Conducted by HELENE

n in one of the central states sked the question, "Who The question is certainly not wonders sometimes how many centuries old it really iswhose commanding intellect, personal charms or self-sacrificing labors for humanity have made them famous the world over. Yet, the prize answer held the name of none This is the way it read:

wife of the man of moderate who does her own cooking, vashing and ironing, brings up large family of girls and boys to be useful members of society, and finds time for her own intellectual and moral improvement, is the greatest woman in all our history.'

HOW TO LOOK TALL.

Ways of increasing her height are constant source of thought to the short woman. To look her tallest some simple general rules. High heels are a mistake. The cut and length of the skirt are the most important. The best materials to give height are either plain ones r those with a tiny stripe running lengthwise. Full skirts and baggy sleeves are fatal to the short wo-A very small hat is a mistake, giving an idea of insignificance and a large one is no better, making the small wearer appear all hat. Safety lies in the medium size, trimin a quiet, unostentatious fashion. But, after all, the way a woman walks and stands is her is possible for even a little woman to be so upright and hold her head so prettily that she will appear quite tall without the least suggestion of stiffness. A well carried ally be after the third night. The head will give an additional inches to the height.

WHEN MACHINE STITCHING.

"One of the most annoying things in running a sewing machine is to find that the lower thread has run out just when in the middle of the eam." says a writer in Good House ping. "Now I run my seam and wind the next bobbin at the I put a spool of cotton in the little top drawer of the machine, leaving the drawer a little open to allow the thread to pass more easily, then use the winder as usual and never have to wait for a fresh shuttle."

MOTHER AND CHILD SHOULD BE TOGETHER AT THE BED-TIME HOUR.

There may be some mothers feel it to be a self-denial to their parlors or firesides or to put their children to bed. They think that the nurse could do as well, that it is of no consequence their who "hears the children say prayers." Now, setting aside are really important reasons mother should not yield this privilege to anyone. In the first place, it is the time of all times when a child is inclined to show its confidence and affection. little secrets come out with more truth and less restraint; its naughtiness through the day can be proved and talked over with less exrtement and with the tenderness and calmness necessary to make a per-manent impression. If the little one has shown a desire to do well and edient its efforts and success can be acknowledged and commend-

We must make it a habit to talk We must make it a habit to talk to our children in order to get from them an expression of their feelings. Take a fresh egg and crack the shell at the larger end. Make a

Some time ago two hundred club We cannot understand the character of these little beings committed to our care unless we do. And if we do not know what they are we shall not be able to govern them or educate them as their different Certainly would be unwise to excite young children by too much conversation with them just before putting them to bed.

> Every mother who carefully studies know how to manage them in this respect. But of this all mothers may be assured, that the last words at night are of great importance the babies of the even to verv tones the voice they last listened to make an ssion upon their sensitive ganizations. Mothers, do not think the time and strength wasted which you spend in reviewing the with your little boy or girl. and pray for it in simple and ear nest language which it can under stand. Soothe and quiet its heart after the experiences of day. It has had its disappointments and trials as well as its play and pleasure. It is ready to throw its arms around your neck and take its good night kiss.—Boston Traveller.

Mrs. Margaret Bottome, the founder of the King's Daughters, said, when asked about the chaperon question, that "mothers should rear their daughters that they can be fully trusted to chaperon themselves.

SIMPLE NEURALGIA CURE

The physician was talking of simple neuralgia cure, one that would, he said, tone up the nerves and enrich the blood. "The remedy is five cents' worth of carbonate of great advantage or disadvantage. It iron," said he, "and the dose is a pinch in a teaspoonful of molasses taken at night, just when the patient is ready for bed. Take it till the pain ceases, and that will genertwo is no disagreeable taste and danger to the teeth, since carbonate of iron is not of the acid family It happens to be a soluble form and that is more than can be said of some iron medicines where the in gredients intended to enrich the blood passes through the body without entering the circulation.'

> MOTHER.

When gruff old Dr. Johnson 50 years old, he wrote to his aged mother as if he was still her wayward but loving boy: "You have en the best mother, and, I believe. the best woman in the world. thank you for all your indulgence to me, and beg forgiveness for all have done ill and for that I omitted to do well." John Quincy Adams did not part with his mother until he was nearly or quite as old as this; yet his cry even then was: God, could she have been spared yet a little longer. Without her world seems to me like a solitude.' When President Nott of Union College was more than 90 years old, and had been for half a century a college president, as strength pleasure of opening the little bed the memory of his mother's tenderand tucking the darlings up, there ness was fresh and potent; and he could be hushed to needed sleep by a gentle patting on the shoulder and the singing to him of the old-time lullables, as if his mother were still sitting by his bedside in loving ministry, as she had been well nigh a century before. The true son never grows old to a true mother.

