

MISTAKES I MADE

By a Young Wife

It is extraordinary how the "contracting" habit grows on one. I made the mistake of letting it become chronic before I realized that I was suffering from it at all.

I began it just for the sake of an occasional friendly argument with Ned. It seemed so silly to be always agreeing; but in time I found that it was far sillier to be always disagreeing.

It is extraordinary how easy it is to take the other side whenever anything crops up which leads to discussion. And it is amazing what a disagreeable individual one becomes in the taking thereof. I found myself growing a positively quarrelsome person before I pulled myself up short; then I discovered that it is much more restful not to argue unnecessarily.

There is quite enough wear and tear in life without voluntarily adding to it in this way.

CHEAP FLOWER-POT COVERS

Take a piece of very stiff cardboard about twelve inches wide and twenty-four inches long, bend it gently until the ends meet, then cover sufficiently, and fix together by tacking with needle and thread, or with some quick-drying glue. Get some cretonne to use for the outside, and some plain satin for the inside. Put these in place, and bind top and bottom over the edges of the cardboard with braid or ribbon. Attach a large rosette of heavy ribbon to either side, and finish the edges top and bottom with cord. For smaller flower-pots, cut the cardboard according to size. These covers are very handy for slipping over unsightly pots, the pots being stood in saucers, which the covers will also hide.

BOTTLED LEMON JUICE

Those who do not use many lemons in cooking think it extravagant to buy them simply to remove stains from the hands, as the lemons soon dry up or go mouldy. Try this way; you will find it most economical: Buy a large, juicy lemon, and squeeze out all the juice. Strain, and pour into a small bottle, and cork tightly. If the hands are stained, or very dirty, pour a little juice into the palm, and rub the hands well all over, into the nails and finger-tips especially. Let this dry on, then wash the hands in warm water with good soap. You will be delighted with the result, and surprised to find how long the juice will last. The rind can be dried and used as a flavoring for puddings, etc.

FOOD VALUE OF CHEESE

Fresh Meat Has Little More Than Half Its Nourishment

A comparison of the food value of cheese with that of other highly nitrogenous food materials may be of interesting value. No kind of meat excepting dried beef carries such a large percentage of protein as cheese, and as dried beef contains a much greater percentage of water, the other food constituents, apart from the protein, are much less than is found in cheese. Fresh beef as purchased has, weight for weight, little more than half the food value of cheese in either protein or fat, and the same is true of practically all other fresh meats, which have in many cases such a large percentage of water that they are noticeably inferior to cheese in food value. Bacon or pork fat are exceptions, but their food value is mostly in the fat, which can be and is replaced to a great extent by the carbohydrates of vegetables at a much less cost, and sometimes, perhaps, at a benefit to the health of the consumer. Fish and pork each have a notably large percentage of refuse, while eggs have a high percentage of water. To sum the matter up, a pound of cheese has nearly the same food value as two pounds of fresh beef, or any other fresh meat, as food; it is worth as much as or more than a pound of ham, and is more digestible, and it is equal to two pounds of eggs or three pounds of fish.

To Save the Coal

A double grate has been brought out in Europe for the economical consumption of low-grade coals, the hot air from the upper grate driving the smoke and gases down into the fire at the lower so that they are almost completely consumed.

No Sulphur Matches

The importation of sulphur matches has been prohibited by the government of India.

Electric Cookers

Seven hundred to 1,000 electric cooking ranges are sold annually in the United Kingdom.

New Door Bell

Turning the knob ever so little rings a hidden bell in a new lock for residence doors.

Magnetic Sewing Machine

Electro-magnets operate a new sewing machine without the use of internal shafts and gearing.

TO CLEAN GILT

The following method is excellent for cleaning discolored gilt or brass ornaments. Dissolve a piece of soft soap about the size of an egg in a pint of hot water, and add a tablespoonful of ammonia. Carefully wash with a cloth wrung out of this mixture, rinse with cold water, and dry with a soft cloth. You will find that the stains will disappear like magic.

