Bovril keeps the Food Bills down Make all your soups and stews more nourishing with Bovril. It takes

a joint of beef to make a bottle of Bovril. The bodybuilding power of Boyril is from ten to twenty times the amount taken. Bovril means more strength-less cost.



Let's Teach Girls Courage.

into practically every occupation once McK. supposed to be exclusively masculine, a good thing to make the early trainwe give our sons. For if men and wohood? As it is to-day the training time.-Mrs. J. J. O'C. given our boys is very dissimilar from that we accord our daughters.

plenty of physical courage, there is a T either the physical or moral sort.

the air was rent with the loud wails plished .- Mrs. J. J. O'C. that Mary Ellen had stubbed her toe with a stiff brush.-Miss Z. I. D. and fallen down in the grass. She Reinforcing Stockings .- A good way ride, while everybody blamed "the of the stocking .- Mrs. J. J. O'C. and encouraged to magnify her little thing to have when traveling, but if

shrill cry of pain. It was a three-year- , piece of white oilcloth of the releg and he really was hurt. Was there gathered with a drawstring .- M. C. R. the same commotion? Nobody ran Pieces of felt pasted on the bottom out. The next-door neighbor looked of lamps or bric-a-bree that stands on out the window and laughed, the chil- polished surfaces, will prevent ugly eren across the street mocked him, scratches from marring the furniture. and his own mother came to the door __Mrs. R. D. and commanded him to stop ergi

If you want to teach stoicism it was girlhood and then thrust her entirely hold cares.

and letting brother take what he can and ready for the sleep which will another's agent. get. We have insisted all too long come to him. that brother must be a gentleman and This makes it well worth while for suffered a distress which left him the marvelous benefits to be obtained give up to sister because she is a girl. the farmer's wife to study the food speechless. Those jewels there from his own particular diet. Let's make simple justice the rule in- she prepares and give its cooking the were they not the landmarks of their "Friends," he cried, "two years ago stead of sex. Let the girl know she best possible care. Often it is not happiness? Didn't a shred of their I was a walking skeleton—a haggard. must expect nothing simply because possible for the farmer's wife to get past cling to each one? He looked miserable wreck! What do you supshe is a girl. Teach her to be what just the things she would like, especi- at them vaguely, occupied in recalling pose wrought this great change in the boys call a "good sport," to play ally at some seasons of the year. This under what circumstances he had me?" the game fair whether it is a child's places heavier strain upon her to see presented them to her, thinking of the He paused to observe the effect of game or a youth's work. Let's bring to it that what she does have is cooked anniversaries and the fetes which his words Then one of the listeners her up as we do our boys, to be brave, well and served in an attractive man- these gifts recalled. He was especially asked interestedly, "What change?" honest and independent, claiming no- ner. Farmer folks do not need such a moved when they recalled a special, thing which is not hers by right, and great variety as may be supposed at obscure occasion—a day when he had

encouraging her to cry when she is give health and strength for the day's heart has no need of a pretext in order nearly twenty million h.p. Of this hurt, mope when she has a little ache work. One thing above all is neces- to give another joy. Then he heaved Quebec has 6,000,000; Ontario 5,800,or pain, or to take petty revenge sary, and that is that everything shall a huge sigh. The beginning of a sob, when she is thwarted. If she is to be be cooked perfectly done. Half-cooked a sort of groan, escaped from his Prairie Provinces, 4,265,000; New the sort of woman the world is suffer. the sort of woman the world is suffer- food of any kind is a burden to the throat. ing for to-day she mustn't be brought strongest digestion and helps to make up to be a "little lady." She must work hard and disagreeable. be taught, as her brother, to take a "sporting chance."

Housekeepers' Exchange.

The Handy Crochet Needle .- Try knowledge as she helped the child unkeeping a small steel crochet needle dress. In your sewing machine drawer. It "You know, dear," she said, "all the will be found invaluable in pulling out stars are worlds like ours." bastings, ripping, catching the under "Well, if that's so, I shouldn't like to

Handling Small Garments.—When it twinkled!"

making children's dresses do not sew to the back seam until the last, as it

Now that women have been given yokes, belts, trimming braid, etc., if

Courage being the most admirable thread at the edge was put there them to liquidate the past. And there- had given them to her. trait in a man, we start to developing purposely for a drawstring, and you after they would have to live someit in our men-children from their can gather the lace to just the right how. daughters, with the result that though corner to be turned, this gathering her with his eyes, distressed to impose life.

