

# PHYSICAL EXERCISES IMPROVING CANADIAN GIRLS



## Poetical Selections.

**Just For To-Day.**  
 In To-day's Magazine,  
 Lord, for tomorrow and its needs  
 I do not pray,  
 Keep me from stain of sin and wrong  
 Just for today,  
 Let me be kind in word and deed  
 Let me both diligently work  
 And duly pray,  
 Let me be kind in word and deed  
 Just for today,  
 Let me be swift to do Thy will,  
 Prompt to obey,  
 Help me to surmount myself  
 Just for today,  
 Let me no wrong or idle word  
 Unthinking say,  
 Set Thou a seal upon my lips  
 Just for today,  
 So for to-morrow and its needs  
 I do not pray,  
 But keep me, guide me, hold me, Lord,  
 Just for today.

**Nuts To Crack.**  
 Children's Magazines,  
 In autumn there are nuts to crack,  
 Of every size and kind,  
 Hazelnuts and hickory  
 And chestnuts you will find,  
 And if around the nursery fire  
 You sit and crack and eat,  
 And joke and spin a merry yarn,  
 'Tis happiness complete.

But there are other nuts to crack,  
 Quite different, you'll find,  
 From hazelnuts or hickory,  
 Or any other kind,  
 Geography, arithmetic,  
 These nuts are hard indeed,  
 And spelling is another nut,  
 And there's to write and read.

And history and grammar, all  
 These nuts are good to eat,  
 Though hard to crack, you'll find in each  
 A kernel sound and sweet.

Indeed, a bag of nuts is hid  
 Behind each schoolroom door  
 Be sure you've cracked them, every one,  
 Before you ask for more.

**Give Them A Place To Play.**  
 Dennis McCarthy in the Journal of Education.  
 Plenty of room for dives and dens,  
 (Glitter and glare and sin!)  
 Plenty of room for prison pens,  
 (Gather the criminals in!)  
 Plenty of room for jails and courts,  
 (Willing enough to pay)  
 But never a place for the lady to race,  
 No, never a place to play!

Plenty of room for shops and stores,  
 (Mammon must have the best!)  
 Plenty of room for running sores

These illustrations show what is being done to make strong men and women of the attendants of many of the leading schools of Canada. Much good is also being accomplished along this line by the play grounds associations throughout the country.

That rot in the city's breast!  
 Plenty of room for the lures that lead  
 The hearts of the young astray;  
 But never a cent on a playground spent,  
 No, never a place to play!

**The Brave Old Way.**  
 By Joaquin Miller.  
 I say risk all for one warm kiss,  
 I say I care not for the fall,  
 Like Romeo, to venture all,  
 And boldly climb to deadly bliss.  
 I like that savage, Sabine way,  
 What mighty minstrels came of it,  
 Their songs are ringing to this day,  
 The bravest ever sung or writ.  
 Their loves the love of Juliet,  
 Of Portia, Desdemona—yes,  
 The old true loves are living yet,  
 And we, we love, we weep, we sigh  
 In love with loves that will not die.

Then take her, lover, swordsmen hand,  
 Hot blooded and red handed; clasp  
 Her sudden, stormy, tall and grand,  
 And lift her in your iron grasp  
 And kiss her, kiss her till she cries  
 From keen, sweet, happy, killing pain—  
 Ave, kiss her till she seems to die—  
 Ave, kiss her till she dies, then  
 Why, kiss her back to life again.

**The Wife.**  
 The little dreamer in Harper's Bazar,  
 The little dreamer of Maidenhood—  
 I put them all away  
 As tenderly as mothers would  
 The toys of yesterday,  
 When little children grow to men  
 Too-overwise for play.

The little dreamer I put aside—  
 I loved them, every one,  
 And yet, since moonblow, birds must hide  
 Before the noonday sun.

I chose them wistfully away,  
 And give the key to none.  
 O little dreamer of Maidenhood—  
 Lie quietly, nor care  
 If some day in an idle mood  
 I searching unaware  
 Through some closed corner of my heart,  
 Should laugh to find you there.

**In Stokes' Store.**  
 Joe Cone, in New York Herald.  
 A circle gathers every night,  
 Sixty twenty odd or more  
 Around the big, inviting stove  
 In Stokes' grocery store.  
 Nail keeps an' cracker barrels take  
 The place as fine settees,  
 An' here the circle spends its time  
 In loafin' lux'ry ease.

