it may cost."
"She is the heiress of fifty thousand pounds a year, your royal highness."
"And not to be tempted by an offer
of settlements. I am aware of that I was not alluding to pecuniary arts, but to the cost of trouble, difficulty, peril to life and character."

The jackal averted his head to make

a grimace aside.
"Mac, I depend upon your tact, zeal and discretion. That ancient dragon, the and discretion. That ancient dragon, the Duchess of Beresleigh, has never favored Carleton House with her presence and she will certainly never bring her young beauty either to this place or the houses of any of my friends, where I might possibly meet her. What do you think."

"I think it extremely probable that your royal highness reasons rightly. The your royal highness reasons rightly. The duchess dowager will take no pains to introduce her protegee to your royal highness or your friends. Common rumor says that her grace designs the young heiress for the future Duchess of Beresleigh."
"What then, would you advise me to

"If your royal highness will deign to listen to me, I think I could propose a plan for bringing you into closer ac-quaintance with this young beauty."

Very well. Let us hear what your an is. Come this way."

And the conspirators retired to hatch

And the conspirators retired to natch their diabolical plot.

There were two other individuals pre-sent at the royal drawing room, who witnessed, with great uneasiness, the sensation created by the presentation of the beautiful young baroness—these were Colonel Hastings and Mr. Hastings As soon soon as they could withdraw they adjourned to a neighboring coffee-house, and, calling for a private room,

ast down to discuss the event. Mr. Hastings opened the conversation by exclaiming in a vehement manner: by exclaiming in a vehement manner:
"I love her more than ever. It is not her rank and splendor only, though that is much; it is her exquisite personal loveliness. I loved her even as a cottage girl, in despite of all my pride. And now that I see this rare jewel in its proper setting, now that I see her surrounded with pomp and splendor, the admired of all eyes, the desired of all hearts, I love her with a passion of which I scarcely believed myself capable. I must have her

or go mad!"
"Well, you shall have her, if you will the relonel. only be patient," replied the colonel,

"Patient, sir, the House of Lords has confirmed her claim to the great Swinburne Barony. She has been presented at court and received with distinguished honor! She is not only the wealthiest heiress, but the most beautiful girl that has appeared in society for many seasons! She is the favorite of the Duchess of Beresleigh, who, of course, wants her and her fortune for the young duke. She will have many suitors. She will be followed, flattered, favored in evey possible way, and, before the season is ever, she will be affianced to the Duke of

And, it she were affianced to a royal cive the congratulations of the Ladies duke, I have that secret which will break | Wardour upon what they called her the marriage off," said the colonel, with great social triumph.

the same calmness.

"You say that you have this power, sir, and I am constrained to believe you.

Why, then, do you not use it at once? is an old proverb to the effect that 'delays are dangerous.' In this case, with so many rival claimants of her favor. I think delay is doubly dangerous."

"True, in some respects. Yet you have also heard that if delays are dangerous, precipitation is often fatal. And sons. First, she has not had time yet to soften in her feelings of resentment toward you. Secondly, she has not had time, either, to become so used to the pomp and splendor of her new rank as to make it a matter of habit and necesto use the power this secret gives me over her, she would defy me, and sooner than marry you, with her present feeling, she would resign her rank. No, my We must wait until time has sofetned her anger against you, and confirmed her love for wealth and position. In a word, we must wait until the world

"And how long will that be?" exclaim-

were many Iresh ones, and among them serious probability of her marriage, I shall immediately seek an interview with her, and, as I said before, even if the bridegroom-elect were a royal duke, I the bridegroom-elect were a royal duke, I the control of the bridegroom-elect were a royal duke, I the control of the control would break the marriage off.