HOW TO CURE A FELON WITH

EGGS. A Chicago doctor says that for the last fifteen years he has used eggs to cure felon and has yet a case it will not cure. Th

SCORED ANOTHER WONDERFUL VICTORY

This young lady, who lives in Brille, near Woodstock, Ont., tells he tory in a few effective words of ho brained deliverance from the terip of weakness and disease.

obtained deliverance from the terrible grip of weakness and disease.

I have to thank Psychine for my present health Two years ago I was going into a decline. I could not support the support of the sup

Thousands of women are using PSY.
CHINE, because they know from experience that in it they have a safe friend and deliverer. Psychine is a wonderful tonic, purifying the blood, driving out disease cerus cives a revenue superitie. tonic, purifying the blood, driving our disease germs, gives a ravenous appetite, aids digestion and assimilation of food, and is a positive and absolute cure for disease of throat, chest, lungs, stomach and other organs. It quickly builds up the entire system, making sick people well and weak people strong.

SYCHIN (PRONOUNCED SI-KEEN)

for sale at all druggists at 50c. and \$1.00 per bottle, or at Dr. T. A. Slocum, Limited, Laboratory, 179 King St. West, Toronto.

Dr. Root's Kidney Pills are a sure and permanent cure for Rheumatism, Bright's Disease, Pain in the Back and all forms of Kidney Trouble. 25c per box, at all

hole just large enough to admit the thumb or finger, whichever it may be, and force it into the egg as far as possible without rupturing the shell. Wipe off the egg which runs out and bind a handkerchief or soft cloth around the finger or leaving the egg on overnight. This will generally cure in one application but, if not, make another applica-

KEEPING KNIVES BRIGHT.

A novel method of preserving steel knives and keeping them bright after to a busy woman. She filled a flowerpot with clean fine sand and set it in her kitchen dish closet. In putting away the scoured steel knives instead of laying them in a drawer or knife box stuck them, blades down, in the pot of sand, as she would stick pins The sand kept them in a cushion. so beautifully that unless they were used to cut some acid thing they never needed scouring.

CANDLE ENDS

Ends of candles should be put into jar with turpentine, when they will dissolve and form a most exmixture for cleaning cloth. If you wish your oilcloth to wear well wash it as little as pos-After having swept it rub over with a damp cloth, then with a coarse dry one, finally rub on a little of the mixture with a piece of woolen rag and polish with an old Ed?" duster. Not only will this prevent ase failed him in his dying hours, the cloth from cracking, but it will preserve the pattern.

> TIMELY HINTS.

To remove pencil marks from she bound my Sunday coat and put a new collar on't, and I've had my shoes tapped."

in whiting.

To remove finger marks from door knobs and locks use pure soap and AS A FAVOR TO BISHOP DOANE. old cheese cloth.

Stains on marble can be removed with salt and lemon juice.

All paint should be scrubbed with soap and brush, if actually dirty, but it should not be allowed to get in any such condition.

Wash all white paint with warm

smeary, too much furniture polish has been used. Wash all white paint with warm

water and soap.

When cleaning the refrigerator do When cleaning the refrigerator do not forget the waste pipe. It can be cleaned with a cloth tied around a stick of with a brush which comes for the purpose. In washing out the refrigerator use warm water with a little soda. If there is a musty smell in the refrigerator open the doors wide, and if possible

If you have a wooden lattice piece on which the ice rests the musty odor comes from this and can be got rid of by getting a corruga To keep the coal bin clean

When tea stains come on the fine linen they can be taken out even after a long time by the application of glycerine. Take a little of the est quality of glycerine and with it rub the stained spots. Afterwards wash as usual.

FUNNY SAYING

THE TROUBLESOME CUSTOMER.

The man who owns a printery, with

tact must be endowed; He deals with cranks of many kinds whose whims should be allowed I'd always let them have their way but charge it to the cost, And see that not an item of

pense was ever lost. We all have met the man who wants to make his type selection. He's sure that then the job will be

the acme of perfection, He "was a printer once" he says and knows just what is right, But when at last the proof is pulled the job's an awful sight.