large per cent, who fail to cultivate Renewing Velvet .- When steaming velvet over a teakettle, insert a funnel A group of small children ranging in the mouth of the kettle. This will in ages from two to five were playing spread the steam over a larger surface in the yard the other day. Suddenly and the work will be quickly accom-

of a two-year-old girl. Doors flew Pressing Woolen Goods and Silks .open and mothers rushed out from a When pressing a wool fabric or a piece half dozen houses, while older sisters of fine silk, lay unbleached muslin and brothers from across the street over it, in order to prevent glossing. ed by life, whose painful demands she left their ball game to hurry to the After passing the iron over woolens, had already experienced when, as the rescue. Inquiry developed the fact lift up the cloth and brush the nap

wasn't hurt, not the littlest mite, but to strengthen the children's stockings her mother picked her up and kissed is to sew strong black muslin on the and hugged her, someone else gave her bias, inside the heels and knees. It an apple, a third promised her an auto will not show and will treble the life naughty old ground" for bumping the Convenient Rubber-Lined Bag .-- A

baby. She was made quite a heroine rubber-lined sponge bag is a handy you cannot buy one the size you wish, A half hour later there was a real you can make an oilcloth bag. Take eld boy-everybody knew in both in- quired size for the lining, and make stances who was crying, cries are 25 the outside of dark cloth or pretty distinctive as voices. He had fallen cretonne. Make the bag in the shape down the steps and cut his knee on of an envelope and fasten with a dress the concrete walk. Blood ran down his snap, or it may be made square and

Lightening the Husband's Day.

the proper thing to do, and at any Few wives but wish at one time or Calculating with the precision of a incident was then dropped. rate, it was far saner treatment than another that they could help to make dealer, she added: the little girl got. But if it was good the day of their husbands lighter and "It is worth to-day ten thousand that it was her duty to improve the contains one-half of the merchantable treatment for the boy, why wasn't it more successful. Many study this francs." equally good for the girl? Why teach proposition and perhaps think that Then she proceeded to divide her "Now, Doris, what are you most him to grin and hear it, and encourage when they have been out in the field jewels into two lots-the first destined ashamed of?" her to grow into a cry-baby? When and helped to put on a load of hay to be sold immediately, the second to The answer was unexpected, and that girl becomes a woman she is or grain, or done something toward be held till later, when necessity bore no relation to the late offence. going to meet a great many humps. the chores, they have done their best should oblige her to raise fresh sums. "Squeaky boots in church," said Wouldn't it be better to prepare her and all they can, and this really is a She worked with complete assurance, Doris-and she had the sympathy of for them as she goes along, than to great deal, often far too much for a asking no advice, putting aside, one everybody present. coddle her through infancy and young woman to do in addition to her house- by one, all the pieces which she wished

ungrepared, into a world full of hard But there is a very good way in instinct. And each time she made, out be mps and bruises? Why wouldn't it which the wife may help her husband loud, an appraisement of the object, a good thing to teach our girls aside from sharing the active work brief and lucid, like that of an expert fortitude and physical endurance? out of doors. I mean by the work she at his testing table: These attributes are just as necessary does in the kitchen. Good cooking has "Two thousand, eight hundred. in home-making as they are in wage- more to do with the farmer's success Three thousand, three hundred." earning. There would be less whining or failure than we are apt to think. A The figures, as she announced them, and fewer complaints when things man is just what his digestion makes conveyed no note of melancholy. They didn't go right, for complaining is of him. If he has good food to eat, sounded no knell like that which acreally a sign of cowardice and weak- eats it with a relish, digests it pro- companies the departure forever of whether you have seen it." Teach the girls that life is a game him and he gets through the hardest passage by way of the auction block of give and take. There has been too kind of work in good shape, going to of some cherished collection. Mme. much giving the best room to sister his rest at night with a clear brain Serquet acted as if she were merely

insisting on getting what is her due. any time of the year. Good, plain, loved her more than ever, one of those We can't do this by coddling, by simple food, well cooked, is enough to moments of tenderness in which the

> A Restless Life. Little Helen's oldest sister was con ferring on her some bits of useful

thread, and other details incidental to live on one of them," declared Helen He had bought this pearl, because his seat and tore it from her coat.

THE CHOICE

By DOMINIQUE SYLVAIRE. Translated From the French.

(The End.)

The Message.

I saw the buds on the dogwood tree:

They made a message of May for me-

Though Winter is coming

And cold skies lower,

Is a day—is an hour—

Like butterflies' wings,

And suddenly, somewhere,

So Winter may whistle for all of me,

O tight little buds on the dogwood

Coal in Canada.

What Troubled Her.

Too Deep For Him.

An ambitious young author sent a

a daily paper. Time passed and he

"I sent you a joke about 10 days ago.

