

Health

For The

COMPOUND

Mother Sex.

MILES' (Can.) VEGETABLE COMPOUND (price 75c) cures Pro-lapsus Uteri, Leucorrhœa, and all weaknesses of the female sex.

The periodic pains to which every woman is liable are perfectly controlled and the dreaded time passes by almost unnoticed. Ladies who suffer from uterine troubles must of necessity turn to the most reliable help, and thousands testify that MILES' (Can.) VEGETABLE COMPOUND is that ready and sure cure. Letters from suffering women addressed to the "A.M.C." Medicine Co., Montreal, marked "personal" will be opened and answered by a confidential lady clerk, and will not go beyond the hands of one of the "Mother Sex." Druggists everywhere sell MILES' (Canadian) VEGETABLE COMPOUND. Price 75c.

Deafness Among School Children.

The fact that myopia is frequent among school children is well known. It is not so well known that impaired hearing is also frequently met with. The children thus affected are often accused of being lazy and inattentive, when in reality their ears are at fault. Helot shows that these cases are quite common, are easily recognized, are generally curable and when cured a large number of the children are transformed, so to speak, both from a physical and a moral standpoint. According to Weil of Stuttgart, the proportion of school children with impaired hearing is 35 per cent.; according to Moure of Bordeaux, 17 per cent. Helot agrees with Gelle and other aurists that the proportion is almost 25 per cent., or one-fourth. All the children in a class should be carefully examined and these semi-deaf pupils will always be found among the "poor scholars." The cause of the infirmity is to be sought for—naso-pharyngeal catarrh following measles, scarlatina, whooping-cough, adenoid vegetations, hypertrophied tonsils, etc.—and normal conditions are to be restored by appropriate treatment.

A Convenient Cupboard.

Now that the finishing of the modern dining-room almost always includes a high wooden wainscoting, a ready-made support is at hand which might well tempt the amateur carpenter to try his or her 'prentice hand at making a corner cupboard.

Where space is cramped a cupboard of this sort could take place of the ordinary sideboard, as it is not supported from the floor, and would therefore not occupy room needed for other furniture.

It may be of any size desired, but that most in use measures about four and a half feet in height and thirty inches across. Make the sides of common pine, and fit them closely into the corner, bracing well with cleats of wood. It is very important that these side supports should be strong, especially at the top, as the weight is considerable even when the closet is empty.

A three-cornered pine board forms the bottom, and a similar one closes in the top, while a movable shelf an inch in thickness divides the whole into two compartments.

If the doors are entirely of wood, they may be stained and polished and ornamented with lincrusta, which has the appearance of carving, and is easy to apply; or, which is handsomer, glass in leaded panes might be set in the framework, at least of the upper part, giving the old-time effect which is considered desirable just now.

Cover the back, which will be visible if the doors are of glass, with folds of soft yellow silk, as pretty china shows to great advantage against this background; and screw small brass hooks into the under part of the board which forms the top of the cupboard, to hold the cups which are not in every-day use.

The lower compartment may be used for the dishes that are not so ornamental, or even for sweets or cake, or the bottle of wine on which it is wise to turn a key.

Our Secret Standards.

Consciously or unconsciously, in our secret places we set up our ideals. These are our standards, which we begin to grow toward while we are yet unaware of the process. It is like the tiny seedling to which the child who plants it gives the support of a string, which leads it toward the pole it is not yet strong enough to twine about. And, generally unconsciously, as we grow we change these standards, supplanting them by better ones as we approach them nearly and find them inadequate to our needs. We must do this. Our little vine has grown. The string which was sufficient while it was weak is not enough for the sturdy vine. We must continue to do this, as we must give our little vine a taller and yet taller pole to climb upon when we find it has arrived nearly at the top of the pole we set up last year. And it is the straightness of the pole, its height, and its direction which determine the size, the shape, and the beauty of the vine, whose guide and helper



USE Fry's

Chocolates and Cocoas.

100 PRIZE MEDALS

and pattern it was, so it is the slow adaptation of years of growth toward this ideal which we are (blindly, it may be) trying to copy which creates the whole character, inevitably forming it good or bad, high or low, according to the character of the standards we have set up in our hearts. Therefore let us beware of the low standard, let us at least aim high. Aspiration toward the best is possible for us all.

Fear of Thunder and Lightning.

People who are terrified by thunder and lightning lose a great deal of enjoyment. It may not be possible for every one to help being afraid when the sky is black with clouds and the lightning's flash, but it is within the power of most people to control the expression of fright. Once or twice having resolutely refrained from showing your terror, you will be surprised and pleased to find the terror itself lessening.

We know persons who go through life in a sort of bondage to fear of various kinds. They tremble and turn pale, or grow hysterical and cry, when the dark clouds gather and the thunders roll. There is a pretty German hymn which begins:

"It thunders, but I tremble not,
My trust is firm in God,
His arm of strength I've ever sought
Through all the way I've trod."

We advise all of you who heed the advice to remember that God rules in the heavens, and his hand sends the storm. Trust in God when you are afraid—really trust, and you will grow calm and be happy. Another gain of comfort may be found in the fact that when you see the bright zigzagging flash and hear the rumbling thunder, the danger for you is over. You will never see or hear the electric current which hurts or kills. It is far too swift to wait and warn you in that way.

George—You would marry the biggest fool in the world, if he asked you, wouldn't you? Ethel—Oh, George, this is so sudden!

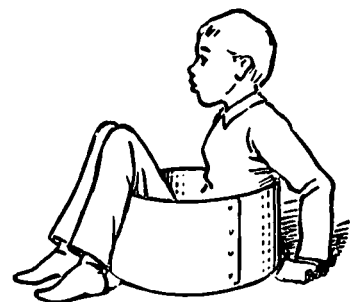
Football Championship for 1895.

The knowing ones are speculating on the football possibilities of the season. Ottawa is not likely to retain the honors of the championship, as Queen's will put in a team sure to smash all records. It is often the case that very slight causes will lose a victory. It is stated that a painful corn made useless one of the best American players. It follows that no team can hope to win this year that neglects to supply its members with Putnam's Painless Corn Extractor, the only safe, sure, and painless remedy for corns.

Nothing is so atrocious as fancy without taste.

"Oh, dear!" fretted Lou, rushing into the house one of the first hot days of spring, "the bumble-bees have come, and I just hate 'em!"

"I don't hate bees," said little May; "I love 'em 'cause they hatch out honey."



In a Peck of trouble—the woman who washes without *Pearline*. Her work is never done, and it's never done well. With *Pearline* she can do twice as much, and have it done better. There is little work, less wear, never the least harm. Try *Pearline*, and see it go for dirt; when you see dirt, go for *Pearline*.

Beware Peddlers and some unscrupulous grocers will tell you "this is as good as" or "the same as *Pearline*." IT'S FALSE—*Pearline* is never peddled, and if your grocer sends you something in place of *Pearline*, do the honest thing—send it back. 285 JAMES PYLE, N.Y.