

GREAT POWER OF HABIT

The Importance of Habit in Religion Is Here Pointed Out.

Teach me, O Lord, the way of Thy statutes and I will keep it until the end.—Psalm exix. 33.

Our virtues are habits as much as our vices. Honor, courage, purity, punctuality, prayer and kindness are habits as much as are swearing, drunkenness and lying. When this truth is once perceived it makes a revolution in conduct. Morality with many consists in trying to correct evil habits rather than in striving to form good ones. Human life is largely automatic. We are in reality "walking bundles of habits." To each sort of impression we have an automatic ready-made response.

The sort of habits we are forming is therefore of the greatest importance, and we are forming habits of some kind whether we attend to them or not. We should strive, therefore, to acquire such habits as will strengthen and

IMPROVE OUR NATURES.

This physical organism of ours, which is the clay which, by continual reiteration, is gradually shaped along lines which finally control the ordinary actions of life. Impressions made upon the nervous structure of the brain tend to repeat themselves until well traveled roads are formed along which ideas frequently passing make highways of the soul. These are habits and control the life.

Bad habits may be checked and good habits formed by making what we desire habitual in our lives. Professor James enumerates

two rules in the formation of such habits with as much determination as possible in order that the initiatory force with which a habit is launched may be as great as possible; secondly, never suffer an exception to occur until a new habit is securely rooted in the life.

The religious life, like other desirable things, should be put under the domain of habit. How can we progress religiously if we live helter-skelter in a hit or a miss fashion? Right thoughts, right emotions, right decisions in the religious life as in the daily life of business, must be made habitual. Habit should be the rule in prayer.

IN CHURCH ATTENDANCE,

in the receiving of the holy communion, in times of meditation, in acts of kindness, in deeds of service. Only so shall we become fit followers of Him who lived in habitual prayer and whose life was spent in doing good. Contemplation of the power of habit should not make anyone despair. Even in the worst cases there is hope. History is full of examples, from St. Paul down, in which the habits of a lifetime have been broken under a supreme compelling impulse. The power of the Divine Spirit is omnipotent in human affairs. The worst prodigal can reform. Behind all our efforts there is the power of God. With all His power the habits of a life time can be broken and a life of new habits begun.

REV. DEWITT L. PELTON.

PROLIFIC PHEASANTS.

It is reported that the whole of Vancouver Island is now well stocked with pheasants which have long been thoroughly acclimatized and breed freely. The history of pheasant acclimatization in Vancouver is simplicity itself. In 1883 C. W. R. Thompson of Victoria imported twenty-five birds from China, kept them in captivity till young had been hatched out and set all at liberty as soon as the chicks were strong enough. In 1886 Mr. Musgrave imported eleven more birds and turned them out and from these thirty-six pheasants the whole of Vancouver and many of the adjacent islands have been stocked.

WOMEN OF COREAN COURT.

Reduction in Their Number—Influence They Once Exerted.

The visit of three Korean court ladies to Japan is an indication of the striking changes that have resulted from the Japanese occupation of the Hermit Kingdom. Two years ago there were no fewer than 1,800 ladies in waiting, now there are only 100, says the London Telegraph.

This wholesale reduction naturally created consternation, and there was much lamentation among those whose services were dispensed with. Their lot, however, does not seem to have been altogether enviable. It appears that it has been the custom to take girls into the court from the age of 10, and thenceforth throughout the whole period of their natural lives they were never allowed to leave the precincts of the palace, so that they lived in absolute ignorance of the outside world.

The few who accompanied the Emperor on his recent tour gave evidence of the timidity which had resulted from their long confinement, for they could hardly be persuaded to enter the train, and they finally did so with manifest trepidation.

Hitherto the influence of these ladies at court has been very great. Having constant access to the ear of the Sovereign, on the one hand, and being, on the other, accessible to all the intriguing influences that prevailed in the unwholesome atmosphere of the court, their power exceeded even that of Ministers of State.