Discouraging.

Canada's Water Power.

An Easy Capture.

Canada has water energy equal to

Canada has the only two coal re-

When oak-leaves open

At the end of it all

An oriole sings,

And lilacs promise,

And peonies prink,

Unfold in pink-

tree!

And dogwood petals

ously, after her husband had closed -because Mme. Arbot owned one al- careful with their scrips. She read on M. Serquet's drawn and and wanted to have a mate to it. This stance of the use made of precious hall of the old Whitehall Palace.

be unfavorable.

around crackers. Damp weather there was no other way out. Within mechanism, whose very gestures he bonds. causes needles to rust, but this pre- three days it would be necessary for could tell in advance. As Mme. Ser-

some of them arrive at maturity with thread comes handy also .-- Mrs. E. S. on her this deprivation-humiliated to be reduced to such an expedient. "I would have preferred some other

way." he began in a pitiful tone. She stopped him, very brusquely, very resolutely.

"My dear, don't let us talk that way. Let us look things in the face.' In the household she always had shown the greater decision. She had never allowed herself to be intimidatwidow of Jacques Arbot, her first husband, she had found herself alone, struggling with the difficulties of a contested inheritance and opposing her patience, her sangfroid and her will to the tricks of lawyers.

this box." The jewels lay mixed together against the blue velvet of two large cases. Rings, collars, chains, bracelets-evidences of a fortune formerly gions on the sea coasts of North a man-o'-war for the first time in his considerable-had been tossed there, America. The bituminus coal of Nova life, and, being keenly interested in all in disorder, on returning from some Scotia is estimated to last 700 years; he saw, plied his guide with all sorts entertainment or on the eve of some that of Vancouver Island has been of questions. journey. They preserved, scattered successfully operated since 1860. The The marines seemed particuarly to thus, the negligent grace of the ges- estimated coal reserves of the Pro- interest him, and, going up to one, he

"Let us choose some things out of

"Here are my pearls," said Mme, anthracite, while the total resources

of Canada approximate 1,360 billion She owned two, of equal beauty, tons, the second country in point of mounted on pins. She looked at them supply in the world. tranquilly, showing in her face no regret at parting with them. Putting

one on the mantelpiece, she said: "Let us begin with this."

moral lesson of the occasion, said: - | timber of Canada. to keep, guided in her choice by a sure humorous paragraph to the editor of

heard nothing, nor was it printed. So

he wrote to inquire about it. I have heard nothing respecting its safe receipt and should be glad to hear The editor replied: "Your joke arperly, the world has a good look to long-treasured things or marks the rived safely, but up to the present we have not seen it."

> But he, crumpled up in a chair, A food faddist harangued a mob on Brunswick, 3,000,000; Nova Scotia.

Mechanically he went to the mantel- 100,000; Yukon, 100,000; and Prince piece and picked up the pearl pin. He Edward Island 3,000. Ninety per cent. turned it over in his fingers and con- of the 20,000,000 is still running to templated it without knowing exactly waste. what he was doing, with a wandering glance and a nervous gesture, merely to distract himself from his own tor-| When a lady boarded a street car in ment. By dint of looking at it, then Liege wearing a little tricolor ribbon, by distinguishing its aspect, form and a German officer ordered her to requality, and then by identifying it. | move the emblem. Three times he re-It was one of his betrothal gifts. peated his order; then he rose from Mme. Arbot—that first name of his "It's easier to take than Paris, isn't wife, by the power of resurrection it?" she calmly asked.

which certain words, certain airs,

and certain odors have, revived in his Minard's Liniment Ource

"Backing" With Bonds.

harried face that the answer would pearl he recognized well. It was his. papers is that of a holder of some Recently there have been interest-And suddenly he asked himself why Dutch Bonds "to bearer." About sixty ing additions to these exhibits. For "Well? Could you get nothing?" Mme. Serquet had refrained from years ago, the owner, a provincial example, there is a model of the Gerlady, used these bonds for covering man warship Scharnhorst. This was His glance, no longer clouded, fell jam-pots, and, after having made her, being taken out by the Germans to livelihood at the expense of health, "Nothing. Daubert refused. Oh, upon his wife. She calmly continued jam, she would trim the edges of the German East Africa to be shown in a and, not infrequently, life itself, is very very politely. He has no funds avail- her work. And now he noticed with precious "stock" quite freely with her great exhibition to impress the natives considerable. The demands of civiliantly precious stock quite freely with her great exhibition to impress the natives considerable. The demands of civiliantly precious stock quite freely with her great exhibition to impress the natives considerable. inquietude the indifference toward scissors. The dividends were paid re- with the size of the mighty German zation render it imperative that men Mme. Serquet's eyes flashed ironi- him of which she had just given proof. gularly up to 1886, however, for it fleet. The ship was sunk, and our should engage in these forms of empletions. The ship was sunk, and our should engage in these forms of emplet. cally. Friends! Can one never count He observed her as he had observed seems that she took good care of most divers eventually salved the model, ployment and, by so doing, imperil on them? Then calls on them? Then, coldly, realizing the the pearl just now, no longer in a of the bonds, and sent in the detach- which was found to be covered with their lives.

reality, without losing a detail of her the peculiar facts were revealed; for, curate in every detail.