A ten-point line for instance, not a big as it should be, think about brevier," he says

"would be the size for me." Don't tell him he means "pica, change it and all the rest.

And give him all the credit, you'll find it pays the best. crank who's pleased will praise your work, his friends will come

to you When they have printing of their own they want to have you do, Don't mind how cranky they may

be provided they will pay, But charge a profit on each job and let them have their way.

** ** **

RAW MATERIAL.

A kindergarten teacher was recent

ly reviewing her little class on the instruction given the day previous The following are a part of questions and answers Teacher-'Now, children, I told

you yesterday about the various materials from which your dresses are made-silk, wool and cotton. Let me see how well you reme Margie, where did the material com from of which your dress is made? Margie-"It once grew upon the back of a sheep.'

Teacher-"Very good; and yours, Blanche ?"

Blanche-"My dress once grew upon the back of a sheep, and a part of it was spun by the silkworm."

Teacher-"Correct! And yours Lucy (with evident embarrass

ment)-"My dress was made out of an old one of mamma's."

Do not delay in getting relief for the little folks. Mother Graves Worm Exterminator is a pleasant and sur cure. If you love your child why do you let it suffer when a re is so near at hand?

When it was noised about mouth that "Long Ed" Ames going to marry Cora Black, one o the summer residents thought have some fun with him.

"Are you going to get married "That's what Cora says."

"Well, I suppose you've made all sician to the Pope, a pe

seau ready?"
"Long Ed" did not balk at the un-

usual word, as was expected.
"Yep," he returned. "Aunt Lize,

As is well known in New York State, a statute forbids the burial of human bones in the city of Albany. Bishop Doane, it is said, was instrumental in having passed a spe-cial act permitting the interment of his remains, when he should die, in the Cathedral at Albany. After quite a struggle the good man suc-ceeded in getting his act passed by astonishment and chagrin to obser a most extraordinary provision the text. After the usual verbla there was a clause that ran som thing like this: "We do grant th Bishop Doane be buried within to precincts of the Cathedral at a bany. This act to take effect. In mediately."



THE PENITENT.

With the world's empty noise an

with its hopes of happine

Baffled and buffeted, thy days per Thy cherished treasures profitles

and vain, thwarted, vexed. Mocked by mirage of joys merge in pain?

Though love be sweet, yet death is strong, and still Inexorable change will follow

Yea, though thou vanquish ever mortal ill. Thou shalt not conquer mutabili-

The human tide goes rushing down to death;

Turn thou a moment from its cur rent broad, And listen: what is this

O soul? "Be still, and know that I am God!

The mighty God! Here shalt thou find thy rest, O weary one! There is naught else

to know, Naught else to see-here thou mayst

cease thy quest, Give thyself up, He leads where thou shalt go

The changeless God! Into thy troubled life Steals strange, sweet peace;

pride that drove thee on. The hot ambition and the selfish strife

That made thy misery, like mist are gone;

And in their place a bliss beyond all speech:

The patient resignation of the will That lifts thee out of bondage, out of reach

Of death, of change, of every earthly ill.

see that altar lamp is burning yet Just as in years gone by. see the Crucifix of silver gleaming Above the lamp's unwearied

Waiting for me. All is the same—'tis I alone

changed By care and sin

Oh, from the bitter ways of wron and strife. From the dark memories of a was

Lord, let Thy pilgrim in!

A holy calm through my unquie soul Comes gently stealing.

have come back. oh, Great Un changing One! With darkness past—and a Where I am kneeling.

Kneeling in hope before Thy bl

In hope at length.

And with the rain of sad re

wash away the burden of

Strength to be faithful to the very

Thy grateful, loving slave And so beneath Thy feet my heart I

In night or morning, life or I pray,

Thy holy will be done in me alway, Through all the ages of eternity.

WHAT HAVE WE DONE TO-DAY?

We shall do so much in the years But what have we done to-day? We shall lift the heart and dry the

tear, We shall plant a hope in the place of fear,

shall speak the words of love and cheer

But what did we speak to-day?

We shall be so kind in the afterwhile But what have we been to-day? We shall bring to each lonely life a

smile. But what have we brought to-

We shall give to truth a grander birth, And to steadfast faith worth,

And brighten some spots on the weary earth, But what have we done to-day?

We shall reap such joys in the by and by, But what have we sown to-day?

le shall build us mansions in sky, But what have we built to-day? Tis sweet in idle dreams to bask, But here and now do we do our

task? Yes, this is the thing our soul must ask:

What have we done to-day?

