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GIVE US A TRIAL.



A Chat That Wrote Itself Differently.

By RUTH CAMERON.

A retired school teacher told me this little tale. "I once had a pupil in my school who said she couldn't learn French because she didn't like it. And I said to her, 'You put it in the wrong way. You don't like it because you won't learn it.' That impressed her so much that she really put her mind on it. She took honors in French in college and the last time I met her she was teaching French."

Thought It A Good Text At First.

The moral of that tale is, of course, perfectly obvious. And when I first heard it I meant to make it a text for a chat on overcoming dislikes by force of mind and will. And then, when I got down to write the chat, it decided to write itself differently. I am not sure that we do not place too much stress on this idea of overcoming obstacles just for the sake of coming. It may be very fine to intelligently remove an obstacle that lies in your road but isn't it more sensible to go around it if that is possible and save your energy for some obstacle that you can't go around? (There are enough of these, goodness knows.)

Is Pleasure In One's Work A Fatal Defect?

I never had any sympathy with the idea of making all college students learn Latin whether they have a taste for it or not, just because Latin is good training for the mind. Isn't chemistry or biology or mathematics just as good training for the mind? And if the pupils happens to enjoy what he gets out of the training, as well as the training itself, is that a fatal defect? The fact that the girl ultimately did succeed in mastering French may have meant that in her case the dislike was a mere whim (which does not, of course, prove that all dislikes are whims). On the other hand, it may have proved that she had a good mind and a strong will which would have brought her even more success in some study which she did like.

But Perhaps You Can.

There is an old saying, "If you can't have what you like then learn to like what you have." And that is

very good advice if you are sure the "can't" is immutable. But the same will power that might be used to constrain you to contentedness might also be used to help you mold circumstances more nearly to your heart's desire.

We are not all made alike. Each one has energies which can reach their fullest fruition in certain lines, a talent for happiness which can best be developed under certain conditions. Why not turn the energy into those lines, why not surround the talent with those conditions when it is possible and right to do so? If half your energy is used up in overcoming the obstacle of dislike, you will surely never get so far as if all of it could be used for accomplishment.

Milady's Boudoir.

THE HABIT OF SWINGING THE ARMS.

If you will observe the number of women who swing their arms as they walk along the avenues, you will give the topic more thought in the future I am sure.

There should be a slight movement to the arms if you have nothing to carry in them, so as to give a sort of rhythm to the figure as you walk. But this little backward and forward movement should never develop into a swing.

If you find difficulty in overcoming the "swing" cultivate the habit for a brief while, at least, of carrying arms in both hands, when the arms are burdened even lightly there is very little tendency to movement. Your handbag held in one hand and possibly a book held in the other will act as weights and you will soon lose the desire to swing the arms back and forth.

Another serious defect in connection with the arms is that of pointing the elbows out instead of in. To be graceful the elbows must go held close to the body, although in the act they must not be stiffened. At first the position will be more or less difficult, but in time it will become easy and natural.

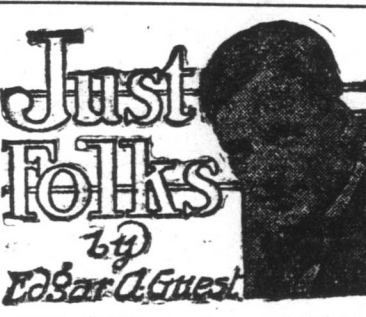
The rolls of fat under the arms are apt to cause the holding out of the arms, but a firm massage daily and a pressing of the arms against the sides will overcome the difficulty, aiding greatly in removing the superfluous flesh from this part of the body.

A simple cutting out of bread and potatoes, indeed will reduce the flesh on all parts of the body in most instances.

Milk!

On the spot, 275 cases Purity Milk. 25 cases Milkmaid Cream. To Arrive, 100 cases Milkmaid Cream. 100 cases Evaporated Milk.

Soper & Moore Wholesale Importers and Jobbers.



THE WASH ROOM TRAGEDY.

They found him in the wash room of the Pullman sleeping car. Some thought that he had fallen and been staggered by the jar. Some fancied he had fainted, and some guessed he'd had a stroke. But the wise ones only chuckled when at last the victim spoke: "I was shaving; I was shaving! Oh I can't remember more. I was shaving, busy shaving, when I seemed to hit the floor."

Nfld. Scotch Cured Herring.