A WANDERING MONUMENT.

It Has Slid So Far That No One Is Sure Where the Grave Is.

It is probable that no burial monument in existence has a more peculiar history than that placed over the grave of a young man who was buried on the banks of the Assiniboine River in Manitoba.

Every one naturally supposed it would remain there, says the Wide World. The ground, however, is sloping and owing to the nature of the soil the bank, grave, monument and all have been gradually sliding downhill.

Recently the new Grand Trunk Pacific Railway constructed its roadway some little distance away and the immense weight of the embankment greatly accelerated the pace of the landslide.

The stone, still bravely endeavoring to preserve the perpendicular, is now at least a hundred feet from its original position and the question arises as to the whereabouts of the grave which it formerly covered.

SUDDEN STOPS.

Sparker—"In spite of the airships autos are still all the go." Cogwood—"That's just the trouble. Some of them won't go at all."

The Home

MISCELLANEOUS RECIPES.

Cherry Relish.—Seed cherries, pour good cider vinegar over them and let them stand all night. Squeeze out in the morning and put one pint of sugar to one pint of cherries, stir until sugar is all dissolved, then can.

Chocolate Wafers.—A healthy and economical candy for children is made by making a chocolate filling the same as for cake or candy then dipping oyster crackers in the candy. Then lay on greased paper or plate until cooled.

Combination Cake.—Cream one-half a cupful of butter, one and one-half cupfuls of sugar, two eggs, one half cupful of sour milk, with a teaspoonful of soda dissolved in it. Add a pinch of salt, one-half a cupful of sifted flour, flavor to taste with nutmeg and lemon. Bake in loaf or layer with boiled frosting flavored with vanilla.

Bread in Three Hours.—Yeast—Boil eight large potatoes and mash in water in which they were boiled. While this is still boiling pour over four tablespoonfuls of flour. To this add four tablespoonfuls each of salt and granulated sugar; one quart of boiling and four quarts of cold water, and two yeast cakes, dissolved in half a cup of like warm water. Mix well and keep standing in a warm place eighteen hours. Then put in a cool place and keep until required. The Bread—Use one quart of the yeast for two good sized loaves. Set on stove and stir with the hand until about 98 degrees Fahrenheit. Add a tablespoonful each of salt, brown sugar and butter, mix into a soft sponge with warmed flour. Let it rise thirty minutes. Add flour to knead, let rise again, mold into loaves, let rise, and bake in a moderate oven.

Chicken with Rice.—Cut one thoroughly cleaned roasting chicken into pieces of any desired size. Place these in the kettle, add one pint of strained tomato, one heaping cupful of celery cut into half inch pieces, one small onion, a few sprigs of parsley tied together, salt, pepper and one pint of hot water. Put this in the stove and when it begins to boil add one-half cupful of well washed rice. Let the whole boil for one-half hour, then place it in a fireless cooker and allow it to remain there for at least four hours. Chicken prepared in this way may be served directly from the cooker, only the parsley should be removed, but the dish is far more attractive and seems to taste better if pieces of chicken are taken up with a skimmer arranged in a low baking dish, the rice poured over all, and then placed under the broiling flame or in the oven for about fifteen minutes just before serving. Garnish with fresh parsley and serve just as it comes from the oven.

THE SEWING ROOM.

Stains from Light Fabrics.—Place clean cloth under spot, wet cotton or small piece of cloth with peroxide of hydrogen and rub spot until it disappears. Most useful in children's fruit stained gingham or white clothing. Have also used it on light silks successfully.

How to Shrink Goods.—All washable goods should be shrunk, especially gingham, before using. This is valuable to remember in making up any kind of wash-goods materials for children's clothes. Pour boiling hot water through the goods, hang up and dry, and then iron. If this is done previous to the making up of the goods, much time will be saved.

