

MINNIE MAY'S DEPARTMENT.

MY DEAR NIECES :-

As I write to you I hear the patter of the soft spring rain without, as it falls with freshening and enlivening power upon the earth, which swells with pleasure at its gentle touch, and will presently burst forth in the full beauty of her glorious spring apparel. Spring, in the minds of the women of the household, comes with varied associations. The house must be cleaned and put in order for the bright summer days to come, the children's dresses must be lengthened and made over, and many other matters of like nature attended to. And so we lose the brightness which these weeks should bring to us. We have so much of the practical about us that we have no time or inclination to listen to the soft breathing of Nature's voice as she bids us "rise in newness of life," and illustrates her meaning in every variety of form and color.

What a wonderful difference it would make in our lives were we to look into the dusty corners of our hearts and minds, clearing away the useless rubbish which accumulates there from month to month and from year to year, and opening them up to the healthful influences of the pure air and the warm beams of the sun of love. Living in an atmosphere of love, you and I may be the radiating points for floods of sunshine, of which the world so sadly stands in need. If such an atmosphere does not exist, why not create it? It is by using what we have to the best advantage that we are enabled to obtain more. Ruskin's words are so true: "Know what you have to do, and do it." Comprehensive, not only as regarded the branch of art to which it temporarily applied, but as expressing the great principle of success in every direction of human effort. We are not half-conscious of our own power; we can do so much if we only trust ourselves far enough to try.

And so, my dear nieces, if you would have your lives tell, you must have a definite aim or purpose therein. Do not be content to live from day to day merely doing the things you must, for even in your humble sphere golden opportunities are plentiful if you are only clear-sighted enough to see and take advantage of them; but remember, above all things, that a woman's chief charm will ever be her true womanliness; therein lies her greatest power—a power of wondrous potency and strength. So much is spoken and written of woman's rights that we turn wearily from the noisy discussion, even as we would turn from the bustle and worry of the crowded city to the more tranquil scenes where nature reigns supreme, and breathes into us her loving teaching of the quiet forces which underlie her grandest labors.

MINNIE MAY.

The Feet.

Well, walking heats the feet, standing causes them to swell, and both are tiresome and exhaustive when prolonged. There are various kinds of foot-baths; authorities differ as to their value. Hot water enlarges the feet by drawing the blood to them; when used they should be rubbed or exercised before attempting to put on a tight boot. Mustard and hot water in the foot-bath will side-track a fever, if taken in time; cure a nervous headache, and induce sleep. Bunions and corns and callousness are nature's protection against bad shoe leather. Two hot foot-baths a week will remove the cause of much discomfort. A warm bath with an ounce of sea-salt is almost as restful as a nap. Paddle in the water until it cools, dry with a rough towel, put on fresh stockings, have a change of shoes, and the woman who was "ready to drop" will have a very good understanding in ten minutes. The quickest relief from fatigue is to plunge the feet in ice-cold water and keep them immersed until there is a sensation of warmth. Another tonic for the sole is a handful of alcohol. This is a sure way of drying the feet after being out in the storm. Spirit baths are used by professional dancers, acrobats and pedestrians, to keep the feet in condition.