تووووووووووووووووووووووو "But not, on that account, free from replied Mr. Hastings, and the converse

on ended. e There was still a third party whose peace was disturbed by the universal homage paid to the beautiful heiress. This was Lady Lester, who, upon her re-turn home, shut herself up in her bouoir to reflect.
"This young baroness has made a de

rins young baroness has made a decided impression. Ruthven will have many rivals, and he has not been introduced to her yet. I must lose no time in his service. To-morrow I will call at Beresleigh House myself, and leave my card, together with an invitation to an evening party for—let me see—the 26th, She can have no engagements so far in advance as that. Ruthven must be introduced to her. Society will throw them frequently into each other's company, and Ruthven's very handsome person and fascinating address must do the

And so saying, Lady Lester rang for her maid, to divest her of the heav court dress, and bring her a cup of tea

Meantime, what effect had the event of the day upon the beautiful and ad-mired subject of all this intoxicating omage, and all these plots and counter We shall see.

On her return home. Rose threw her self into her dressing-chair ,and placed herself in the hands of her maid to be disrobed. While she sat there she fell into deep thought, saying to herself:
"They tell me that I have made

great sensation, even upon royalty; that I have achieved a great social triumph by simply appearing at the drawing room of her majesty. They call me the star of the ascendant in the empyrear of fashion; and even if this is so, what is all to me 'so long as Mordecai, the Jew, sits at the king's gate'? What is it to me if all the world worships this poor beauty set in a golden frame, since he has no kind word for Rose? I was hapier in the country when my claim o the barony was unsettled, and my ortunes uncertain, for then he was good appier in the country when my claim as been confirmed, and we have come up to town, he never notices me by any attention beyond what is required by tiquette. I wonder if I have displease n, or if he has taken a dislike to me am very unhappy!

And here the adored beauty, the wor hipped reiress the trumphant debut tantee into court circles, of whom the admiration or with envy, dropped her face into her hands and wept pasionate.

Medemoiselle Gabrielle in alarm gar, sal ammonia, and everything else she could think of as restoratives, and declared, since she could see no other cause for tears, that the fatigue and excitement of the day had been too much for "miladie." Rose did not contradict for "miladie." Rose did not contradict her, but composed and recovered herself sufficiently to present a cheerful face a Wardour upon what great social triumph.

Rose had spoken the truth to herself. Since the confirmation of her claim to the Barony of Swinburne, and their arrival in London, the young Duke of Bere-sleigh had avoided the society of the young beautiful heiress as much as was consistent with the courtesy due to his mother's guest. Loving her with an af-fection as pure and disinterested as it was ardent and unchangeable, he wished to leave her free to form an extension to leave her free to form an extensi acquaintance with the world of society before becoming a competitor for her hand, so that, finally, if she should accept his hand, she would do so in the full consciousness of his comparative merits and he would have the happiness of knowing her decision to be that of an unbiased judgment as well as of an un-wavering heart.

But how was poor Rose to know his generous thoughts and motives, when his distant courtesy sent her weeping to her room that day of her. The next morning the Duchess of Beresleigh and the Ladies Wardour together with Lady Etheridge, were ling ering over a late broakfast table, and ex ed the young man, ironicaly.
"Not many months, my dear boy. And, in the meantime, if there should be a were many fresh ones, and among them were many fresh ones, and among them was the card of Lady Lester, accompan-

We must return Lady Lester care

She is one of the leaders of fashion here, Wales, and commanding me to repair said the duchess.

She is one of the leaders of fashion here, said the duchess.

"And, os, . wish so much to see my dear Miss Elmer. Oh, my dear madam, let us go to-day," said Rose, eagerly.

"Certainly; we will call at Lester House to-day if you please, my dear, but you will scarcely be able to see your friend unless you make a special visit to herself, and see her in her own apartments. Governesses do not usually receive their friends is their employers drawing room, said the duchess.

"But if we call upon Lady Lester and then ask for Miss Elmer?"

"No doubt in that case the would be sent for to come down, but I ask you if you think that would be agreeable either to Miss Elmer."

"Yes, oh, yes."

"Then to-day as it is late, we will call on Lady Lester and in a few days you will go early in the morning to see your friend Miss Elmer. You must invite her here, and have her as often as you like."