Here's where the farm'n's carried on;  
 Here's where the cords av wood are cut  
 An' where the stock is grazed;  
 Here's where the monstrous claims are dug  
 Instead av 'tising the shore.  
 Great deeds are done around the stove  
 In Stokes' grocery store.

The woman folks around the town  
 'Low of these great affairs  
 Would havy happen close to home  
 They'd all be millionaires,  
 But while they're jugglin' up the coal  
 Or wood from out 'er door  
 These wargrinders all fightin' still  
 In Stokes' grocery store.

The nights they come, the nights they go,  
 Spring, summer, winter, fall,  
 An' still they meet there regular  
 The satcers, one an' all,  
 I'd tell you more av what they do  
 An' raise them fellers o'er,  
 But I must go and take my seat  
 In Stokes' grocery store.

Women over forty years of age,  
 who cannot sleep or rest well at  
 night, should take one teaspoonful of  
 St. Regis Lumbago Cure.

## SEVERE ON ASQUITH

### PREMIER'S NAME HISSED AT WOMEN'S CONVENTION.

Women Clamoring For Enfranchisement Because They Can't Help It, She Says—Mrs. Despard Picturesque.

London, April 26.—Mrs. Sarah Brand made by far the most telling speech, to-day, at the opening session of the International Woman Suffrage Alliance convention in St. James' hall, with Mrs. Carrie Chapman Catt, of New York, presiding.

The reason women were clamoring for enfranchisement, said Mrs. Sarah Brand, was that they could not help it. It was as much a need of nature of the modern progressive woman as it was for the birds to fly or the fish to swim. The movement was altogether evolutionary. Women could save modern civilization. The great business of life was happiness.

Wherever there was competition, she said, there was strife and no happiness. She hoped to see the day when competition would be exterminated and co-operation take its place everywhere.

Lady McLaren pleaded the delegates by pungent irony directed at the prime minister, whose name was hissed. She declared that the majority of the liberal members of the House of Commons, including twelve members of the cabinet, were pledged to be with the suffragists when the new liberal reform bill was brought in.

There were scolding cries at this, but Lady McLaren added:

"Let us not cry out before we are hurt. Wait until the time comes for the pledge to be redeemed. Do you wonder, with the growing tide of sentiment in our favor, that so many of our enemies in parliament are not going to stand at the next general elections?"

Cecily Hamilton, an actress, voiced the adhesion of her sisterhood to the cause of suffrage.

Ida Husted Harper spoke for the American Council of Women.

Mrs. Despard, president of the Women's Freedom League, leader of the militant suffragettes, made an address in a vein of old-fashioned oratory, and as she stood on the platform, with straight falling gray hair, slender form, high Roman profile, and simple Victorian dress, she was clearly the most striking figure of the assembly.

There were speeches by delegates of all the national bodies represented, and two were newly admitted to membership—those of France and Belgium.

Mrs. Millicent Garrett Fawcett presided in the afternoon. Mrs. Fawcett, in greeting the delegates as president of the Union Women's Suffrage Societies, declared that Mrs. Humphrey Ward's statement that the suffrage cause was dead in America was absurd, and cited statistics and other facts in refutation.

Mrs. Catt's physical condition is such that she will be compelled to absent herself from all social functions and take precautions to husband her

strength. She spoke for more than an hour at to-night's meeting, however. Her address was strictly confined to international aspects, and she rejected all requests either to condemn or approve the methods of the militant suffragettes in Great Britain.

She declared that a neutral attitude was the proper one for all the guests of the country, since, she added, "all eyes are upon Europe, where conditions exist such as are found in no other country."

## LIVE STOCK MARKETS.

### The Prices Paid at Various Centres.

Montreal, April 26.—About 986 head of butchers' cattle, 88 calves, 47 sheep, and lambs, and 945 fat hogs were offered for sale at the Point St. Charles stockyards this forenoon. The offerings during the week consisted of 2038 cattle, 2,470 calves, 231 sheep and lambs and 2,470 fat hogs. Trade was brisk with the prices of cattle about the same as on last week's markets, but hogs and sheep were higher than they have ever been on this market heretofore. Prime heaves sold at 54c to 6c per lb.; pretty good cattle, 47c to 52c and the common stock, 34c to 42c per lb. Calves sold at 43c to 48c each, or 3 1/2 to 5 1/2c per lb. Sheep sold at 35c to 7 1/2c per lb.; spring lambs at \$4 to \$6 each. Good lots of fat hogs sold at \$8.25 to \$8.35 per 100 lbs. Mr. J. Jos. Richard bought three choice steers at 6c per lb. and a mixed lot of sheep, mostly yearlings, at 7c per lb.