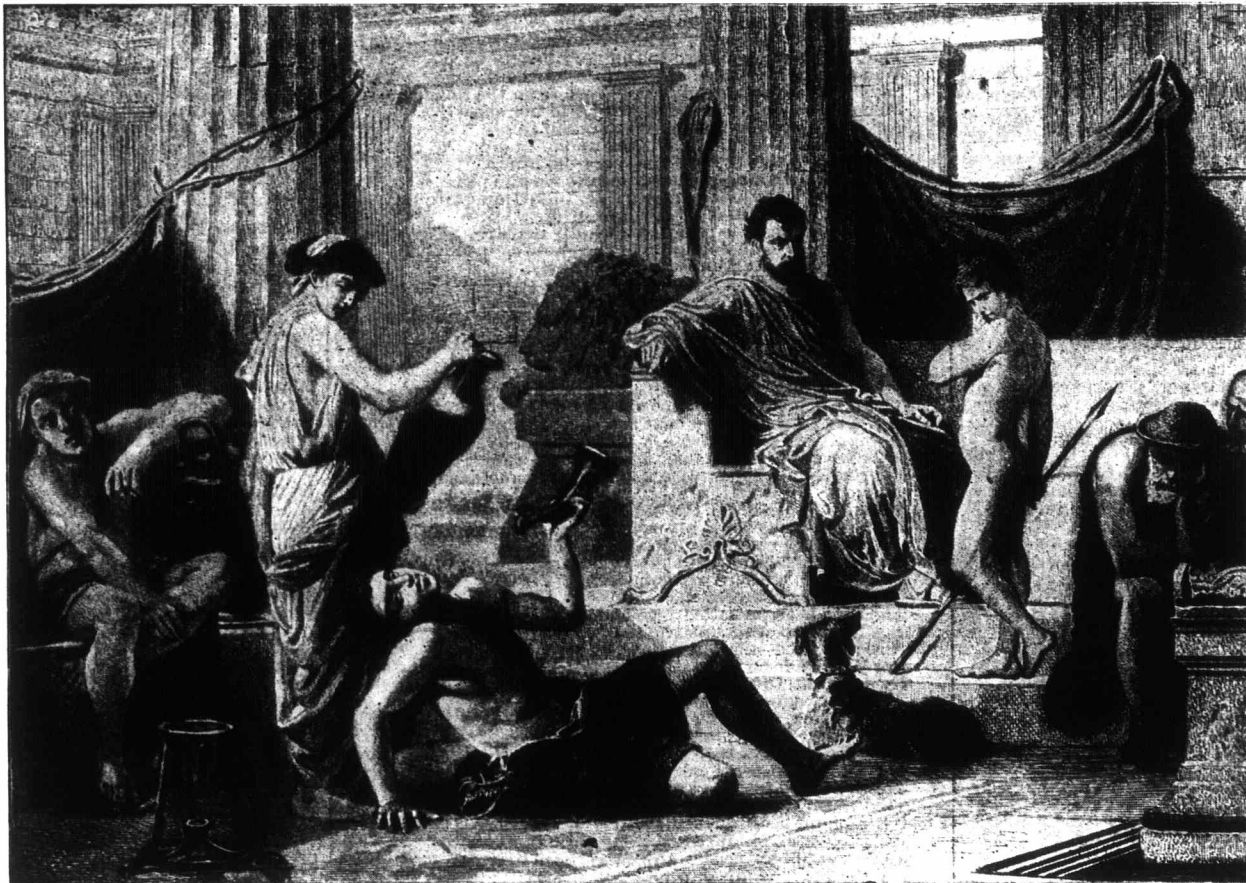
UNCLE TOM'S DEPARTMENT.

The Spartan's Temperance Lesson.

FROM THE ORIGINAL PAINTING BY LUIGI MUSSINI.
(Etched by J. S. King.)

In their palmy days the Spartans presented the remarkable spectacle of a whole people dominated by a single idea. Every private interest, the closest ties of blood—all were sacrificed in favor of the dominant principle of national glory. That glory was to be attained by might in war; hence everything in private and in public life was shaped to that end. Rugged physical health was of prime importance. The training of both boys and girls began in infancy. If the infant was puny and weak, it was deemed useless and was exposed to die. Strong men were needed as soldiers, and strong women were required as mothers of a hardy race. Boys and girls alike were schooled in every exercise that was calculated to produce a perfect physique. The discipline of the boys was especially rigorous, and that nothing might interfere therewith, they were usually removed from their homes in tender years and brought up under public supervision. Thus were they saved from the possibility of parental indulgence, although they probably ran little risk in that direction, for the Spartan women seem to have been scarcely less severe in their ideas of discipline than the men.

A scheme of education destined to develop the body in its utmost perfection sought to implant in the pupils a disdain of softness and of luxury as things disgraceful to manhood, while all physical excesses tending to corrupt and enfeeble the



THE SPARTAN'S TEMPERANCE LESSON.

powers were severely frowned upon. Temperance was thus maintained, not on moral, but on political grounds. The homes of the people, high and low, were severely, even rudely, plain, lest refined and comfortable surroundings might beget indolence and effeminacy; but to counteract the barbarizing tendency of rude dwellings, the public buildings, and especially the temples, were stately and beautiful. Our artist has commemorated a characteristic incident in the domestic life of the Spartans. One of the rulers, wishing to excite in the mind of his son the utmost loathing for drunkenness, having reduced a slave to that condition, causes the boy to witness the bestial antics of the maudlin wretch. From the repugnance expressed in the countenance of the youth, the lesson has produced the desired effect. Luigi Mussini was born at Florence in 1813, and was instructed by his elder brother, Cesare M. He is noted for his accurate design and simple, but effective, composition, in which particulars he has been compared with the fifteenth century masters. He is Director of the Academy of Siena, and is one of the foremost of the modern painters of Italy.