Wales, and commanding me to repair to Carleton House, where apartments will be ready for my reception."

The duchess could scarcely restain an outburst of indignation.

"Am I obliged to go? Is one complete to obey a royal mandate of this sont?" inquired Rose, in dismay.

"Heaven forbid! No my love. On the contrary, you are obliged, by every concentrary to decline the appointment. You cannot become the associate of Lady Jersey, and others of the Princess' house-senger was dispatched to Carleton House, will be ready for my reception."

The duchess could scarcely restain an outburst of indignation.

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"Heaven forbid! No my love. On the contrary, you are obliged, by every concentrary to decline at heaponitment. You cannot become the associate of Lady Jersey, and others of the Princess' house-senger was dispatched to Carleton House, and others of the Princess of Wales, entreating their permission to decline an honor so far above her merits, and begging leave to remain their Royal Hignesses' most grateful and humble servant, etc., etc., etc.

vite her here, and have her as often as you like."

"Oh thank you, madam," said Rose,

warmly.

The carriage was ordered and the duchess, the Lady Katherine Wardour, and Lady Etheridge withdrew to dress.

In half an huor they were on their way to Lester Kause, where in about twenty minutes they drew up and sent in their

Lady Lester, of course, was at home to the Duchess of Beresleigh and her party. They were immediately shown up into the drawing room, where they found her in an elegant morning negligee of white India muslin, trimmed with silver, walking an a soft clining on a sofa.

cess, when she will be at leisure," replied

and forgotten in my native obscurity! But little shall I care so that right tri-

solicited a private audience with the Prince of Wales, and laid before his roy-

al Highness the letter of Lady Etheridge

respectfuly declining the post that had been offered to her, the Prince fell into

a most unprincely fit of profanity, a luxury in which he only indulged in the presence of such familiars as Colonel Mc-Elroy.

"And this, then, Mac, is the result of

has declined it. What has your wisdon

"Ah, you have! Then let us hear

without much preface."
"It is a gian that, with submission to your royal highness, should be discussed

your royal highness, should be discussed with closed doors, as the courts say."

"Then close the doors and open your communication at once," said the Prince.
The jackal obeyed, and then returned to his master to divulge his second plot for getting the beautiful and innocent harquess into the Prince's power.

CHAPTER XVII.

trait of that beautiful Baroness Ethe

idge, whom every one so much admires. Only look at her. What a lovely, lovely

face!'
And the eager child spread open the

folio before her governess.
"Thank you, dear," said Miss Elmen

letting her languid eyes fall upon the pic

ture.
"And now, Miss Elmer, I thought that

would amuse you while we are gone to Richmond with papa. Good-by, dear

And, kissing her hand, the volatile

(To be continued.)

Profanity Not Clever.

(Montreal Star.)

"Profanity is not clever. The most ig

norant people swear with the greatest luency. It is not witty. It is not strong, t is only vulgar. A man who does not

ndulge in profanity can put into hi

clean, crisp sentences more power than the "swearer" can force into his out-barts with a dozen oaths. Profanity may

ark anger and sound out as a signal o

a loss of temper; but neither of these are things which one in his sober mom-ents desires to advertise to the world.

It is the restrained temper—the curb ed anger—that are the signs of power.

The Right Kind of a Girl.

o swim? Singleton—I don't know But why do you

ask?
Wedderly—Because if she can you ought to
be happy. A girl who can swim can keep
her mouth shut.

Even when he kisses her a girl likes a fellow to keep a stiff upper lip.

Wedderly-Can the girl you are engaged

out of the room.

Miss Elmer."

creature flow

baroness into the Prince's power.

The next day, when Colonel McElroy

umphs!

jackal

The arose and floated gracefully on to receive the duchess and the younger ladies, all of whom she greeted with when they were seated, she contrived

cess, when she will be at leisure," replied her grace.