TO WASH BLANKETS

When washing blankets for the first time, we always steep them over night in cold water in which a handful of borax has been dissolved. They are much easier to wash when treated in this way than if put straight into suds.

CLEANING TUMBLERS

Tumblers which have been used for milk should always be rinsed in cold water before they are washed in hot. When this is done the milk does not stick to the glass, and there is no danger of their looking cloudy.

HAND RAILS ON LADDER

Give Persons Sure Footing in Ascending to Top Steps

People who have had occasion to use tall stepladders know how difficult it sometimes is to keep their footing in ascending to the top steps particularly if they have a bucket or some other burden in one hand. An Indiana man has designed a pair of hand rails for ladders which effectively overcome this. Along the upper part of the sides of the ladder are attachments,



on each of which swinging arms are pivoted. To these arms, in turn, railings are pivoted so that when needed the railings can be pulled out to form a guide and support to a person ascending the steps, and when not needed they can be folded in along the sides of the ladder. Painters or paperhangers will find this attachment a great help and need not worry about a tumble. Housemaids, too, will be able to climb to the top of the ladder and wipe the ceiling without any further excuse.

AN ALL-BLACK HOLIDAY

How the Nations of the Rand Enjoy Their Spare Time

Perhaps it may interest readers to know how the natives on the Rand enjoy themselves in their spare time, and how curiously they conduct themselves on holidays.

Every Sunday morning they gather together at some appointed place—usually one of the mines—and prepare for their weekly march out. (I have seen as many as six hundred at one meeting). They are all dressed very funnily. Some have soldiers' old jackets; others old football jerseys; while others, again, wear little more than their smiles!

Most of them have an instrument of some sort, including cheap concertinas, melodions, tambourines, tin-whistles, and other such classical instruments. Those who cannot afford the luxury of an instrument commence to "sing." The terrible din when they all start playing different tunes at the same time can be imagined! They march for miles in this manner through the open veldt, and return in the afternoon, highly delighted with their outing.

The Kaifirs are a very happy-go-lucky class of people. Nothing seems to worry them, and they do not believe in too much work. They may work for about six months in one of the mines, save up most of their pay, and go home to their kraals for the rest of the year.

ELECTRICITY AND BEAUTY

The Electric Age Will at Least Add to Cleanliness

It remains for the philosopher to decide whether the natures of men and women as they exist in the electric age will be finer or less fine than those that were bred in days of greater simplicity, harder work, and less luxury. But this one can say with certainty, that much of the squalor and filth, the dirt that makes both buildings and people unseemly and hideous in our great cities, will have disappeared, and their smoky dens will have become as clean and whole-

WOODSTOCK SCHOOL OF MUSIC

The most successful Music School in Canada

THE WOODSTOCK SCHOOL OF MUSIC was started by Mrs. Adney simply as a Name under which the secret of work of the most successful teacher of music in this Province might be extended. We shall not here refer to the course of study offered, except in a passing way, but to those more personal matters which so far outweigh all other considerations as to make the list of truly successful schools of any kind very few in number. It is altogether a matter of the TEACHER.

The secret of Mrs. Adney's widely known success is that resolved upon having the best instruction at any cost she had the wisdom to select or the good fortune to be directed to the BEST TEACHERS IN AMERICA, and has the faculty of imparting what they taught her. William Mason was our greatest teacher of Piano and admitted as the equal of the best of Europe. He was a pupil of the immortal Liszt. Her lessons, over an extended period, were cheap at six dollars apiece. Previously, she had instruction from Gonzalo Nunez, a distinguished graduate of the Paris Conservatory, where Prof. Le Couppey was instructor on Piano. This world's greatest music school also perpetuates the musical theories of Liszt. These ideas lead to a technique in contrast with that of the dry, mechanical German technique. We criticize German execution, not German music. The influence, however, of this nation of musicians is such that their "method" is the one nearly everywhere met with. Combining Mason's "Touch & Technique" with the thus rarely taught "Conservatoire method," it is worthy of note that Mrs. Adney's steady use of "Le Couppey" has exhausted the American edition, and a new one is being printed for her use.

