nada Life han ever

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nager, John's

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sent

er, which is rld, and used all the Hardimportant to spin.

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BY RUTH CAMERON.



Most of us are pendulums by nature.

in excess of severity. She is always colding this lively little girl for some utburst of her natural vivacity. She s always forbidding her some pleasare in which her companions are free-

And of course the harvest of such verity is ripening for her sad reapng. Her daughter is rapidly growng deceitful. If she cannot have a good time with her friends openly, she vill have it secretly. And as everyne knows, the pleasures that must be

When we try enjoyed by stealth are the most dang-o hard for erous and fascinating. The walk home some one thing, from school with her boy friend would it occasionally be the most natural thing in the nappens that we world if it were permitted, but it bepose by the blind forbidden fruit. The step from plotintensity of our ting things like this, to plotting less harmless adventures is not a long one,

In no direction and I am told this little girl has al-If this is true, I firmly believe the mother had only her mistake to plame. The girl's deceitfulness and mpropriety are the violent swing gence is not the only way to spoil the pendulum, which has been push

cessive fear of fire and her insistence The more violently we are pushed in upon needless precautions, have drivone direction, the more violently we en her whole family to the opposit

> nate every moment of her children's wear, read, study, enjoy, is now struggling with an ultra-independent daughter, who resents even sugges dealing with the swing of the pendulum, but that is just what it is.

any relation of life, but in none more As the twig is bent so is the tree inclined, but be careful you don't

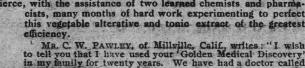
Moderation is a splendid quality in

bend it so hard as to get it all out of

## NATURE'S LAWS.

Nature's laws are perfect if only we obey them, but disease follows disobedice. Go straight to Nature for the cure, to the forest; there are mysteries there, ne of which we can fathom for you. Take the bark of the Wild-cherry tree, h mandrake root, Oregon grape root, stone root, queen's root, bloodroot and den seal root, make a scientific, glyceric extract of them, with just the right portions, and you have

DOCTOR PIERCE'S GOLDEN MEDICAL DISCOVERY.



Ma. C. W. PAWLEY, of Millville, Calif., writes: "I wish tell you that I have used your 'Golden Medical Discovery' my family for twenty years. We have had a doctor called but once during that time. I have a family of ten chilen, all well and hearty, for which, to a great extent, we owe anks to you and your 'Golden Medical Discovery' and 'ellets,' which we use when sick." Dr. Pierce's Pleasant Pellets regulate and invigorate mach, liver and howels. Sugar-coated, tiny granules.

SOLD BY ALL DRUGGISTS.

on pepper grass.

allowed to drain.

the sleeping room.

ed on the tea leaves.

In making tea the pot should be

Dates and figs are both much im

proved if thoroughly washed and then

Soiled clothing should be always

put in a hamper, preferably away from

Rice cooked with raisins makes

very palatable, simple dessert served

Never, when wiping meat, allow

to stand in cold water. The water

Nuts when bought ready shelled

should be scaled, dried in the oven and

Brown bread spread with butter in

which paprika has been mixed also

The perfect kitchen utensils are

those of aluminum-easy to keep clean

To cut thin silk satisfactorily, lay

it between two pieces of tissue paper

Two big eyclets worked in the on

esite corners of the kitchen towe

are better than loops to hang it up by

Staged Real Duel.

Opera Singers Settle Differences i

Madrid, March 22 .- The stage of the

the scene of a duel of death last

one, Pedro, took the part of the Tor

eador Escamillo, and the tenor, Mar-

tinez, filled the role of Don Jose. Be

tween these two singers there was in

they resolved to settle their differ-

They decided, however, to defer the

combat until the end of the season This closed with Carmen last evening and the audience were herrified when

and Martinez received a sword thrus

from which he quickly succumbed.

ences with the sword.

tense rivalry over a love affair, and

and cut with very sharp seissors.

with hard sauce or cream,

drains all the juices out

put away in glass jars.

makes very good sandwiches.

and very light to handle.

hot before the boiling water is pour-

### World's Dispensary Medical Association, Buffalo, N.Y.

dousehold Notes.

