



Lost A Sense of Proportion.

by RUTH CAMERON.

"Oh do not get delirious about your troubles. For what to you seems serious to others may seem humorous."



A few days ago I met a little friend of mine on the trolley, and on inquiring what caused her to look so blue, was made the recipient of a tale of deepest woe. It was one of those times with her when everything goes dead wrong. In the first place she had made a mistake in the office; in the second place she was just coming back from a visit to the dressmaker and the new gown didn't look as if it were going to be becoming, and after that she had spent more money than she really should have upon it; then she was going to be late to supper which always made her boarding mistress cross and she didn't feel as if she could stand being glowered at to-night; and lastly she had just heard a disagreeable remark which a supposed friend had made about her.

Although she was in one of those moods when it doesn't seem as if the joys of life were sufficient to outweigh its sorrows, and when one is inclined to wish with the facile melancholy of youth that one had never been born into this vale of tears.

This morning I met the same little girl friend coming out of her front gate with as smiling a morning face as ever cheered a December day. "You're feeling better this morning," I said. "What became of all your troubles?"

"My troubles, Miss Cameron," she

echoed. "Well, I found my lost sense of proportion and discovered that they weren't troubles at all."

"You seemed to think they were Tuesday night," I reminded her.

"I should say so," she admitted, "but the only thing that was really the matter with me was that I had lost my sense of proportion. The next morning, after I had had a good sleep, I found it again, and then I discovered that what I thought were troubles were really nothing but annoyances."

Lost: A Sense of Proportion.

How often when it seems as if we were bowed down by troubles too heavy to bear, all we really need for relief is to have our lost sense of proportion returned to us!

We think we are the most unfortunate mortals on earth and the real trouble is that we are depressed and tired and maybe hungry, and have lost our sense of proportion.

This mood is as old as mankind. Centuries and centuries ago on the Judean hills the Master Singer chanted "All the billows have gone over me," which to my mind is the most perfect expression of complete discouragement ever written. When I am completely "down" it often comes to my mind and then I wonder if David, too, had lost his sense of proportion and if he found it again the next morning.

Now to realize that you had lost your sense of proportion after you have found it again is easy. But there is something much harder and more worth while—to remind yourself when the black fit is on that in all likelihood you have merely lost your sense of proportion and to put your reasoning powers to work and try with all your might to get it back at once.

Ruth Cameron

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When making mint sauce, use hot vinegar instead of cold.

Good bacon has a thin rind and the fat is of a pinkish white.

Wash marble with ammonia and water rather than soap and water.

Water in which rice has been boiled will stiffen laces and lingerie.

When sweeping thick-piled carpets, always brush the way of the pile.

Medicines, drink or food should never be left uncovered in the sick room.

Take the shine off your suede shoes by rubbing them with sand paper.

Tins can be cleaned with soap and whitening, rubbed on with a piece of flannel.

If a spark from a cigar enters the eye, a drop of olive or castor oil will ease the pain.

To polish zinc, rub briskly with a cloth dipped in kerosene and rinse off with boiling water.

Put a drop of kerosene oil in the

hinge of a squeaking door; it will stop the squeaking.

The odd bits of toilet soap gathered together and boiled will make a splendid shampoo jelly.

One dessert spoonful of castor oil poured about the roots of dying plants will revive them.

New stockings will last twice as long if they are soaked in warm water for two hours before wearing.

In cooking apples, the more quickly they are cooked after paring the richer and better they are.

A cake pan is not so apt to stick if greased with sweet lard rather than butter, and sift a little flour over it.

The water rice has been boiled in is very nutritious and is a well-proved remedy for all bowel troubles.

Scale can be removed from palms by washing them in water to which has been added a few drops of cedar oil.

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Stomach Troubles and Weakness of Kidneys Cured by Dr. Chase's Kidney-Liver Pills.

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Mrs. Edward Stewart, New Richmond West, Que., writes: "I want to tell you how thankful I am for using your Dr. Chase's Kidney-Liver Pills for stomach troubles and backache caused by weak kidneys. I was unable to wash any clothes for over two years on account of my back being lame. I read the Almanac and began using these pills. Two boxes made a complete cure. I can do my own washing and other work now, and want to say to lady friends that they do not know how much I appreciate Dr. Chase's Kidney-Liver Pills."

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