

printed page are not the only ones that lie before you now; these connings are but discipline for the mind, to clear and strengthen it for the lessons of life coming to you with the later years, and much of your future success depends upon how you do these lessons now in the schoolroom. It is claimed that the main difference between success and failure lies in the amount of energy and promptness each one brings to whatever work he may find to do. This element of success, or the lack of it, begins to show in the earliest years of the child's life. and if taken in the beginning, much may be done to put into action the forces that go to build up the character of the adult. How often do we hear the child say, when bidden to do some little task, "Wait a minute;" or "I'm not ready to do it yet," and the putting off or procrastination grows into a habit which leaves the youth seldom ready to accept the opportunity, or take the advantage offered him; bye-and-bye, he gets to be a man, and he lets occasion and opportunity drift by him, because he has never learned to do promptly and earnestly the task offered him. He "always has bad luck," is always wondering and complaining about his hard fortune, and never seems to realize that it is just because of this habit of never being ready, and having to take whatever he can get, or do without, and, consequently doing his work in a half-hearted, indifferent manner, which marks him for the first, when any discharges are given out.

I wish you would think of this, and ask yourselves if you are doing the best you can to make a success of yourself. One of our best writers has said: "Success of the real kind is always in the man who wins, not in the conditions; no man ever suc-

TIRED BRAIN

means that you are losing control of your will power; it is difficult to concentrate your thoughts; you are forgetful, languid, nervous, irritable. Refresh your tired brain with Dr. Miles' Nervine, which will soothe, feed and strengthen the exhausted nerves, and renew your brain power. The first bottle will not fail to help you; if so, your druggist will return your money.

ceeds by accident; no great things are Many women are given employment as rangements can not take the fruit ever done by chance, and to win any- regular staff writers on the metropolithing worth having, a man or woman tan dailies and popular magazines, must pay for it in character, work and energy. Men fail, as a rule, because they will not pay the price of the thing they want; they are not willing there is room at the top; but in most to work hard enough, endure enough, or put themselves heartily enough into what they are doing to insure success. The only road to advancement is to do the work in hand so well that you are always ahead of the demands of your position, and let your work push you into a higher grade. If you are ready for the call when it comes, the opportunity is yours, and you can- discourage nor depress, however, for not reach success if your hands are even a moderate success in newspaper tied to the beginning because of your work means a good living wage and habit of putting off, or doing poorly. always the chance of advancement Our employers do not decide whether to the conscientious worker .- Ladies' we shall stay where we are, or go on up; we decide the matter for ourselves. We should do our work so well that we cannot be kept back; men who employ are looking for the best, and the best can only be reached through earnest endeavor, and a doing promptly and well whatever comes to field of our lives-that little fringe us to go. The habit of instant obedience and prompt execution is worth more than money to the one who hopes to win in the field of the world."

Apple Jelly

Take nice, juicy apples, remove the blossom end, wash and quarter, but do not core; add enough cold water to the fruit to just cover it, and stew in a porcelain vessel until thoroughly tied loosely over an earthen jar, pour the cooked apple into this and let drain. When it ceases to drip, measure juice, allowing three-fourths pint of sugar to every pint of juice, and boil the juice ten minutes from the first commencing to boil; skim well and put the sugar in, then boil ten minutes longer and skim again. Just before it is done add the strained juice of one lemon to each quart of jelly. Set the jelly glass on a folded wet cloth, fill and let stand until perfectly cold, pour over the top one-fourth inch melted (not hot) paraffin to exclude the air; cover and keep in cool, dry

Women In Journalism

The woman journalist, or "newspaper woman," as she likes to be called, is now so well known as a toiler in the realm of woman's work that she and her arduous occupation have ceased to be a novelty. In the days, not so many years ago, when all newspaper work was done by men. the idea of sending a woman reporter out upon an "assignment," especially at night, or when the "story" to be looked, up involved any unusual ef-. not have been considered feasable by well has she proven her ability for the work that there is today no metropolitan paper of any prominence but what counts a number of women upon its reportorial staff. The path which has led to this result has not been rose-strewn, by any means; without exception, the newspaper woman who has gained a well-paid position has earned it by hard, honest work-not always by brilliant writing, for "spacefillers" are not desired in this line of work. Unless a woman is strong physically, and makes up her mind to "suffer all things and endure all things" for her work's sake, she would better turn her attention to some other employment.

Many women who cannot write a satisfactory article themselves are very good judges of others' work, and such is to many people, the juice of a lemon often find the right place in the or orange, or both mixed, taken in a editorial department, where, in time, glass of water, without sugar, will and well-paid positions on the staff. but many who suffer from stomach de- Write today,

while many others are employed as occasional contributors only,

In journalism, as in everything else, instances, patient. painstaking toil brings but small reward, compared with the effort put forth; but this is is but one queen bec in a hive of workers, and in the natural order of things, but few women reach the top round of the ladder of success in journalism. This fact should neither World.