In Voice, Mrs. Adney was in a sense almost equally fortunate. After some instruction from a famous (that is to say, well advertised) teacher, whose method was not as great as his celebrity, nor his charges, she took lessons under Mr. A. A. Pattou, a distinguished French singer and teacher, who with the finest credentials that could be offered, came to New York to make his debut where German influence controlled everything. He had abandoned his intended career in Grand Opera, and retired to the routine work of a teacher. Later he came to the N. Y. Vocal Institute, under the talented Mr. Tubbs, editor of The Vocalist, and derived many valuable lessons from him, which have proved of great value here. So it happened that, by accident or otherwise, Mrs. Adney acquired the method of the great Garcia, and the almost equally famous Shakespeare—the only true method of voice production that which has produced the great singers of Italian and French Opera.

When deciding to carry on her well known private work in Piano, Singing, Musical Theory, etc., she was at the head of this section, it was with the idea of extending its scope as opportunity might offer. It did not occur that Woodstock could not maintain a Victoria Conservatory of Music, which during her three years of establishment became an institution of such recognized importance in the music world of Canada, that a new institution entitled "Musical Toronto" gave her and her work extended space. Perhaps it was because she had been, and was, solely instructed by her, went to the Toronto College of Music and in the same year took the Gold Medal in Piano, and other pupils sisters, one fifteen and one thirteen years of age, after studying with Mrs. Adney entered one of the most Conservatories in Europe and began immediately to play in public recitals. The head master writing to her parents said "they have had the perfection of piano forte training and are artists already." Today her work has become so well recognized in the United States, that she has been invited to become a member of the International Musical Society, formed thirteen years ago by the very leading musical professors and patrons of the world, and only seeking membership of those identified with "advanced musical research and its results."

There is a point relating to "Diplomas," "Graduation," etc., upon which Mrs. Adney needs again to remind the public. Except for theoretical studies such as harmony, this school gives no "Diplomas," has no "Graduates." In all practical, artistic work, the only test of proficiency recognized among artists is that of the actual work itself, except for the degree of Doctor of music, for which only the masters ever qualify, and which is recognition of exceptional proficiency and musical learning. For all others the only recognized test is ability to perform, from memory, to say, two recitals, a program of pieces of certain grades of difficulty, one of ordinary music, and one from the representative works of the great Masters. The program itself is the "certificate" and no teacher of high standing ever offers anything else; and whatever institutions hold forth as an inducement the prospect of a "Diploma" for a certain length of time in study, it may be taken as certain that the actual teacher is indifferent—any person whom the institution finds convenient from time to time to employ. Even a school or institution becomes famous only through some exceptional TEACHER in it. An artist of real distinction offers only his program: no one asks or cares WHAT school he studied at, but who was his TEACHER. The aim of this school is not to grind out graduates with diplomas; we offer the best musical instruction, in our lines, that can be obtained in the Maritime Provinces, if not in Canada, and better than will be obtained by going to any but the few greater masters in the large cities of the United States.

Thus Woodstock offers advantages for musical study that one may go to any city in Canada, or to New York or London, and perchance not get. Mrs. Adney did not in the first instance select Woodstock as furnishing the full scope for her exceptional talents as a teacher, but she has made it and the work done here by pupils who are now successful teachers in various parts of United States and Canada, a credit to Town and Province. Harmony, History and Theory of Music taught in classes which are free to pupils of the school. Ensemble classes taught by Mrs. Adney are also free. Prospectus on application.

some as a country villa; trees will grow in our city streets, and if environment counts for anything in the development of the human being, one may say without much doubt, the people will be a brighter, happier, and less sordid race than they have been under the domain of steam and coal. It is to electrical engineering, we believe, that one must look for much of the progress we hope for in the beautification of our towns, the preservation of our buildings, and the reduction of useless labor, and if some of the eerie mystery of a dimly-lighted street disappears, and the more garish blaze of an electric-lamp shining on a clean and brightly-lighted street takes its place, it is the artist who must weep and the common man who must rejoice.—Railway News.