Shareholders and investors generalcaution will prevent it. A little child them to pay some urgent debts. For quet drew her jewels from the box ly have been known to use their cerwhat more reasonable than that they will enjoy making some of these little months, since the failure of the bank he knew already which she eventually but the most amusing case the writer should be started off alike in baby- booklets, and they will last a long of Gevre, they had fought for time and would put back again. He knew that but the most amusing case the writer booklets, and they will last a long of Gevre, they had fought for time and would put back again. He knew that to save appearances, at least. But in she would choose to keep the gifts of has yet personally heard of is that of Sewing on Lace.—When sewing lace the immediate future there could be Jacques Arbot. Instinctively she dison a garment, don't forget that the no more delays. It was obligatory for posed of the others, as if a stranger stroked at the odge was put there So he knew a secret which she had His idea was that, being printed in never revealed to him; and, choking earliest days. But physical courage fullness without the use of a needle new f not being so necessary in women, we and thread. When one is sewing infail to impress its desirability on our sertion on a garment where there is a she took a box. Her husband followed had cherished all through his married stuck on the wall as a lesson to his children not to follow in his footsteps. The writer has not yet heard if any of the share certificates have had to be torn off the walls!

____ Quite Suitable.

The lady was buying a gun for her little boy as a present. "I want a really nice one, please," she said to the shopkeeper. "Yes, madam," he answered; "how

will this one do?" "What do you put in it?" asked the "Just ordinary caps, or I have an-

other one here that shoots slugs." The lady looked delighted. "Oh, I'll take that one!" she exclaimed. "That will be quite suitable. We have a large garden and there are lots of slugs in it."

Not His Head.

A Scotsman was being shown over

ture with which their owner had de- vince of Alberta runs to over 1,100 pointed to the "grenade" in the billion tons, a small proportion being marine's cap, and asked what it was. The marine looked at him in sur-

> "Don't you know what that is?" he asked. "Why, that's a turnip, of course! "Ach, mon," replied the Scot, im-A little girl who had been exceeding- patiently, "I was no axin' about yer

ly naughty had been punished. The head!" The Province of British Columbia An hour later her mother, feeling

"Pigeon, V.C."

Some years ago, an old English lady, Many visitors to London walk down bserving her Government Bonds to be Whitehall and never see a building printed on stiff paper, used them to under the shade of the War Office "back up" a quilt she was making! which contains some of the most in-The Government, when the time for teresting relics of British history, says conversion came round, insisted on a London writer The building is the having the quilt, in order to pay up; Reyal Unifed Service Institution, and this case serves well to remind founded in 1829, and placed originally "Well?" asked Mme. Serquet anxi- memory the whole epoch of his love War Bond holders and others to be in Vanburg House. Various models

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pure, natural tones, free from all metallic harshness.

with the passing holiday.

a gift of lasting worth—one that is not forgotten

RISK THEIR LIVES.

ready, the gift of her first husband, A further somewhat amusing in which now is housed in the banqueting Extremes of Heat and Cold Results of Lead Poisoning.

The number of workers who gain a

uselessness of recriminations, she inself-deceived manner, through the fog able parts for fresh coupons.

which was found to be detailed by the follow them should work constraints. Another model is that of barnacles. Another model is that of barnacles. Another model is that of who follow them should work constraints. of his own regrets, but clearly, in hard When, however, the old lady died, one of our own latest battleships, ac- who follow them should work conupon the relatives sending in the The V.C. pigeon is also in the exhimining, quarrying, fur-beating, and my poor Helen. We must sell your A transformation had suddenly occurred; he had before him an image, own writing was identified on some of which drove the receptacle containing its votaries every year. The man who A good way to keep needles from rusting is to place them in booklets made. ing is to place them in booklets made occasions already she had envisaged and even brutal—an image of the spirfrom the waxed paper that comes occasions already she had envisaged and even brutal—an image of the spirfrom the waxed paper that comes such a possibility; and now, in fact, it which animated the automatic ring of the jam-pots were left on the lam-pots is often disastrous. Nearly seventythree per cent, of the deaths among grinders, polishers, and cutters result from diseases of the lungs.

