

home before seven o'clock and stay away until nine in the evening. What do you think of my plan?"

Mrs. Baker burst into tears, and replied: "I think you are a blessed boy, Fred. I never felt the pinch of poverty in all my life as I did last week. My heart was very heavy, although I tried to be trusting. I said a score of times: 'God will provide a way,' but these thoughts would return: The snow and the cold are here, and I have only a bushel of coal, almost no provisions, and but fifty cents in my purse. Why, Fred, four dollars is more than I can

earn in a week. God bless you, my son! I feel that he has provided a way. I had not thought of your leaving school; you were so anxious to secure an education."

"I was, mother, but I am anxious to secure immediate help for you. I could not go on making fine plans about being able to help you by and by, while you were breaking yourself down to keep a big, strong boy in school. It's right to do the first thing first, Mr. Richie says, 'Mother before books' now."

He was soon ready, and as he stood with his hat in his hand, he said:

"Give me a kiss, mother, to keep me company. The hours may seem long today."

She kissed him fondly and again said: "God bless you," and he went out to undertake his first day's work.—*The World and the Way.*

PRACTICAL HINTS.

Never let a tradesman call a second time for the amount due. If you keep him waiting, and calling again and again, you wrong him. You might as well rob him of his money as of his time, for time to him is money. Is it practically dishonest to do so?

Never try the temper of your friend by sending him a letter which is a labor to decipher. If you cannot write rapidly and plainly, write less rapidly and write distinctly. To waste the time of another through carelessness—is it not positive unkindness?

It would seem as if some persons had forgotten the very shape of the letters. If it is to be so with you, you should renew your acquaintance with them, carefully, until you have overcome your bad habit.

I have heard a friend say, observed Dr. Marther, that there is a gentleman mentioned in the nineteenth chapter of Acts, to whom he was more indebted than to any other man in the world. This is he whom our translation calls the town clerk of Ephesus, whose counsel it was to "do nothing rashly." Upon any proposal of consequence, it was not unusual for him to say: "We will first advise with the town clerk of Ephesus."

Never engage in anything on which you cannot look for the blessing of God. To act independently of Him is practical atheism. To do His will should be your constant aim.

DON'T CROSS YOUR KNEES.

A medical authority has recently uttered a warning against the habit of sitting with one knee crossed over the other—a pose which is nowadays almost as common among women as among men. This apparently harmless habit, it seems, is likely to cause sciatica, lameness, chronic numbness, ascending paralysis, cramps, varicose veins, and other evils. The reason is simple: The back of the knee, it is explained, as well as the front of the elbow and wrist, the groin and the armpit, contains nerves and blood-vessels, which are less adequately protected than in other parts of the body. The space behind the knee contains two large nerves, a large artery, and numerous veins and lymphatic glands. It is the pressure on these nerves and vessels which is apt to give rise to the various troubles against which we are warned.—*Harper's Weekly.*

The most respectable man in the community who has not done his whole duty in everything is as certainly in the wrong way as the most reprobate and vicious sinner.

SUGGESTIONS.

If a double layer of brown paper is put under oilcloth on shelves or tables, it will wear three times as long as if laid directly on the wood.

Boiled starch is much improved by the addition of a little salt or dissolved gum arabic. A useful thing to remember is that the iron will not stick to the clothes if the starch used has been mixed with soapy water.

To ward off a cold, first bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water every three hours. Fourth, inhale ammonia or menthol. Fifth, take four hours' exercise in the open air. A ten-grain dose of quinine will usually break up a cold in the beginning. Anything that will set the blood actively in circulation will do it. But, better than all if your cold is inveterate or serious, consult your family doctor, and at once.—*The Household.*

FRETTING CHILDREN.

When a child frets and cries almost continuously the root of the trouble in nine cases out of ten lies with the stomach or bowels. Fermentation and decomposition of the food means colic, bloating and diarrhoea—the latter is especially dangerous and often fatal during the hot weather months. Baby's Own Tablets are just what every mother needs to keep her little ones healthy. These Tablets gently regulate the bowels, cure constipation, prevent diarrhoea, cleanse and cool the stomach, and promote sound, natural sleep. The Tablets can be given with safety to a new born babe. Mrs. J. Mick, Echo Bay, Ont., says: "I think Baby's Own Tablets the best medicine in the world for the ailments of little ones. No mother should be without them." Sold by all druggists or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

HOME HINTS.

Roast Beef Gravy.—Put one tablespoonful of beef drippings into a frying pan. When melted, add one tablespoonful of flour, and brown carefully, stirring constantly. Then add slowly one pint of boiling water or beef stock. Boil up once, and season to taste with salt and pepper.

Cocoanut Pie.—Put one pound of shredded cocoanut in a pan with just water enough to cover. Sweeten to taste. Sprinkle a little flour over the top. Set pan on back of stove to simmer until cocoanut is soft. This is enough for two large pies. Line pie plates with undercrusts only.

Apple Pie.—Peel and slice five or six cooking apples. Fill the pie plates lined with undercrust. Sprinkle three tablespoonfuls of sugar over the apples, also a dash of cinnamon. Put half a teaspoonful of butter here and there on the apples. Add two tablespoonfuls of water. Cover with upper crust.

Lemon Pie.—To a pint of boiling water add one small cup of sugar, then stir in two tablespoonfuls of flour, beaten up with a tablespoonful of butter. Set this mixture aside to cool. When cold beat in the yolks of two eggs, the juice of two lemons, and the grated rind of one. The lemon rind is grated off before the lemon is cut. Line pie plate with crust and fill with the mixture. When baked add meringue made of the whites of two eggs.

IF YOU CATCH COLD.

Many things may happen when you catch cold, but the thing that usually happens first is a cough. An inflammation starts up in the bronchial tubes or in the throat and the discharge of mucous from the head constantly poisons this. Then the very contraction of the throat muscles in the act of coughing helps to irritate so that the more you cough the more you have to cough. It is, of course, beyond question that in many cases the irritation started in this way results in lung troubles that are called by serious names. It is in this irritated bronchial tube that the germ of consumption finds lodgment and breeds.

Great numbers of people disregard cough at first and pay the penalty of neglect. Cough never did any one any good. It should be dispensed with promptly. Adamson's Botanic Cough Balsam is a well known remedy, and it is the surest cough cure known to-day. It does not deceive by drug-ging the throat. It soothes the irritated parts and heals them, then the cough stops of its own accord. The action of this medicine is so simple that it seems like nature's own provision for curing a cough. Every druggist has it. 25 cents. Be sure and get the genuine, which has "F. W. Kingsman & Co." blown in the bottle.

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