Your Evenings

The chilly evenings of the early autumn bring us to the question, How are we to spend our evenings? Our evenings are the most critical battleof time between the day of work and the night of sleep. With the most of us, employer and employed, these hours are all the time that is absolutely our own; what you do with your day is decided in advance, but by a separate decision, each evening must be taken care of. They are a test of your power of self-direction, as well as of your tastes and wishes; temptations are rife and brazen and persistent in the evensoft. Have ready a thin, strong cloth, ing, especially with the young. What are you going to do with these spare nours? How shall they bear witness for or against you, in the records of time? Can you not write to me, giving suggestions as to what should be done with them, that I may give your plans to others?

For the Complexion

In every case of a poor complexion, the feet require special attention. Soap, hot water and friction should be applied to them daily. Many pay attention to the face solely, and by constant washing and friction open the pores there to the neglect of other the face affords almost the only outlet ty-eight years. or escape to clogging sebacceous matter. If the feet were properly attended to, the blood and its washings of waste would be drawn downward.

The face bath is the first and last with many who suffer from eruptions of the skin, yet many who bathe the body daily are physically unclean; the surface is washed, yet the depths on file in our offices where anyone can are undisturbed. Nothing short of warm water, pure soap and considerable friction with the turkish towel or flesh brush will render one hygienfort on the part of the reporter, would | ically clean. Hard water should not be used on the face; a pure soap, fianany city or managing editor. But so | nel wash cloth and considerable rubbing, followed by a thorough rinsing in clean cool water after which the face should be patted dry with a soft, absorbent towel, will do wonders. This cleansing should be done at night, just before retiring, and after this face bath some simple emmolient may be used, in order to preserve and soften the skin.

It is physiologically criminal to eat when nature hangs out her danger signal in the form of a sick headacne, fermentation, constipation and kindred ills. A day's fast, or two, or three, will often work wonders in the way of eliminating noxious waste, and it is well if the fast be broken only by copious water drinking, either hot or cold as the system seems to demand. If the water alone is distasteful, as it without further stomach troubles, and such should depend on the water diet alone for the aid it will surely bring. -Selected.

Provoking One's Children

Many well-meaning parents "provoke their children to wrath" without at all meaning to do so; they do not realthe case in all classes of work; there ize that, by unreasonable commands, perpetual restrictions, capricious jerks at the bridle alternating with a capricious dropping of the reins aitogether, or by not governing their own tempers, by shrill or stern tones where soft quiet ones would do, by frequent checks and unadvisable rebukes and withholding merited praise, they induce the bursts of temper or sullen refusal to obey for which the parent is guilty, but the child is punished. A sense of injustice fills the heart of the child, and a rankling sense of injustice leads very often to a recklessness. The child becomes discouraged, and when one "loses heart," there will be no more obedience. Many a father drives his son to evil by keeping him at a distance instead of making of him a companion and playmate. Many a mother loses the confidence of her young daughter by treating her loving little confidings with indifference or ridicule.

RHEUMATISM

Cured Through the Feet

housands Are Being Cured at Home Every Month by this New Discovery Which is Sent to Everybody to TRY FREE-PAY WHEN SATISFIED.

The son of S. J. Pearce, health officer of New Westminster, B. C., had rheumatism so badly that he couldn't walk alone. Magic Foot Drafts cured him in a week,

Mrs. Mary Patrick, Watertown, N. Y., for more than a year couldn't get up from her chair. Magic Foot Drafts cured her.

The Drafts curso Z. H. Palmer of parts of the body. The result is that Pittsburg, Pa., who had suffered twen-

H. C. Van Valkenburg, Providence, R. I., writes: "I don't believe any person ever had muscular rheumatism as bad as I nave had it and recovered so quickly, for which I thank your Magic Foot Drafts."

Letters from the above and many thousands of other cured patients are see them.



We want the name and address of every sufferer from rheumaasm. Write us today. Return mail will bring you -free to try-a pair of me famous Magic Foot Drafts, the great Michigan discovery which is curing all kinds of rheumatism, chronic or acute. If you are satisfied with the benefit receives from the Drafts, send us one dollar. If

not, keep your money. You decide, The Drafts are worn on the feet because the largest pores are there; but they cure rheumatism in every part of the body-to stay cured-because they absorb the acid impurities from the blood through these pores, and reach the entire nervous system through the extremely sensitive nerve centers of the feet. Don't suffer needlessly, but send your name today to the Magic Foot Draft Co., XC15, Majestic Bldg., Jackson, Mich. The Drafts, together with our splendid new free book on if faithful to the interests of their em- help to purify the blood. A breakfast rheumatism, will come by return mail. ployers, they may rise to important of fruit alone is often very beneficial, Send no money-only your name.