Metallic dust is the most harmful while mineral dust, with which masons and pottery-workers largely have to contend, is a good second. Cotton and wool-workers, too, are constantly inhaling fibre-dust, with, in the long run, equally grave results, while the more familiar chimney-sweep is extremely liable to become the prey of cancerous growths.

Bad air and extremes of heat and cold conspire to shorten the lives of workers in other spheres of labor. Sewer-men and miners of almost all classes suffer from the effects of impure atmospheric conditions, while glass-blowers are prone to lose vitality by reason of their constant exposure to high temperatures.

Cotton-spinners work in a warm atmosphere; the damp air prevents the fibre from becoming brittle, and thus snapping, and, in consequence, these workers often suffer from complaints of the chest

ous employment of this kind is that from which the worker can, and often does, contract metallic poisoning. Lead poisoning, for example, affects no fewer than thirteen different trades, being particularly fatal to those who are engaged in the production of lead.

are terrible. The lead particles find their way into the system, causing. among other distressing maladies, colic, wrist-drop, leosening of the teeth, and discoloration of the gums and other soft parts of the mouth.

Potters, particularly "dippers" and "glost-placers," who use lead glace, are also liable to contract this poisoning. In cutting and engraving glass the operative employs a substance compounded of lead and tin, called putty powder, and any carsiessness on his part, such as touching his food with unwashed hands, is more than likely to bring its own punishment, in the shape of acute poisoning.

Those engaged in silvering mirrors with mercury are exposed to the danger of infection by this metal, and more especially from the use of the red-lead which is used in "backing" the glasses. Copper-workers develop pale faces; their hair becomes discolored, and their gums hideously lined with green. Persons so challesed are urged to refrain from the use of alcohol, which aids poisoning of this kind.

Other occupations of a dangarous nature to the worker are the preparation of phosphorus, certain arsenical processes, and rag-and-wool sorting.

Vinegar in 24 Hours.

....

Run cider slowly over birch shar ings and have vinegar in twenty-four hours. Let the cider drip slowly through a vat placed beneath the cider barrel; have plenty of the birch shavings in the vat, and, as the older filters through into tub or barrel below, you will find it sharp vinegar. Let it be exposed to the air, and the cider harrel elevated so that air comes in contact with the drip. Cider must be exposed to the air before it will make vinegar and, usually, the trouble is that a scum or skin forms over the cider when turned a little; that excludes the air. This must be shaker loose or the cider stirred; or roll the barrel from side to side. Our plan was once, on failing to get birch shavings, to add a bucketful of molasses and water and two yeast cakes, previ ously soaked in warm water. We laid the barrel on its side on two pieces of scantling and rolled it occasionally. Result, good vinegar.

The Roman Toga

The toga was a long, loose garment worn by the citizens of ancient Rome It was made of white woolen cloth. Sometimes the magistrate's toga was bordered with purple and that of a victorious general with embroidery The toga, which fell in graceful folds to the ankles, covered the whole body except the right arm. A boy was all lowed to wear the toga when he was fourteen. Toga and toggery are slang terms, perhaps derived from the Latin word for this garment, so greatly esteemed by the citizens of the proud-

oalstable. After and cows out aft silage it looks good he bright straw i mve it in their fo merns when the we and horses that ha coats of bair. She straw, but they en he winter time, a slowing it in the stacking it well good quality of fer Lead-Poisoning Dangers. I would feel soul soil if straw was no ed. If you want to t, sell it, and read Some do not like draw on wheat bed o be transmitted But undoubtedly the most dangerthis is to spread t the corn ground. preader excellent he siraw is wet. mother vay of a on a field or gard spring clover is the The results of this form of polsoning boing frozen out.

cayed straw in it.

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What str

Peter and John Asi

rikes rhould be a couse during the p The first cas the month Nisan, at the same as Thursd of the year 50 A.I Jesus had, eviden in Jerusaiem, and ? he were with his d to gat the t may have been matter in Lits own this private arrang

feared that audus

enemies there. If these lar neuro of lowship with Har G "He sandeth two one of the two. I was ballled. The known to all but th the necessary prepi 17-25. One of must have been sta nt these words. name him, and he himself still unkno with apparent inno it I?" But the sold must have rung if went out afterway and treacherous m

"As they were to meal those who hanksgiving the l blood sprinkled all efore their depart Exod. 11-12). 13 and become a sacra leliverance. Jesus with His own death becomes the symbo

man if he had not