---THE TRUEST PRAYERS.

The saddest tears are those that never fall. But are held smarting in the ach-

The truest prayer can find no word at all, But flutter wearily to God in

sighs. We need not speak if with our hearts

And by our living try to do his Who leads us gently in the narrow Way And when we murmur whispers

"Peace, be still."

THE LATE DR. LAPPONI.

Death has Removed a Distin guished Physician and a Man of Raie Courage.

In the death of Dr. Lapponi, phythe preparations—got your trous—been removed from life's scene who was scarcely less known throughout the world than the pontiffs whom he ministered unto. He was a wonderful man as well as a distinguish ed physician.—Ottawa Free Press. It may be added that Dr. Lappont was a man of rare courage. He had no fear of that bugbear known as professional etiquette. When found something good in a med he did not hesitate to say so to the he did not hesitate to say so to the world. He proved this when he wrote the Dr. Williams' Medicine Costrongly endorsing their celebrated Pink Pills for Pale People as a cure for anaemia. (bloodlessness) and certain nervous disorders. In the interests of the thousands who suffer from anaemia, nervous disorders and kindred troubles, it is worth while republishing Dr. Lappont's letter, as epublishing Dr. Lapponi's letter, as

follows:
"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple anaemia development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fall in future to extend the use of the land the land of the land

in the treatment of other morbid forms of the category of anaemia or chlorosis, but also in cases of neu nia and the like. (Signed, "Dr. Giuseppe Lapponi, "Via dei Gracchi, 332, Rome."

The "simple anaemia of development" referred to by Dr. Lapponi is. of course, that tired, languid condi-tion of young girls whose develop-ment to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. His opinion of the value of Dr. Williams' Pink Pills at that time is of the highest scientific authority, and it confirms many published cases in which anaemia and diseases of the blood as well nervous diseases have been cured by these pills, which, it need hardly be mentioned, owe their efficacy to their power of making new blood, and thus acting directly on the diand thus acting directly on the di-gestive and nervous system. In all cases of anaemia, decline, indiges-tion and troubles due to bad blood, and all affections of the nerves, as St. Vitus' dance, paralysis and loco-motor ataxia, they are commended to the public with all the greater confidence because they had the strong endorsement of the great phy-sician who has so recently passed away.

OUR

THURSDAY, JANUAR

A SAD DAY FOR

at play!

And fixed in the dollies start;

My kitty behaved just could be. Then into our yard tro dog Rover My kitty just flew wit

at her hee And purr'd every min it, you see,

off came the wheels Then Dora's rag baby And Molly's Amanda ci China feet,

And-isn't it sad? My Lost off the wee tip of h

OUR LEAD PEN

Many a boy is made days by a present of pencils with his name pr on in gold letters. Per name "lead pencil" will all time and eternity. pencil was really made on the rough paper made a clearly discer Germany led in its manu earliest importations v sought after, and none bought with other mone A common "lead" almost worth its weight and a man who got a s well recommended. New York merchant adve arrival of a consignment pencils" the rush to buy

THE BOYS WE ALL

** ** **

mell. This seems incredi

young roosters who can

pencils to-day for 10 cent

The boy who never ma old age, no matter how o unfortunate or evil it ma hand rests lovingly on

The boy who never ch unfair in his play. Chea temptible anywhere and a His play should strengt weaken, his character.

The boy who never call bad names, no matter wh. calls him. He cannot th and keep his own hands The boy who is never of has no right to hurt Cruelty is th needlessly.

a bully; kindliness is the The boy who never lie white lies leave black sp

The boy who never mak companion because of a he could not help. The boy who never hesi sav no when asked to do

thing. The hov who never crear your tongue gets unruly. The boy who never forg God made him to be a icing, lovable, helpful being

> ** ** ** POCKET WISDO

Never lean. Stand on y

feet. They were given to that purpose. Look ahead. There is r vating on the ground, and done with the past. Make receding horizon your goal.
There are three kinds o the world, the will's, the and the can'ts. The firm plish everything; the se everything: the third fail thing. Which of the three If you hit the mark you a little above it; every affice feels the attraction

THE SEVEN SLEEPE EPHESUS.

The great success and reputation that it has already obtained proves that Luby's, Parisian Hair Renewer restores gray hair to its natural color, and, from its haloante properties, strength-