To find Skirt Length.—After the band has been sewed on the skirt, try on. Stand a yardstick perpendicularly on the floor close to the form. At the upper end, which will reach the hips, mark the skirt, moving the yardstick about the form, keeping it perpendicular and marking at the upper end until the mark encircles the form or skirt at the hips. The skirt can then be laid on the table, and if it is to be two inches from the floor make it thirty-four inches from the line about the hips; if three inches from the floor, make it thirty-three inches in length. This will be found to be a most useful hint for the sewing room, insuring a properly hanging skirt, for if there is a difference in one's hips it will be above the mark on the skirt.

TASTY MEAT DISHES.

Baked Chicken.—Prepare a chicken as for broth. Put in bakepan, add two cupfuls of water. Butter size egg and salt and pepper. Put

in oven and cover. Keep well basted. Will take about an hour. Gravy for above: Boil the giblets until tender, chop fine. Remove chicken; add the giblets; thicken like cream and serve.

Minced Lamb.—Remove all the good meat from what remains of roast lamb and mince fine. Put the bones and bits of skin in a saucepan and cover with a pint of water. Add one onion, one-half carrot cut small, a few sprays of parsley, and two mint leaves and simmer for one-half hour; add any gravy left from roast and strain. Thicken with one tablespoonful of flour rubbed in one tablespoonful of butter, add a teaspoonful of salt, a dash of cayenne, and the minced lamb. Let it come to a boil and serve.

USEFUL HINTS.

When a baby is lying on your lap do not allow anyone to talk to it over its head from the back, as this is frequently the cause of a child's eyes becoming crossed. The little mite tries to see the speaker, and turns its eyes all ways in the effort.

Medicine should be given at regular hours, and careful attention should be paid to the direction as to time when it is ordered to be given, as, for instance, before or after meals. The exact quantity of medicine ordered should be given.

Care of Table-linen.—To keep tablecloths in good condition pour boiling water upon stains from fruit or coffee as soon as the table is cleared; do not wait until the weekly wash-day. Some housekeepers drop a pinch of salt on a stain as soon as it is made; this tends to its eradication.

Rough Elbows.—Many women find their elbows get unpleasantly rough, especially those who lean much over a table. Dry table-salt rubbed on the elbows every morning during the bath is a cure; the friction will stimulate the skin and make it smooth and firm. At night a little cold cream should be applied.

A Use for Tea-Leaves.—Save old tea-leaves for a few days, pour boiling water over them, leave till nearly cold, strain and use the water for washing paint. It gets off stains very easily and quickly. Clean white paint by rubbing with a damp flannel which has been dipped in whitening; soda should never be used in washing paint, as it injures the color.

Use for Empty Tins.—Here is a good way to make use of empty syrup-tins. The 4 pound size is perhaps the most useful, but others will do as well. Wash them clean inside; then procure a small tin of enamel, any color you like, but pale blue is very pretty; give them three coats on the outside, allowing time for each coat of enamel to dry before putting on the next. Cut out from bills or papers the letters you require to make the words showing the contents of the tins, such as peas, rice, etc. Stick each letter on separately and as neatly as possible, and give one coat of crystal varnish to the tin. It can then be washed when soiled.

NOT TO BE BAFFLED.

He was regaling a breathless crowd with the veracious story of a shipwreck, and how he and his mates had escaped on a raft, and after many exciting adventures had landed on a desert island.

"And the beach of that there island," he said, impressively, "was red with lobsters."

"But," interposed the objectionable person who glories in spoiling a good story, "that won't do, Jack. Lobsters ain't red before they're boiled!"

Jack was silent for a moment; it seemed that he had at last met his Waterloo. But, anon, a smile lit up his face.

"And who didn't know that?" he asked scathingly of his persecutor. "This 'ere was a volcanic island, and, of course, the waters was all biling hot!"