Dish cloths should be washed and

Beef drippings are good shortening

Never mix new milk with old if you

All boys should learn to sew on

Grated cheese-over mashed potatoes

A clean sunny yellow is one of the

An old, thin quilt should be laid over

Blankets should be put out in the

Poultry fat is excellent shortening

Fowl for chicken salad should be

coked the day before it is to be used

and it may be had in two widths.

Tubing makes the best pillow slips,

Before making new sheets always

asure the bed for which they are

The best time to begin the spring

ousecleaning is after the furnace fires

Wash green vegetables in warm

vater to remove the insects, and finis

Whooping Cough

sun and air at least once a week.

for ginger cookies and spice cakes.

for pie crusts.

kept for grating.

bed springs with.

wish it to keep well.

A good shampoo kimono

buttons and darn stockings.

best colors in a new kitchen.

every mattres below the sheet.

makes a pleasant change.

made of a big bath towel.

All dry cheese should

Interested in their Boy and Girl Customers Should Stock the Following Lines:

doz. on a card, sells at 2c. each

Penholders, with Pen, 1 doz. on a card

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sells at 2c. each; 15c. doz.

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Old Home (red) .......35c. instead of 40c.

Old Home (blue) ..... 50c. instead of 60c.

Union Blend Blue ..... 35c. instead of 40c.

Union Blend Orange ....40c. instead of 50c. Union Blend Purple.... 50c. instead of 60c.

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that money can buy, also the most satisfactory,

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Order early to avoid rush. Patterns and self-measuring cards sent to any address.

The Only American Cutter in the City.

Surprise Packets, 1 gross in a box, Satinette Sweets, 36 bottles in a box sells at 1c. ea h; \$1.05 gross. | sells at 5c. each; \$1.30 box. sells at 1c. ea h; \$1.05 gross. Surprise Packets, 1/2 gross in a box, Combined Pen, Pencil and Rubber, sells at 2c. each; \$1.05 1/2 gross. Surprise Packets, ¼ gross in a box, sells at 4c, each; \$1.10 ¼ gross. Chewing Gum, Big Chief, 102 in a box, sells at 10, each; 70c. box.

per pound:-

Sells at 12, each; 70c. box.

Chewing Gum, 102 in a box, sells at 1c. each; 70c. box.

Chewing Gum, Cherry, 40 boxes in a box, sells at 5c. each; \$1.60 box.

Nut Milk Chocolate, 24 tablets in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; \$1.00 box, Caramels, 36 boxes in a box, sells at 5c. each; 35c. a card. Colored Drawing Crayons, 1 doz. on a card, sells at 2c. each; 35c. a card. Colored Drawing Crayons, 1 doz. on a card, sells at 2c. each; 35c. a card. Colored Drawing Crayons, 1 doz. on a card, sells at 2c. each; 25c. a card 10c carded 15c., 40c. and 80c. doz. Metal Toy Pistols, 2c., 3c., 5c. and 10c 16c., 27c., 40c. and 80c. doz. Paper Caps (50 in a box), at 1c. per box; 45c. per gross.

Remember that these goods sell all the year round and we have hundreds of other profitable lines at Lo west Wholesale Prices. Call and see

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J. J. ST. JOHN.

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## Pendulums.

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as in the bringing up of child-

a child. Over-intensity in trying to ed out of its orbit in one direction make a child develop desirable quali- and balances itself by swinging to ties sometimes results in making a far in the other.

# SOPER & MOORE

50 bris, Fresh Packed APPLES

10 bunches BANANAS. 50 bris. NEW CABBAGE. 10 crates GREEN CABBAGE. 50 bags TURNIPS. 15 bags CARROTS. 25 sacks BLACK OATS. 5 bris, CRANBERRIES.

