

THE CHOICE OF WORDS.

"What I admire about Henry is his choice of words," said Jack, looking up from his drawing.

"Why, Jack," said Ethel, with a toss of her head, "I heard him make a slip in grammar only yesterday." Ethel was one of those who notice and comment upon defects rather than merits. Jack's eyes twinkled.

"Henry may not be perfect in grammar—he hasn't had much chance of education—but his choice of words is a different matter. I've never heard Hen-

**BEAUTY OF SKIN
PURITY OF BLOOD**

**Ancient and Modern Ideas on
These Interesting
Subjects.**

UP-TO-DATE METHODS

**For Purifying and Beautifying
the Skin, Scalp, Hair
and Hands.**

Socrates called beauty a short-lived tyranny, Plato a privilege of nature, Theocritus, a delightful prejudice, Theophrastus a silent cheat, Carneades a solitary kingdom, Homer a glorious gift of nature, Ovid a favor of the gods. Aristotle affirmed that beauty was better than all the letters of recommendation in the world, and yet none of these distinguished authorities has left us even a hint of how beauty is to be perpetuated, or the ravages of age and disease defied. Time soon blends the lily and the rose into the pallor of age, disease dots the fair face with cutaneous disfigurements and crimson the Roman nose with unsightly flushes, moth, if not rust, corrupts the glory of eyes, teeth, and lips yet beautiful by defacing the complexion, and fills the sensitive soul with agony.

If such be the unhappy condition of one afflicted with slight skin blemishes, what must be the feelings of those in whom torturing humours have for years run riot, covering the skin with scales and sores and charging the blood with poisonous elements to become a part of the system until death?

It is in the treatment of torturing, disfiguring humours and affections of the skin, scalp and blood, with loss of hair, that the Cuticura remedies have achieved their greatest success. Original in composition, scientifically compounded, absolutely pure, unchangeable in any climate, always ready, and agreeable to the most delicate and sensitive, they present to young and old the most successful curatives of modern times.

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ry use a profane word, nor a malicious one, no, nor even an unkind one, when he can find a pleasant one instead. He has the greatest stock of good-humored phrases, and cheerful proverbs and bracing sayings, of any fellow I know. There isn't any such word as 'fail' in his bright lexicon of youth, 'I tell you, or any such word as 'sulk,' or 'fret,' or 'sneer,' or 'shirk.' Henry keeps the pick of the dictionary in his vocabulary, and nothing else. If everybody's English was as good as his, conversation would be wonderfully improved, to say nothing of conduct."

Jack's laughing comment had a deal of truth in it. There are words we can choose, and use, that will improve ourselves and all around us. The words "courage," "courtesy" and "cheerfulness" are good English for anybody. The single phrases, "I ought," "I can," are invaluable when used frequently. The word "self" needs to be dropped as completely as possible. If we try to drop, also, "I," "me," and "mine," we shall find out some things about the amount of egotism in our conversation that will do us good. Our choice of words has its moral as well as its grammatical side; and, of the two, was not Jack right, and is not the moral side the one to admire?—*Forward.*

THE BOOBY BIRD.

The booby bird, an oceanic fowl, is probably the funniest and most stupid bird in the world. It appears to have a little intelligence as the old extinct dodo had, according to the ancient accounts.

The booby nests on islands far out in the Pacific ocean, and will not stir out of the way when men land there, but remain squatted on the ground, staring at intruders stolidly.

It can fly very well, indeed, and goes long distances, but when sitting on the water it will remain directly in the course of a ship, so that it happens often that a steamer will go clear over a booby that could easily have swam or flown out of the way.

Sometimes booby birds will fly on the deck of a ship and lie there with their legs sprawling under them, making no attempt to rise, as if their bewilderment had quite benumbed their weak intellect.

The booby does not feed its young as other birds do, by carrying food to them in its bill. Instead of this, the booby swallows the food, and then the young bird thrusts its head into the throat of the parent and fishes the food out.

When a shot is fired at a booby bird, it generally falls down flat on the ground and screams pitiably, even if it has not been hit at all; so that it happens frequently that a gunner gathers in entirely unharmed booby birds that have simply been frightened into helplessness.

That Tormenting Cold that made you wretched last winter will not come back if you take Allen's Lung Balsam when your throat is raw and sore. This admirable remedy is free from opium. Take it in time.

A man is good for naught who cannot stand the furnace. Fire purifies gold.

Mirrors are a nuisance in the house of a man whose face is branded with eczema. His own reflection shames him. Let him anoint his inflamed itching skin with Weaver's Cerate and purify his blood with Weaver's Syrup.