"Then I will go to morrow, for, oh, madam, I feel toward that high-souled lady as though she were a dethroned queen, and I look upon myself as a miserable usurper, whom the mob, in some transient ascendancy over rightful authority, have raised to her throne. I know this fleeting glory of mine cannot last! "The queen shall enjoy her own again,' and I—where shall I be? Lost and forgotten in my native obscurity! o place herself next to the young baronsmile, and said:
"I was at your presentation yester-day, my dear Lady Etheridge, and I saw the sensation that was created. Permit me to congratulate—not you, my dear,

but society, for its chaming acquisition vourself." The going baroness bowed at this fine speech, while the rosy cloud rolled up over her fair neck and face. She had not lost her lovely country abit of blushing at a compliment.

The conversation turned upon the incidents of the late royal drawing room, the court circle, the Prince and Princess Wales, the opposing cabals of St. James' Palace, and the Carleton House, and then diverged to the new political, literary and fashionable stars that had arisen comparations. stars that had arisen, or were about to rise, in the social empyrean. When the various political planets had

been discussed. Lady Lester suddenly turned to the duchess, and inquired: "Oh, by the way, can your grace, who used always to be the first to introduce any new literary luminary to the world of society, tell us the author of the new poem about which every one is

"No; I cannot. I was about to ask the question of you, who have been in town so much longer than myself," anwered the duchess.

"Ah! then nobody knows. It is re-ported, however, that the author is a lady who lives somewhere in the west end. Your grace has read the poem, however?

"Yes; and admired it very much. It wonderfully true and beautiful.' "And the author? Do you think it ould have been written by a lady?"

"It is evidently the work of som clear-visioned, large-souled woman; one who has loved deeply, suffered greatly, and thought strongly; one who has come forth from some great life struggle, strengthened—one who has issued from some fiery furnace of sorrow, purified.

I would give much to know her," said

the duchess.
"It is rumored that the first edition of the poem is already exhausted, and that another is about to be issued, with the name of the author. How anxiously face! And they do say she was brought up in a cottage, like Lady Bur-leigh or the shepherd lord—you recollect. it will be expected!"
"She will be a star of the first magnitude, whenever she chooses to shine

forth from her cloud of incognito," said the duchess. "And of course your grace's drawing oom will be the first sphere she will

luminate," said Lady Lester, following up the metaphor.
"I shall certainly seek her out when I know whom to seek, or where to seek

"Your grace secures every new star of genius-or of beauty," said Lady Lester, turning with a bow to the young baron-

"Nay, not every new star; there must be some personal excellence higher than either beauty or genius to recommend an aspirant to my favor. This lady in ques ion, I am sure, from her writings, pos esses the excellencies of which I speak shall be happy to discover her," the duchess, rising, with a smile, to take her leave.

The young baroness followed her ex

They made their adieus, entered the arriage, and rethrned to Beresleigh

There a surprise awaited them. While the duchess, the Ladies Wardou and Lady Etheridge were seated at lunch in the morning room of her grass, a foot-man entered and laid before the young ess a letter sealed with the roy

"Who brought this. Barnes?" in ired the duchess, looking suspiciously at the missivc. "A messenger in the royal livery, you

"Does he wait?" "No, your grace; he said no answe was required."

"You may go."
"Now, Rose, my love, open it, and let is know what it is all about," said the uchess, using a tone of gentle author ity, which, however, upon any other asion, she would not have ventured

Rose, who had been turning the letter curiously in her hands, now broke the seal, and read it, and as she read, the ose clouds rolled up over her fair osom, neck and face. "What is it, my dear?" inquired the

luchess.
"It is," said Rose, hesitatingly and blushing yet more deeply, "a letter appointing me one of the ladies-in-waiting apon her royal highness the Princess of