In stock: 30 cases Assorted ONIONS. 250 bags P. E. I. POTATOES.

## **English News Notes**

Last in the Air.

A manifesto issued by the British Aerial League points out the grave peril to which the Empire is exposed through the inadequacy of aerial development and that while Germany has at least ten airships, England possesses the remains of one baby airship and the framework of another.

The Boat Race.

While Oxford won, Cambridge rowed with a longer, cleaner and more virile stroke, and if it had not had two new men in the boat would have won easily. As it was Cambridge led all the way, but could not respond to the final "spurt."

### Anti-Vaccination League.

The seventeenth annual meeting of is League was held recently in Lonthis League was held recently in London and reported satisfactory progress. One step was that the Board of Education now discouraged any reference to vaccination in the medical inspection of children. Dr. Robert Bell stated that the enormous increase of cancer and the death-rate from that disease, which had gone up 200 per cent. since he began practice, 43 years ago, was due to the enactment of compulsory vaccination. Vacment of compulsory vaccination. Vac-cination had a most prejudical effect on the after life of vaccinated indi-

Taste For Needles.

Forty needles have emerged from ifferent parts of the body of a young girl who swallowed a packet of needles in Paris.

England's Poor.

England's Poor.

Mr. Philip Snowden gave a dark picture of England's poor in the Common's last month. Members of the House, he said, spent last session nearly £8,000 on wine of 10s. a week for 400 members, double the sum that 2,000,000 families in this country can afford to spend in food; serve its shape.

A bit of cold chicken will make a good sandwich with a leaf of lettuce go 20s. per week. In spite of trade pros-perity there were 700,000 persons in daily receipt of poor-law relief. The purchasing power of wages was 3-per cent. less now than five years ago Mr. Snowden's remedy was the minimum wage, and the nationalisation of land, railways, mines and other mon

London's Water.

The King opened the new London escryoir on the 15th March. The completion of this wonderful engine ering feat makes impossible a drought in East London like that which oc-curred in 1898. The reservoir kolds 3,000 million gallons.

BABY GIRAFFE.

An interesting event occurred at the Zoo last month when a baby giraffe was born. Only three births have been recorded since 1850.

Policewomen.

The proposal of adding policewomen to the force in America is being watched in London by various authorities, and it is anticipated that in the near future uniformed women will be installed in the London Parks and public places for special duty, such as the care of children.

Tariff Reform League.

Mr. Joseph Chamberlain handed over to the League £5,700 which had, been sbscribed by his admirers on his birthday, for the furtherance of its objects—the promotion of Imperial Preference and Tariff Reform. Parliament's Wane.

The admitted decline of public interest in the doings of the House of Commons was discussed in the House last month and Mr. Asquith agreed that the appointment of a Select Committee to indre into the procedure was desirable. Lord Robert Cecil raised the question. Third Act of Carmen, One Being little theatre at Argamasilla de Alba, in the Province of Cludad Real, was

Prince of Wales. The Prince was at his first banquet at Buckingham Palace on March 14th. He is now a Lieutenant in the Navy. Rolling Round the World.

Mr. George Schillerg, the American athlete, is making a second attempt to walk around the earth, pushing and rolling a globe which forms his home. If he succeeds he wins a purse of \$18,000.

Livingstone Centenary.

This was celebrated by a national emonstration at Royal Albert Hall with the Archbishop of Canterbury presiding, while earlier in the day is a real duel was interpolated in the al Station in Central Africa.

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Ridgwell Cullum, The Golden Woman, 50 and 70c.
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Mrs. Culson Kernahan, The Mystery of Merve Hall, 50 and 70c.
L. T. Meade, The Great Lord Masereene, 50 and 70c. Max Pemberton, White Motley, 50 and 70c.
Ethel M. Dell, 'The Knave of Diamonds, 50 and 70c. (She wrote The Way of an Eagle.)

We have also a few copies of that wonderful novel, "The Day That Changed the World."

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