THE SALT RUB.

Various sanitariums and private hospitals are using "the salt rub," and it is becoming so popular that some Turkish bath establishments are advertising it as a special attraction. It is just as good for well people as sick ones, is the most refreshing of all the baths and rubs ever invented, only excepting a dip in the sea, and is matchless in its effect upon the skin and complexion. With all these virtues it is the simplest, and most easily managed of all similar measures, and can be taken at home easily. Put a few pounds of coarse salt, the coarsest you can get, sea salt by preference, in an earthen jar and pour enough water on it to produce a sort of slush, but not enough to dissolve the salt. This should then be taken up in handfuls and rubbed briskly over the entire person. Of course, it is better to have it rubbed on by another person, but any one in ordinary health can do it for herself or himself very satisfactorily. This being done, the next thing is a thorough douching of clear water, perfectly cold, and a brisk rubbing with a dry towel. The effect of elation, freshness and renewed life is felt immediately, and the satiny texture of the skin and increased clearness and brightness of the complexion swell the testimony in favor of the salt rub.

THE ILLS OF CHILDHOOD.

Every child in the country needs at some time or other, a medicine to correct the ills incident to childhood. If Baby's Own Tablets are kept in the house and occasionally given to the little ones they will prevent illness and make the little one rugged, strong and cheerful. Mothers should insist on having this medicine because it contains no opiate or harmful drug, and children take the Tablets as readily as they take candy. If you have a neighbor who has used the Tablets ask her and she will tell you what splendid satisfaction they give. Here is what one mother, Mrs. Wm. Sinclair, Hebron, N. B., says: "I have used Baby's Own Tablets with so much satisfaction that I do not feel safe when I have not got a box in the house. I am sure that other mothers will be quite as well pleased with them." You can get the Tablets through your druggist or by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

HOME HINTS.

To tighten cane-seat chairs, turn the chairs bottom upwards and wash the cane work thoroughly with soapy water and a soft cloth. Let them dry in the air, and unless the cane be broken the cane bottoms will be as firm as new, and they will retain their fresh and new appearance longer than many housewives would expect.

During rainy weather the best of boots will hardly resist the damp, and damp feet are generally the original cause of most troubles. But there is a very simple remedy for this only too prevalent discomfort. Just ask your butcher to oblige you with a sheet of "vegetable parchment" paper he is in the habit of using, and two layers of it made into the shape of the boot soles will keep the feet perfectly dry in even the wettest of weather. It's far before cork.

If we were called to suffer more for our faith, we would be worth more to the world.

CROUPY COUGHS OF CHILDREN

The tendency to croup is a foe that all parents have to fight. Croup comes in the night when the help must be right at hand if it is to be helped at all. Adamson's Botanic Cough Balsam is a blessing to all families where there are children subject to attacks of croup or any mean cough. It has a wonderful reputation for its efficiency and fully deserves it.

You cannot tell what night your child may wake up choking to death with croup. In such a case what do you do? Send for a doctor and wait an hour, or perhaps two hours, while the child is gasping for breath? How much simpler were the true specific for croupy coughs and all throat troubles is right at hand. Indeed, no other way is safe with young children in the house.

Adamson's Cough Balsam is a most delicate medicine for children, relieving the little throats at once. Its action is soothing and certain. It clears out the phlegm, which produces the croupy condition, and is a safeguard which no mother who knows about it will dispense with. All coughs and inflammation of the throat or bronchial tubes are cured by the balsam with promptness that surprises. All druggists sell it, 25 cents. The genuine has "F. W. Kinsman & Co." blown in the bottle.

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**JUST A COLD
SETTLED IN THE KIDNEYS,
BUT IT TURNED TO DROPSY.**

IT WAS CURED BY

**DOAN'S KIDNEY
PILLS.**

Read of This Wonderful Cure.

**It May Do You or Your Friends Some
Good to Know About It.**

Miss Agnes Creelman, Upper Smithfield, N.S., writes:—About 18 months ago I caught cold. It settled in my kidneys, and finally turned into Dropsy. My face, limbs, and feet were very much bloated, and if I pressed my finger on them it would make a white impression that would last fully a minute before the flesh regained its natural color. I was advised to try DOAN'S KIDNEY PILLS, and before I had used half a box I could notice an improvement, and the one box completely cured me. I have never been troubled with it since, thanks to DOAN'S KIDNEY PILLS.

Price 50c. per box, or 3 boxes for \$1.25; all dealers, or The Doan Kidney Pill Co., Toronto, Ont.