

Eleventh, -Have a few minutes to spare in the sick room.

Twelfth / -Pray to God each day and ask for strength to carry on the good work.

TEN COMMANDMENTS OF THE INSTITUTE.

- 1, -Thou shalt not make dress Thy chief thought.
- 2, -Thou shalt cultivate the habit of promptness.
- 3, -Thou shalt not make fun of Thy Institute.
- 4, -Remember the THIRD TUESDAY of each month to keep it apart. All other days Thou shalt spend as Thou desirest, but the THIRD TUESDAYS are the days of Thy Institute. On them Thou shalt not pretend a headache, nor make foolish excuses, for it taketh but a few hours and Thou shalt surely be rewarded with what Thou shalt get at Thy meetings.
- 5, -Honour Thy Institute members, and its demands, that Thy days may be long as a valued and loving member.
- 6, -Thou shalt not use slang.
- 7, -Thou shalt think beautiful thoughts.
- 8, -Thou shalt not waste Thine own time, nor that of Thy neighbor's.
- 9, -Thou shalt not gossip, before you tell anything, think thrice. Is it necessary? Is it true? Is it kind?
- 10, -Thou shalt not ^{covet} cultivate Thy neighbor's clothes, nor her leisure hours, nor her jewellery, nor her car, nor anything that is hers.

WAYS OF HELPING CHILDREN TO FORM HABITS OF OBEDIENCE AND COURTESY. Mrs. (Rev.) Black.

Love is the foundation of all true courtesy. A child may not read a book of etiquette or deportment, but if he has a heart of love he will not offend. If a child loves his teacher, he will obey her. The home must be the place of unfailing courtesy or the young will be pitifully handicapped/. See that children are trained to say "Thank you" for favors received. Set a good example at home. Take an interest in their chums.