FOR VALOR

Various Methods by Which Nations Reward Great Bravery

As is well known, Britain decorates her soldiers with the Victoria Cross for conspicuous acts of bravery on the field of battle.

But most other countries have similar rewards for valor.

France confers her distinctive badges in the fairly familiar form of the Legion of Honor.

Germany is proud of her Iron Cross; while Austria confers her Ancient Order of Maria Theresa on her heroes. Russia distributes her Cross of St. Vladimir sparingly to her gallant soldiers.

Denmark has one of the most illustrious orders of chivalry, the Order of the Elephant, which ranks as high as our own Order of the Garter.

Sweden has her Noble Order of the Seraph, founded in 1220. This order is limited to twenty-three natives and eight foreigners.

Spain is justly proud of her Order of the Golden Fleece, which is, and has always been, most sparingly bestowed.

Italy decorates her most heroic warriors with her military Medal of Merit.

Portugal has the Tower and Sword, a very old order.

Sardinia has a medal for distinguished conduct on the field of battle, and a special military decoration besides for deeds of outstanding courage.

CANADIAN PACIFIC

Direct Short Route

MARITIME PROVINCES

TO

Montreal and West

(DAILY EXCEPT SUNDAY)

Lv HALIFAX, - 8,00 a m

Lv St John, - - 5,45 p m

FAST EXPRESS TRAINS

(BETWEEN)

MONTREAL - TORONTO

DETROIT - CHICAGO

Electric lighted Sleepers. Compartment Cars

W B HOWARD D. P. A. C. P. R. ST. JOHN N. B.

NOTICE.

Will the people please take notice that "I am prepared to FRAME or ENLARGE in both FLAT and OVAL style. Have the best stock of MOULDINGS, MIRRORS, HYMN BOOKS BIBLES, TESTAMENTS and FRUIT PICTURES that I ever had. Also a nice stock of CHRISTMAS MOTTOES. Some new styles.

Henry J. Seeley
Somerville
Car. Co. N. B.

To Rent

TO RENT—From May 1st, the upper story of the Vendome, on Queen street, also the cottage at Maple Shade Farm.

Apply to
Mrs. E. W. Williams
Maple Shade Farm
River Road

WANTED—An industrious man who can earn \$100 per month and expenses selling our Products to farmers. Must have some means for starting expenses and furnish bond signed by two responsible men. Address W. T. Rawleigh Co., Toronto, Ont., giving age, occupation and references.

AGENTS—It's new—your opportunity. We trust you to \$3.00 worth. Starr's Powdered Enamel Repairs chipped and rusty spots on granite. Stops all leaky metal-ware without heat, soldering iron or tools. Agents coining money. Sample with particulars, 10c. Starr. 1910 Monro St., Toledo O., U. S. A.

TUBERCULOSIS cases. Inhaling Aroma Life Balm through holding the tube in the mouth ten minutes four times a day, the breath going out of the nose, will positively destroy every tuberculosis germ, and is absolutely the only means that prevents and cures tuberculosis, catarrh and asthma. See Dr. Wyman, Beechwood, N. B., Canada, t.f.

For Sale

FOR SALE—Everybody should have a copy of that popular war song entitled "Rallying for the Empire." Price ten cents. Address The Colonial Song Agency, Berlin, Ontario.

Wanted

WANTED—A girl to learn type setting. Inquire at The Dispatch Office.

WANTED—To contract for 3,000 cords green wood for winter delivery. Write us for prices on seasoned wood. F. O. B. cars
F. A. CATES & COMPANY,
Main street,
Houlton, Maine.