A Thoughtful Husband.

On his return home from a musical evening, at which his young wife had been unable to be present, an amateur tenor of some repute remarked, with the touch of sentiment peculiar to newly-married men:—"Sorry you weren't there, my dear; but you were seldom absent from my thoughts. Indeed, I always think of you while singing." "Do you really?" said the pleased wife, "and what did you sing to-night?" "Waft her, angels, to the skies," replied the tenor; and though the frown that spread over his wife's face spoke volumes, he was quite unaware that he had said anything offensive.

Recipe for a Good Husband.

A good husband, it has been wisely remarked, like the hare, must be caught before he is cooked. He cannot always be told at a glance, and sometimes he must be summered and wintered before his real character is discovered; but it is safe to say that when caught he should be found to be composed of the following ingredients in suitable proportions:—Mother wit, good nature, gentleness, strength, manliness, purity, courage. But even when the full measure of some of these necessary qualities is lacking a very good husband can often be secured by a persistent use of the following recipe:—

Wifely tact,	- - -	10 parts.
Wifely forbearance,	- - -	10 parts.
Wifely good-nature,	- - -	10 parts.
Good housekeeping,	- - -	10 parts.
Good cooking,	- - -	10 parts.
Wifely love,	- - -	50 parts.

There are some brutes upon whom even such a precious mixture will be wasted, but they are very few; and a persistent application of it, morning, noon and night, for two years, is warranted, in nine cases out of ten, to make a man and a gentleman out of very commonplace material.

Puzzles.

PRIZE PUZZLE.

1—RIDDLE.

What is't that's the bane of every age?
That visits prince as well as page;
Whose strength is law; whose law is death,
Which binds what'er draws mortal breath?

No peace they know who own it's power,
For it is present every hour.
Yet those who follow in it's path,
Despise and scorn eternal wrath.

HARRY D. PICKETT,
Bloomfield,
King's Co., N. B.

2—DOUBLE ACROSTIC.

My first is termed a very "soft mass,"
As a "pair in ear" my second is known in a medical class;
As a "gatherer or gleaner" my third is known,
In "uncivilized countries" my fourth abounds.

Next is "a month of the Hebrew calendar,"
While sixth is a vast "British colony;"
In literature my seventh is an "abridgement,"
And now that you "cannot assist," my next you'll quickly see.

Next, "The union of bodies of the same nature,"
While "nodding" is signified by the tenth;
Now, for the last, but not the least,
'Tis "Something done by fraud or stealth."

My primals will show a class of men,
That are brainy and generally handy with the pen;
For my finals—you will find, Institutions; to which my primals are not unkind.

HENRY REEVE.

3—CHARADE.

I see our friend Reeve has been letting off gas,
By shouting "Hosannah," as none can surpass;
He shouts loud and long o'er a wanderer returned,
The sound of his trumpet perhaps you've discerned.

Just like a warrior. Hear the guns boom,
Still, last the army. Hank says there is room;
Bring on your quota, for why dost thou Hyde,
Get on the pover ship, and TOTAL abide.

Come! oh, come! while you may—come with a shout,
Our captain will welcome thee, PRIME is no doubt;
Ye who have turned aside, away from the "Dom,"
C—'n'bach and rally round "Dear Uncle Tom."

Ah! sure my dear friends, though it's Blythe Reeve may be,
And stand for A. Pickett on the Banks of the Dee;
Should war come to war, and Smith's be his mate,
Why Arm and perchance you might smash his Hard Pat.

But to avoid all contentions, and settle the question,
We'll borrow 'at man by means of election;
To act as a Prude Homme. Between me and you,
Be not like H. A. W., who "Flew up the flue."

FAIR BROTHER.

Answers to April 15th Puzzles.

1—P E A R L
A L E
R A P A N K
A M A H A A N
J E S S A M I N E
A T A B E T S
H F
N A T E Y
N A S T Y

2—The letter H. 3—Tint-in-nab-u-lay-shun (Tintinnabulation). 4—Herod, hero, her, he, h.

The complacent and boastful spirit of the average American is well illustrated by the story of the Yankee at Vesuvius, who, when asked if they had anything like that in America, replied contemptuously, "Anything like that! Why, sir, we have a water privilege in America that would put it out in five minutes."