

.....The HOME CIRCLE

WATCH YOURSELF GO BY.

Just stand aside and watch yourself go by; Think of yourself as "he," instead of "I,"

Russia is becoming a great buyer of British-grown teas. Partly owing to the enormous increase in the quantity they are using, the price of tea at the gardens has advanced greatly during the past year, making it necessary for the "Salada" Tea Co., in order to maintain the high standard of quality for which "Salada" is noted, to advance the price of "Brown Label" from 25c. to 30c. per pound.

ONE DAY AT A TIME.

The sun warms us by his beams, one day at a stretch, and then disappears until the next day. Each person lives best who does his best for one day at a time, and then refreshes himself for his level best the next day.

SICK AND CONVALESCENT CHILDREN.

The amusement and diet of the little ones confronts the mother after a siege of scarlet fever, measles or perhaps some less serious disease in the nursery. When children have been confined to the house for weeks and months, toys lose their charm; books and pictures become tiresome and still the little busy bodies demand entertainment.

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brown paper, the leaves from green and the grapes from purple; then glue them on the card or paper. The child will enjoy this much more than a pretty picture because of the pleasure derived from helping to make it.

Of course there are many mothers who know absolutely nothing about kindergarten work, but those who have an opportunity to look into it should do so. This does not mean that they would have to enter a training school for teachers, but by reading some books or on the subject and visiting a kindergarten occasionally, a fairly good knowledge of the work may be obtained.

In regard to the feeding of sick children arises another difficulty. To have the cup of gruel or hot milk handed back with the piteous pleading not to be made take it is hard for the fond mother, yet she knows that she must do her duty.

To Know is to Prevent.—If the mothers who work in cold water most of the day would rub their feet and legs with Dr. Thomas' Electric Oil they would escape muscular rheumatism and render their nether limbs proof against the ill effects of exposure to the cold.

NOTHING TO DO.

She said she had nothing to do. But her mother sat in an invalid's chair. In the city's stuffy, stifling air—Sat and longed in her loneliness For a smile of love or a tender caress.

She said she had nothing to give. But stored in her closet were pictures and toys. Enough to gladden a hundred boys, Molding and fading for lack of use, That was working more havoc than daily abuse.

Perhaps she thought she had nothing to give, Perhaps she thought it was useless to live. She had eyes, but she never saw life's need; She had ears, but she heard not the suffering plead.

Look at the world as it lies around, At the teeming air, at the fruitful ground. That's not one thing, to its mission true, With nothing to give and nothing to do. The flowers must bloom, the grass must grow, The birds must sing, the wind must blow.

THE VOICE OF THE SOUL.

If you teach a man to keep his eyes upon what others think of him, unthinkingly to lead the life and hold the principles of the majority of his contemporaries, you must discredit in his eyes the authoritative voice of his own soul.

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Christian Meekness

Among the most prominent characteristics of our divine Lord, meekness, mildness, gentleness of disposition, amiability of temperament and deportment hold a prominent place. Our Lord was essentially meek, uncomplaining, patient and self-sacrificing. In his whole public life He gave continued evidence of this. Meekness shone in his face and was visible in all His actions.

Blue Ribbon Tea. This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 254, Montreal, entitles holder to one package of our fine Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea.

alone upon our altars, with a few to do Him reverence, so many, alas, to even despise and hold Him in contempt! What blasphemies, even within the shadow of His temple! What levity in sight of His holy presence!

With our Lord's words ringing in our ears, we should ask ourselves how stand our hearts? Are they tranquil or at rest, and as an evidence of this, do we utter words of meekness, gentleness, kindness and charity?

As Christians it is ours to follow Him, to imitate Him, to invest ourselves with His spirit. We are told by the apostle "to be put on Christ," that is to do as He did in all similar trials and circumstances, to become in a word, meek and humble. It may be that our trials are great and our means of bearing them seemingly inadequate to the task of patience and humility, forgiveness and forbearance exacted of us.

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