Health and Strength Regained Through

For the after effects' of la grippe there is absolutely no medicine can equal Dr. Williams' Pink Pills. Every dose helps make new, rich, red blood that drives disease from the system, and makes weak, despondent men and women bright, cheerful and strong. Miss Eugenie Donaldson, of St. Jerome, Que. found a cure through these pills after other remedies had failed to help her. She says: "I took la grippe and did not seem able to shake it off. It developed into bronchitis. I coughed her merits, and begging leave to remain their Royal Hignesses' most grateful and humble servant, etc., etc., etc. The very same day brought invitations from the Duchesses of Devonshire, Gor-don and Cumberland to various fetcs, to be given by their graces in the course of the next fortnight, to all of which were returned polite excuses for non-accept-ance. developed into bronchitis. I coughed day and night, and grew so weak that I could hardly move about. I tried remedy after remedy, but as nothing seemed to help me I began to dread trat consumption was deance,
"I am in your hands, dear madam,"
said Rose to the Duchess of Beresleigh,
"and will accept and decline invitations
just as you advise. But, oh! I do long
to go to see my dear Miss Elmer."
"You can go to-morrow, my dear, if
you like, and upon reflection, I advise
you to go about two o'clock, which will
probably be the hour of the midday recess, when she will be at leisure." replied veloping, and that my case was in-curable. A friend urged me to try Dr. Williams' Pink Pills, and following that advice, I got a supply. For two months I took the pills faithfuly, following the directions given for their use. I am thankful I did so, for they fully restored my strength, and I have since enjoyed perfect health. I will always advise sick and alling people to give Dr. Wil.

sick and alling people to give Dr. Wil-liams' Pink Pills a trial, for I firmly be-leve that they will find great benefit from their use." from their use."

Rich, red blood is the one thing needed to maintain health and strength. Dr. Williams' Pink Pills actually make rich, red blood. That is the reason of their great popularity in every country in the world. That is why they cure anaemia, general weakness, rheumatism neuralgia, indigestion, St. Vitus dance, partial paralysis and the ills of girlhood and womanhood, with all its distressing headaches, sideaches partial paralysis and the life of girlhood and womanhood, with all its distressing headaches, sideaches and backaches. See that you get the genuine pills, with the full name "Dr. Williams' Pink Pills for Pale "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.25, from the Dr. Williams' Medicine Co., Brockville, Ont.

Canals of Holland, Especially Friesland,

PARADISE OF THE SKATER.

your precious plan! You would suggest nothing more original than that I should make the beauty a lady-in-waiting upon the Princess. I might have known that the old Hecate of Beresleigh would counsel her to decline the honor. And she Are Unrivalled. Those lovers of skating in New York has declined it. What has your wisdom to say now?" said the Prince, ironically. "If your royal highness will pardon the most, zenlous and devoted of your servants, I have another plan," said the

who have thus far this winter enpoyed their favorite pastime within the nar-row confines of home of the artificial rinks in the city would be rejoiced, in-deed, if they could make one of the skating tours now so popular on the canals of Holland. Friesland, the northern province, espe-

cially, is described as the true paradise of the skater. Its canals, threading the country in every direction, are in the winter months converted into miles upon miles of iceclad highways, stretching out in almost every direction as far as the eye can see. The milkman, the butcher, in feet all of the directions are the country of the country in fact all of the tradespeople and nearly all persons having occasion to travel through the country, use these iceclad canals in going from village to village.

It is only natural that where there are such tempting stretches of ice the natives should be expert skaters, and this is true of the Frisians. The ordinary skater in this country, though he may It was Easter Monday, and the young ladies had a holiday.

Laura Elmer sat alone in the deserted schoolroom, reading with much interest a review of the new poem, when Miss Lester suddenly burst in, with a gayly bound volume in her hand, exclaiming:

"Oh, iMss Elmer, here is the 'Album of Beauty,' and the frontispiece is a portrait of that beautifel Baroness Ether. have his own special footgear for the en-joyment of the sport, always sees to it that the shoes used are good, stout ones. Not so in Friesland. The expert skater there takes off his shoes and skates in is stocking feet, the only addition to his footgear being another pair of socks. The big wooden sabots ordinarily worn by he Frisian are usually carried under on arm when he is enjoying his skating.

