop McDonald Issues New Books.

His Lordship Bishop McDonald of Victoria, B. C., was in Vancouver early last week on a visit to the Most Rev. Archbishop. Since his arrival in Victoria His Lordship has been busy in the preparation of two new books which have just been issued by the Canadian Press Association Publishing Co., 26 Barclay Street, New York.

"Mother," she whispered, "don't leave me. Stay here always. You've been all the world to me. I couldn't prove it, but I feel that the children would have died if you had not come. Stay here always."

The little woman shook her head. "We're best in our own little homes. My dear, when it's fine weather," she said with her quiet smile. "I don't know what society and I would do with each other, I'm thinkin' I'd be best where I've been fitted by the years that have gone over me, and that's in my own house. I'm better in teethin' than at tea, Cecelia. But my girls have gone from me, and I'm glad I found a daughter. I'll be here, quiet, with you often, dearie, but not to spoil the splendor when the big world breaks through. We've grown so close, daughter, that it never'll matter again where my little body stays, will it?"

"Close!" As close as love, as close as closeness!" cried Cecelia, illustrating with a hug that engulfed Jack's little mother. "Oh, you dear little brown saint, I do love you!"—Marion Ames Taggart, in The Providence Visitor.

Importance of Chewing Your Food.

"A healthy person can keep up his normal condition on much less food, if he will masticate it well," said Dr. Franklin W. White in a public lecture at the Harvard Medical School recently.

"For one to chew one's food thoroughly, therefore, is a double economy—a lessened burden places upon the organs of digestion, and a saving in the money for food. It has been proved by experimentation that the necessary amount of food in some cases to actually halt that needed without proper mastication.

"I think, however, that Fletcher carries the idea too far. Few of us can afford to spend two hours or thereabouts at a meal. So we ought to find the happy medium between Fletcher's edict and the too common habit of 'five minutes for refreshment.' Many persons eat like dogs, bolting their food whole. The dog, does this, presumably, because he is afraid that some other dog will get the morsel. Then, too, most dogs do not lead sedentary lives, as many human food bolters do. It is clearly unwise for us to emulate the dog in our eating methods."

Dr. White, whose topic was "Indigestion," said that, as a rule, prolonged cooking of food lessened the digestibility of it. He called the frying pan "a deadly enemy of humanity," declaring that fried food is made indigestible by the coating of fat it receives in the frying process.

"This coating is, in a sense, proof against the gastric juices. These juices must reach the food and break it up, thus preparing it for absorption."

The speaker said that alcohol was much oftener a cause of disease in the digestive tract than an aid to digestion. He asserted that the habit of taking alcoholic drinks on an empty stomach was especially pernicious, as, for example, in the form of cocktails before a meal. "When alcohol is taken on an empty stomach, it has to be taken care of by the liver, for it is quickly absorbed by the stomach and thus passes on the liver. It is the

Heart Trouble

Caused Dizziness, Weakness and Smothering Spells.

Through one cause or another a large majority of the people are troubled, more or less, with some form of heart trouble.

Wherever there are sickly people with weak hearts, Milburn's Heart and Nerve Pills will be found to be the most effective medicine on the market.

Mrs. F. Leslie Craig, 114 Erie Ave., Bradford, Ont., writes:—"It is with the greatest pleasure I write you stating the benefit I have received by using Milburn's Heart and Nerve Pills."

Through the ten days that followed in which Ted and Theo went down to the very grasp of death and were snatched back, and the baby sickened, flickered almost out, yet came sauntering through, the elder and the younger Mrs. Cameron were all the world to each other. The elder relieved her first sorrow in anxiety for her grandchildren, and Cecelia learned all that she had never known, taught by grief of the reality of life and living things. And most of all, she learned to know Jack's mother.

When it was over, and the pale baby came down in nurse's arms, while Jack followed with white Ted, and another nurse bore wan, weak Theo, for the first meal in the great dining room since they had feared no children would be spared to gather around their father's table.

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A Neighbour.

Being a neighbor is a fine art. There are one line of distinction to be made and observed. A readiness to help on the part of one should be graciously accepted but never imposed upon; sympathy is not to be expected for every trifle; friendliness does not mean intimacy; candour and sincerity do not necessitate confidences or the revelation of private matters; nor does proximity give one the right to comment upon others' affairs—"to speak her mind" on all occasions. Every woman of sense and judgment knows the need of a fine reserve.

Milburn's Heart and Nerve Pills are 50 cents per box, or 3 for \$1.25, at all dealers, or mailed direct by The T. Millburn Co., Limited, Toronto, Ont.

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