In circumstances that are as unusual as they are depressing, Newfoundland Scotch cured herring has been imported into New York this year by merchants who have felt themselves obliged to handle it, in some cases, against their better judgment. The result has been that the market dull and featureless as it has been has not responded to the offerings with anything like its former anxiety. Thus, supplies received here during the past month or two have gone largely into warehouse, and sales have been on a hand-to-mouth basis since the first stocks became available. The inactivity of the market at this season, when it is usually buoyant, is quite unexplainable. The same populations which have consumed large quantities of Scotch cured Newfoundland herring in the past are still in existence (with a small percentage of the male in the service of the nation) but the consumption of herring appears to have fallen off. At least the consumption of herring is not as great as it was in former years—before the war. It

Items of Interest.

Eggs are said to be six cents a dozen in China, but practical experience over here has shown that China eggs do not hatch very well.

A London paper says: "Those who come into close contact with President Wilson were struck by the marked resemblance between him and Mr. Joseph Chamberlain—the same compact figure; the same rather frigid manner enlivened by an occasional smile; the same shaped forehead; the same clear-cut ideas and modes of speech; the same sense of humour, and the same underlying sentiment."

At New Haven, Conn., because he enclosed a \$10 bill in a note to Judge Webb asking for a light sentence and another chance to make good, Moses Kemp, charged with stealing \$22 and a gold watch from John W. Price, was again arrested and, in addition to receiving a severe reprimand for attempted bribery, was sentenced to not less than one year and not more than two years in State Prison.

The discovery by the Steffansson expedition party of the great herring fisheries in the Far Northern waters of Canada, is announced in a statement issued through the Dominion Naval Department. The statement asserts that abundance of herring has been found along the Arctic Coast of Canada, East and West of the mouth of the MacKenzie River, and that this will have an important bearing on Canadian northwest fisheries. If the difficulties in transportation can be overcome, the herring fisheries discovered may develop rapidly.

At Fort Worth, Texas, the Merriam Baptist Church of Ranger, which already has acquired an income of \$200,000 a year, has refused one million dollars for the right to develop the church. The graveyard now is surrounded by oil wells, and numerous companies have made the congregation, which has only twenty-nine members, fabulous offers for the burying ground. The congregation has voted that none of its members shall profit personally by its good fortune, but the entire income shall be devoted to the glory of God. One hundred thousand dollars already has been distributed among Baptist institutions in that State.

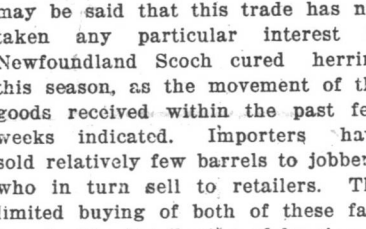
Bill's Whiskers.

The wireless is crackling a n d crashing, conveying intelligence weird; from Holland the news comes a-flashing, that Wilhelm is raising a beard. He's sitting in sackcloth a n d ashes, f r o m royal magnificence hurled, and finds that his w e l l known mustache won't hide all his face from the world. No wonder he wants to conceal it, to hide it away in the brush, where no one can see it or feel it, or greet it with groaning or gush. His face has grown tired of men's chiding, with sadness it's seamed and it's seared; he's anxious to keep it in hiding, and so he is raising a beard. The winds through his whiskers are blowing, and eadly they chant in his ears; his galways like milkweeds are growing, he waters them well with his tears. He knows that his face is an error, a thing that is hated and feared; the children regard it with terror, and so he is growing a beard. His face is a painful reminder of U-boats, to murderests steered; to cover it up would be kinder, and so he is growing a beard. His face is considered immoral, wherever that mug has appeared; though whiskers be brinded or sorrel, he's wise in thus growing a beard. So hide in your whiskers, ex-Kaiser, let barbers be fouted and jeered; for one like yourself it were wiser to crouch at the back of a beard. "Stafford's Phorotone" for all kinds of Coughs, Colds, Bronchitis, Asthma and various Lung Troubles.—Feb 14, 1919

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"LEND"

Our Ghost. I now I state happened in the that we occupy. I can offer explanation, scientific or purely alive. few months ago our black Per- began to develop ancestral fer- She refused to bring up a de- of kittens and attacked a grey the only one of that colour in hood. When the next litter of arrived she promptly killed these. From a domesticated, the cat she changed into a snarl- creature. We decided with re- that the cat should be de- and she was mercifully de- by a veterinary surgeon and buried. Two weeks afterwards a young and his wife came as visitors house. They were given the om in which my wife and I sleep. It is a room that not the most agile of cats can enter windows. In warm weather we with both windows and the door. Our friends kept the door it to morning our visitor, Mrs. H. my wife where the cat was. "I have no cat," was the answer. "remarkable," said Mrs. H. had a cat a month or so ago." He said, "but we had to destroy killing her kittens and going H. shuddered. "What was it like—a black one?" "answered my wife. "She was some black Persian." "is the most extraordinary!" ex- our guest. "extraordinary!" echoed her befo

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Just Ask Your Gr