So much do the Frisians think of their in each city and village, many clubs and inquiduals unite in their efforts to keep them in first-class condition and free from snow in the winter months. One of the best mediums for the trans-portation of the small kits one taking

a skating trip in Friesland needs is the rudely but strutly constructed Frisian sled, which can be hired at small outlay. The other expenses can be made equally small. The food served at the little inns along the canals is clean and wholesome and the prices for meals are reasonable.

Then, to add to the pleasure of such a Then, to add to the pleasure of such a trip, at important crossing points there are refreshment tents where an invigorating drink of hot spiced milk may be had, or if the travelers prefer there are many cozy little spots along the line of the canals where they may pause and prepare their own luncheons on the ice prepare their own luncheons on the ice-n short, it is difficult to conceive of a winter outing affording more healthful pleasure than skating through Friesland.

-New York Tribune WOLVES PREY UPON HERDS. Kill Nearly a Fifth of Calves in

Mountain Ranges. The extinction of all the wolves in the western cattle ranges would increase th beef supply of the country from 10 to 20 per cent. These animals have cause such losses to the cattle and sheep me of the Rocky mountain states that the United States government recently mad special investigation of the habits of lves for the purpose of aiding rance

men to exterminate them.

So cunning does the wolf become with age, say the experts of the biological report, that it is almost appossible to catch or kill one. It is an Il-day ride on a horse to run down all grown animal and even then thin hase may be all for nothing. The mos practicable way, therefore, is to find their dens in the latter part of March and to kill the young, which at that ime of the year are only a few weeks

These dens may be found without nuch difficulty. Contrary to the popular belief, they are not hidden in the lepths of forests, but are on the edge of wooded tracts and usually near the crests of low, rolling foothills. For the truth is that the wolf is such a selfish, cowardly brute that it cares more for

WEAKENED BY LA GRIPPE its own safety than for that of its family. When its home is invaded it pre-fers to skulk away and seek the shelter of the forest or of some rocky height than stick to its little ones, and, like

the lion, fight for them.

When one is in quest of a wolf den it is best to start immediately after a light fall of snow. Then the tracks of the animals may best be discovered. Ex-The after effects of la grippe are more serious than the disease itself. Its victims are low spirited and depressed; they are tortured with chills. It leaves the sufferer an easy prey to bronchitis, pneumonia rheumatism and often that most dreaded of all diseases, consumption. For the after effects of la grippe there is absolutely no medicine can the major of the start immediately after a light fall of snow. Then the tracks of the animals may best be discovered. Except for the tracks of an occasional pack of bachelor wolves wandering through the country in the breeding season, it may be assumed that every track either goes to or comes from a den. Since the wolves usually hunt at night, a freshly made track found in the evenfreshly made track found in the even-ing generally indicates that it should be followed backward in order to reach a den. As a track approaches a den it usualy becomes more clearly delined, finally developing into a runway, worn, perhaps, by the goings and comings in

many generations.

Still nearer the lair the bones and hair of cattle, sheep, and even horses will be found, relics of old-time feasts will be found, relics of old-time feasts when the parents dragged home bits of their prey for the whole family to dine on. Sometimes the antlers of a deer will be discovered, the skeleton of a rabbit or of some faithful dog slain in the defense of a herd of sheep.

Wolf families are usually good sized and a single litter has from five to thirteen pure. They are usually born in

teen pups. They are usually born in caves, among rocks, in washed out cavi-ties in bad lands or in old badger holes in banks that have been enlarged by the

wolves. Even in their infancy, say the government officials who discovered many of their dens, in the course of their studies of these animals, wolves show their ferocious nature. When only 6 weeks old they will fight as fiercely as their strength and soft mouths will permit, but at that age they may be safely handled by one wearing buckskin gloves. There is no danger of meeting the moth-er, who always stinks away on the ap-

er, who always slinks away on the approach of danger.

