

This and That

DANDELION.

O, I know a little fellow,
A dandy little fellow,
He's the cutest little fellow,
That you ever set your eye on.
Oh, he's the gayest fellow,
He dresses all in yellow,
And his name he says, is
Mr. Dan D. Lion.

A PERFECT LADY.

A little girl from a crowded tenement house was delightedly telling a friend in the College Settlement about her new teacher. "She's a perfect lady, that's what she is," said the child.

"Huh! How do you know she's a perfect lady?" questioned her friend. "You've known her only two days."

"It's easy telling," was the indignant answer. "I know she's a perfect lady because she makes me feel polite all the time."

Hostess (at party)—And does your mother allow you to have two pieces of pie when you are at home, Willie?

Willie (who has just asked for a second piece)—No, ma'am.

Hostess—Well, do you think she would like you to have two pieces here?

Willie (confidently)—Oh, she wouldn't care. It isn't her pie.

DON'T WHINE.

A recent number of Medical Talk has an article on the evil physical effects of "whining." Complaints, says the writer, are usually made in a minor key. This monotony rasps the vocal chords, taxes nasal nerves and muscle that should not be brought into play at all in speaking, and tends to shallow, uneven breathing. The whiner, too is also without exception a more or less idle, lazy person. The habit of whining itself tends to sap initiative impulse and increases phlegmatic tendencies. Habitual whining,

FEED YOUNG GIRLS

Must Have Right Food While Growing.

Great care should be taken at the critical period when the young girl is just merging into womanhood that the diet shall contain all that is upbuilding, and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, health and happiness will follow; on the other hand unhealthy cells may be built in and a sick condition slowly supervene which, if not checked, may ripen into a chronic disease and cause life-long suffering.

A young lady says: "Coffee began to have such an effect on my stomach a few years ago, that I was compelled to quit using it. It brought on headache, pains in my muscles and nervousness.

"I tried to use tea in its stead, but found its effects even worse than those I suffered from coffee. Then for a long time I drank milk alone at my meals, but it never helped me physically, and at last it palled on me. A friend came to the rescue with the suggestion that I try Postum Coffee.

"I did so, only to find at first, that I didn't fancy it. But I had heard of so many persons who had been benefited by its use that I persevered, and when I had it brewed right found it grateful in flavor and soothing and strengthening to my stomach. I can find no words to express my feeling of what I owe to Postum Food Coffee!

"In every respect it has worked a wonderful improvement—the headaches, nervousness, the pains in my side and back, all the distressing symptoms yielded to the magic power of Postum. My brain seems also to share in the betterment of my physical condition; it seems keener, more alert and brighter. I am, in short, in better health now than I ever was before, and I am sure I owe it to the use of your Postum Food Coffee." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

not healthy, vigorous fault-finding where fault really exists, but the helpless, futile complaining of a narrow nature too indolent to make any effort to right the causes of complaint, has definitely, deleterious physical effect on the whole constitution. Add to this the fact that eternal fault-finding is more than likely to wear out the staunchest friendship, and take the light from the loveliest countenance, and the full effects of this insidious and prevalent habit will be better appreciated.

"Get the whine out of your voice, or it will stop the development and growth of your body. It will narrow and shrink your mind. It will drive away your friends; it will make you unpopular. Quit your whining; brace up; go to work; be something; stand for something; fill your place in the universe. Instead of whining around, exciting only pity and contempt, face about and make something of yourself. Reach up to the stature of a strong, ennobling manhood, to the beauty and strength of a superb womanhood. There is nothing the matter with you. Just quit your whining and go to work."

THE BOY IN SCHOOL.

If I were asked to state in a single word the secret of a good life for a boy in school, I should say without the slightest hesitation that such a secret lies in the word 'honesty.' A narrow definition of that word proposes that an 'honest' person is not a thief, that he does not steal the personal possessions of some one else; but a truer definition includes all that we mean by 'truthful,' 'upright,' 'diligent,' and many other mighty words. An honest boy will not attempt the self-deception that accompanies bad habits, or the deception of fellow-students or teachers that accompanies open sin; he will be straightforward, earnest, manly; he will exhibit those fine qualities of human life which every one admires; he will please God. To grow in grace of honesty means the development of a character that is great and good. I commend to every schoolboy that he be honest under all circumstances, and in view of any consequences. — Eugene Allen Noble, in Christian Advocate.

VANITY MASQUERADING.

A young woman decided that she must do something toward the spiritual and worldly welfare of her fellow beings. So she left home and joined an order of deaconesses; and she is now engaged in impressing her acquaintances, herself and a section of "the slums" with her heroic self sacrifice and her lofty ideals.

She left behind her at home:

Item—An old father who has only such care and attention as servants can give him.

Item—An old mother who sits lonely and bored.

Item—A household of servants who, through lack of guidance and direction, are learning to be dishonest, shiftless, incompetent, worthless.

There are several other items; these are enough, are they not?

The young woman thinks she is a heroine and sort of martyr. In fact she is amusing herself, is gratifying a flabby vanity, and is deliberately shirking every one of the real duties of life. And this makes no account of the result of her slum activities as a maker of paupers and sycophants.—Saturday Evening Post.

INHOSPITALITY.

Two small boys whose home is in Louisville went recently to visit their grandparents in Cincinnati, says the Louisville Courier-Journal. One was nine years old and the other eleven. They arrived at grandma's all right, but in half an hour had disappeared.

Later in the day their absence caused alarm, and a search was begun for them. They were found that evening on the Kentucky side of the river, resting after a long foot journey toward home.

"Why, Harry," complained grandma, "what did you want to run away from me for?"

"Because," said Harry, with dignity and firmness, "we do not visit at houses where the cooky box is kept locked up."

Grandma promptly removed the offending padlock, and amicable relations were restored.—E.

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