### Chicago Prices.

Chicago, April 26.—Cattle receipts estimated at 20,000; market to 15 cents lower; beefs, \$4.65 to \$6.80; Texas steers, \$4.40 to \$5.50; western steers, \$4.35 to \$5.50; stockers and feeders, \$4.40 to \$5.45; cows and heifers, \$2.00 to \$3.80; calves, \$4.50 to \$6.00.

Hogs, receipts estimated at 50,000; market mostly 15 cents lower; light, \$6.85 to \$7.25; mixed, \$6.00 to \$7.35; heavy, \$6.00 to \$7.40; rough, \$5.00 to \$7.10; good to choice heavy, \$7.10 to \$7.40; pigs, \$5.65 to \$6.75; bulk of sales, \$7.20 to \$7.30.

Sheep, receipts estimated at 20,000; market steady; native, \$3.60 to \$6.00; western, \$3.60 to \$6.00; yearlings, \$6.00 to \$7.00; lambs, native, \$5.50 to \$8.15; western, \$5.50 to \$8.30.

### Buffalo Values.

East Buffalo, N.Y., April 26.—Cattle—Receipts, 3,500 head; heavy, slow and 10c to 15c lower; others active and strong to 10c higher; prime steers, \$6.35 to \$6.65; shipping, \$5.00 to \$6.30; butchers, \$5.25 to \$6.25; heifers, \$4 to \$6; cows, \$3.25 to \$5.35; bulls, \$1.50 to \$3.25; stockers and feeders, \$4.25 to \$5; steer heifers, \$3.50 to \$4; fresh cows and springers, \$3 to \$5 higher, \$28 to \$65.

Veals—Receipts, 2,600 head; active and steady, \$6 to \$7.50, closing slow at 15c lower.

Hogs—Receipts, 14,400 head; fairly active and 20c to 35c lower; heavy, \$7.55 to \$7.70; mid, \$7.60 to \$7.70; Yorks, \$7.25 to \$7.65; pigs, \$7.10 to \$7.15; roughs, \$6.40 to \$6.65; stags, \$5 to \$5.75; dairies, \$7 to \$7.50.

Sheep and lambs—Receipts, 17,000 head; sheep steady; lambs, 10c lower; handy lambs, active heavy lambs and sheep, slow; lambs, \$4.50 to \$7.40; yearlings, \$6 to \$6.25; wethers, \$5.25 to \$5.40; ewes, \$4.50 to \$4.75; sheep, mixed, \$2 to \$5.

### The Song My Mother Sings.

"It's a song of love and triumph, it's a song of toil and care,  
 It is filled with words of pathos, and it is set with notes of rayer.  
 It is bright with dreams and visions of the days that are to be,  
 And as strong in faith's devotion as the heart-beat of the sea.  
 It is linked in mystic measure to sweet voices from above,  
 And it stirred with rapturous blessing through a mother's sacred love.  
 O sweet and strong and tender are the memories it brings,  
 And I live in joy and rapture to the song my mother sings!"

### Another Pass List.

Final Philosophy—Div. I, D. A. McArthur, Div. II, E. B. Wylie, R. H. Somerville.  
 Intermediate Philosophy—Div. II, A. P. Menzies, Violet B. Graham.

Accidents are often caused by weak ankles and weak eyes. These are a sure sign of kidney trouble (is a dangerous stage) and can be cured by contents of one bottle of St. Regis Lumbago Cure. Half teaspoonful night and morning. For sale at all drug stores.



Two of the foremost American Women Artists who will participate in Plastic Club Banquet to be held on Thursday next in Philadelphia.

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It goes on the good kinds of Shirt Waists, Silk Shirt Waists, Suits, Skirts, Kimonos, Dressing Gowns, Wrappers and White Wear.

It means absolutely dependable fabrics, the best making and trimming, latest styles and the best values in Canada.

We guarantee every garment bearing the "Duchess" label—both to you and to the dry goods store who sells to you.

Dunlap Mfg. Co., Montreal.

**"Duchess" Brand**

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You'll know the difference between good and bad leather, only after you've worn it.

It's then that the inferior leather shows its defects, both in looks and wearing qualities.

When you buy a pair of shoes you are at the mercy of the maker. If he puts inferior leather into them he's going to lose your future trade.

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