Great skill is necessary in the use of poison or traps to kill or catch these peculiarly cunning animals. Bait should invariably be handled with forceps or in some manner to keep away from it the scent of human flesh. Traps should be buried in runways, with the scent of fetid meat or heaver musk or asafetids. tid meat or beaver musk or asafetida leading to them. Poison should be so secreted in meat that it will not leave any taint to arounse the suspicions of intended victim.

It is not uncommon to hear men boast that they know of the location of dens, but they know of the location of dans, but they are leaving the young to grow up for higher bounty. (A pup generally brings \$10, a grown male \$20, and a mother wolf with a pup \$40.) The frauds which have frequently wasted the funds appropriated for the destruction of noxi-ous animals almost vitiate the wolf records of some of the states

cent. of the calves of the cattle ranges in the Rocky mountain states are killed each year by wolves, which means a loss to the country estimated at \$18,000,000.

LETTERS FROM MOTHERS.

Every day we get letters from mothers telling of the benefit Baby's Own Tablets have been to their lit-Own Tablets have been to their little ones. Some praise them for constipation, stomach and howel troughles; others for breaking up colds and simple fevers; some as a great help to teething babies, while others go so far as to say that the Tablets have saved their little one's life. We have thousands of letters—r.'l praising the Tablets, for they never do harm—always good. Mrs. Robert Pierce, Bell's Rapids, Ont., writes: "I would not be without Baby's Own Tablets in the house tor a day. When anything ails my little one I give her a Tablet and she is soon alright. I am sure other mothers will find them quite as satisfactory." Sold by druggists or by mail at 25 cents a bex, from The Dr. Williams' Medicine Co., Brockville, Ont.

Lent.

(Philadelphia Record.) The social value of Lent has been very generally recognized, even where its religious value is held in little esteem. The social whirl is fast and furious for a few weeks, and by the time Ash Wednesday comes it is high time for the women to rest. If they are not very devout they will not abandon society and amusements entirely, but they will substitute those of a lighter character, and reduce their ex-citement and increase their sleep. The men generally eat too much, and while men generally eat too much, and white fasting in this day and generation is seldom severe, even a moderate degree of abstemiousness is good for them. The religious value of Lent is recog-nized by all persons who see the im-

nized by all persons who see the im-portance of cermonial in sustaining the religious life. The religious bodies that have revolted at ceremonial find it neces-sary to recreate it. They have stated worship not only on Sunday, but on at least one day during the week, and an least one day during the week, and annually they have a week of prayer and the frequently have revival meetings in the winter. Even the Friends, who walk by the "inward light," meet at fixed times, though when they have met, as Whittier says:

Lowly, before the Unseen Presence knelt Each waiting heart, till haply some one felt.

on his moved lips the seal of silence melt.

The occasion must be supplied by common meeting at a stated time r the movement of the spiritual im-ulse, have other methods of fasting, hough their calendar contains no upeni-ential month. The Moslems have a lun-r month of absolute abstinence from ood and drink between dawn and sunset. Christians of all churches that have a hierarchical government, and some of the free churches, observe the forty fast days of Lent. The truth is that the cares lays of Lent. The truth is that the care-if this world, its work and its amuse-ments, press so closely upon the human soul that some enforced suspension of the usual pursuits is necessary to se-cure aftention for the things of the ure attention for the things igher life. Lent, in one form or another,

More Decorum on 'Change.

The governors of the New York Stock Stock Stock and the stock of the s exchange, noise and hurly-burly, is threat-ened. It is protested that further reforms in this direction will make the exchange such a "ladylike" affair that it will no longer the one of the picturesque sights of the great

"I must leave it in your hands, sir," and accept the invitation to her party. Most people know that if they have been sick they need Scott's Emulsion to bring back health and strength. But the strongest point about Scott's Emulsion is that you don't have to be

sick to get results from it.

It keeps up the athlete's strength, puts fat on thin people, makes a fretful baby happy, brings color to a pale girl's cheeks, and prevents coughs, colds and consumption.

Food in concentrated form for sick and well, young and old, rich and poor.

And it contains no drugs and no alcohol. ALL DRUGGISTS; 50c. AND \$1.00.