BABY'S OWN TABLETS CURE ALL MINOR TROUBLES

The stomach, the bowels, or cutting teeth is responsible for most of the ills and suffering that afflicts babyhood. Baby's Own Tablets will keep your child well because it is the best medicine in the world for these troubles, and at the same time it is the safest. The mother has the guarantee of a Government analyst that this medicine contains no opiate or poisonous "soothing" stuff. Mrs. Jos. Bernard, St. Emile, Que., says: "Baby's Own Tablets are really a marvellous medicine. My baby was thin, peevish and sickly until I began giving him this medicine. Since then he has thrived and grown splendidly." Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

OVERTAXED NERVES A DISTRESS SIGNAL

The Trouble Can Only be Cured by Enriching the Blood Supply.

When your nervous system is exhausted the trouble makes itself evident in many ways. You feel always fatigued and unfit for work. Severe headaches distract you; your back is weak; you sleep badly; your appetite is uncertain; you are nervous and irritable and after any exercise you tremble and perspire excessively. If the trouble is not checked your case goes from bad to worse until you feel that your condition is hopeless and that insanity is threatened.

Your nerves are calling for help. They are starved because they demand from the blood more nourishment than it can supply. New rich blood is the secret of nerve strength and Dr. Williams' Pink Pills for Pale People cure nervous disorders because they feed the weak, exhausted nerves with rich, red blood. The case of Mrs. Emma Hall, of Hamilton, Ont., furnishes proof that Dr. Williams' Pink Pills will cure even the most stubborn cases of nerve exhaustion. Mrs. Hall was left a widow and was forced to work in a mill to maintain herself and her two little children. She bravely faced the battle of life, though she had never had to conform to such conditions before. Notwithstanding the splendid spirit she displayed the work played havoc with a delicate constitution, and some years ago Mrs. Hall noticed signs in herself of a nervous collapse. She consulted a doctor who gave her some medicine and told her she "would be all right in a few days." But relief did not come and it was finally a daily occurrence for her to faint at her work. These fainting spells quickly developed into pronounced hysteria and chronic irritability, and Mrs. Hall says that death would have been a relief. She consulted several doctors but got no help, and she felt that she was almost bordering on insanity. In this condition she was advised to try Dr. Williams' Pink Pills. Grasping at even the possibility of help she decided to do so. After taking three boxes she actually found some improvement, and from that time on this improvement was steady and increasing daily until after a few months she felt the cure was complete. She says:—"Dr. Williams' Pink Pills have done what doctors failed to do and what I myself thought was impossible. They have freed me from the terrible trouble I suffered and my old joy in life has been renewed." When Mrs. Hall began taking Dr. Williams' Pink Pills she weighed only one hundred pounds while under her renewed health her weight has increased to one hundred and thirty pounds.

Dr. Williams' Pink Pills can be had from any dealer in medicines or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

CAT MOTHERS SQUIRRELS.

Deprived of Her Own Children, She Adopts Another Family.

Last spring a cat on the farm of Albert Fisher, near Westville, N.Y., had several small kittens. As the farm was overstocked with cats her young were taken from her and drowned. After that the cat seemed very unhappy, and being a house favorite she received considerable sympathy.

One day shortly after her kittens were taken from her a young squirrel which had fallen from its nest in the hollow of a tree was found and taken to the cat with the idea that it would be a dainty morsel to tempt her appetite.

Instead of pouncing upon it cat fashion she took the young squirrel to the box where she had so recently mothered her own young and there bestowed upon the squirrel all the affection she had previously given to her kittens.

Stranger still, says a writer in Country Life in America, in about two hours the old cat had hunted out the squirrel's nest in a tree some distance away and had carried the remainder of the young squirrels in her mouth, one at a time, to her box in the house.

Then until the squirrels were nearly full grown the cat watched over them with all the solicitude that is possible for any animal mother to show, even providing nourishment for them in exactly the same manner that she had for her own young. When the squirrels had outgrown a mother's attention they were very tame and were given to friends of the family.

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Chili Con Carne
Vienna Sausage
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For luncheon, spreads or every day meals, they are just the thing.



Keep a supply in the house. You never can tell when they will come in handy. Ask for Libby's and be sure you get Libby's.

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