

FROM PANTRY TO FRONT-PORCH

CLEAR THROUGH THE HOUSE THERE ARE A HUNDRED USES FOR

Old Dutch Cleanser

Many Uses and Full Directions on Large Sifter Can 10c



from the fish and the product was converted into more than 100 fete candles. These were distributed among the cabin passengers as souvenirs.

At what point in the social scale does a mere woman become a lady? This interesting question is raised in a letter to a London journal, which, doubtless in a moment of haste, had casually described as a woman one who in dying left £17,000 behind her. An indignant relative drew attention to the matter, and urged that the term "woman" was an improper description of one whose friends had held "good positions in Stratford-on-Avon." It is very sad. Yet there are men and women with good claims to be entitled ladies and gentlemen, whose bank accounts fall far short of £17,000. Money, however, has nothing to do

with the matter. In all essentials, a man who earns his bread on the foot-plate of an engine may be a gentleman; a woman who scrubs floors for a living may be a lady. The true lady and the true gentleman are they who possess a fragrance of thought, and habit, and manner which humble circumstances only make the more conspicuous. The incident illustrates the narrow meaning that has become attached to the word woman, which poets and philosophers have long since used to denote all that is highest and best in humanity.

The annual meeting of the Ontario Lord's Day Alliance was held November 18th. The officers of the Alliance for the past year were re-elected, and Right Rev. Dr. Sweeny, Bishop of Toronto, is president of the organization. In the many instances of violation of the law which came to the notice of the Alliance during the year, the report declared that in almost every case satisfactory results were secured by conference with the parties concerned or by correspondence. Incidents were recited of reduction of railway construction work, and of work on Sunday stopped in many other business activities, thus giving to the employees concerned their day of rest. The question of Sunday sales in small stores was discussed, and it was declared that in this matter the Alliance is not meeting with general moral support, many people tending to make light of the contraventions of the law owing to the comparative harmlessness which they see in it. The two chief evils of this breach of the law are declared to be that the children are educated to betray a simple but real trust imposed upon them with reference to their Church offerings, and, further, that they are taught to disregard the law at this, the most impressionable period of their lives.

A BREAKFAST IN CEYLON

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It has been decided that the consecration of the Rev. F. L. Norris as Bishop in North China in succession to Bishop Scott, shall take place in Canterbury Cathedral on New Year's Day, and it is hoped that a Bishop-Suffragan for the Diocese of Oxford may take place at the same time.

hand, and in a tinkling voice said, 'Please glance into my mirror, girlies.'

"The small sisters peeped shyly into the highly polished mirror and then turned quickly away—did those clouded faces with the angry eyes belong to them?"

"You do not like to see yourselves as others sometimes see you, do you, dears?" and the Fairy of Smiles popped the mirror into its chamois bag.

"I never knew we looked like that," said one little sister softly, while the other one whispered, 'I'm sorry.'

"Then the fairy drew the mirror from the bag and held it again before the twin sisters. What a change. The two faces were dimpled and sweet and sunny, the eyes bright and dear and loving."—Exchange.

The Magic Mirror

I don't care, it's mean of you to take the last apple in the dish; you're very selfish."

"And you're cross, which is just as bad."

"Children," called grandma.

The two pairs of bonnie brown eyes dropped. It was a pity to let grandma see how naughty they could be on her first visit to them. But the beautiful old face was peaceful and smiling when the twins slowly crossed the threshold of the sunny, flower-scented sitting room.

"Dearies, I have a story to tell you; snuggle up close and let's away with the fairies," and the girlies snuggled close, for fairy stories were always "lovely."

With an arm around each, grandma began: "Once upon a time there was a fairy who was known as the Fairy of Smiles. Wherever she went she carried with her a tiny mirror framed in gold, and when she saw little children with frowning faces and tear-filled eyes she would hold the mirror before them and the cross looks soon took wings and flew away, for no one likes to gaze at his own scowling reflection.

"One day two little sisters were disputing over a very small matter and angry words were passed back and forth"—the twinnies looked very sober; but grandma went quietly on: "Just as one wee sister raised her hand to slap the other, a tiny ladykin dressed in gauzy white with curly hair and sweet blue eyes came into the nursery with the magic mirror in her

Nerves Are Sore and Painful

Neuritis, or inflammation of the nerves, is the most painful of nervous ailments. You may feel the soreness or tenderness throughout the body, or it may be confined to certain nerves. In the head it is called neuralgia; in the hips and legs, sciatica; in the face, ticdoloroux, and in the chest, intercostal neuralgia.

The application of dry heat affords relief from the lance-like pains, but the essential thing is to build up the exhausted nervous system by the persistent use of such a restorative as Dr. Chase's Nerve Food. You will have other symptoms to warn you of the depleted condition of the nervous system, and this is your opportunity to restore to the body the energy and vigor of health.

While this great food cure is instilling new vitality into the starved nerve cells it is also forming new, firm flesh and tissue, and, by noting your increase in weight, you can prove beyond doubt the benefit being obtained by its use. This is Nature's way of curing diseases of the nerves, and it is the only way to obtain lasting benefit.

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