

marriage, a thousand things draw a woman's heart to her husband; a thousand things estrange him from her.—Selected.

#### Our Lessons

I wish you could all realize that this life is but a school, in which it is intended that we shall learn the lessons given us. Problem after problem presents itself, and if we learn each thoroughly before the next is presented, each will become easier of solution because of the strength the exercise of our faculties begets. If we turn away from any one of them, the next will seem harder, and we may not be able to solve it at all until the great schoolmaster, seeing our defection, turns us back to the slighted lesson, insisting that it be learned, before another can be understood.

Once a lesson is thoroughly learned, we may push it aside with no expectation of its ever being set for us again. The rules it contains may have to be applied to some other problem, but the rule will be ours; we cannot forget it, though we may disregard it. Every sorrow, every pain, every affliction, every petty annoyance, is necessary for our growth and development; every discipline will add to our strength if we so determine it, and every lesson must be learned, whether with smiles or tears. Each one receives just the quantity and quality needed for his or her growth. It is well to feel, when some sorrow overtakes us, that it is but the discipline needed for some development, and to accept the lesson as something intended for our good. Pain and sorrow and discouragement should teach us only an increased love and kindness and charity; should bring us nearer the consciousness of the universal brotherhood which is but another name for the kingdom of heaven.

#### Training the Little Ones

In answer to a query from "A Reader," I copy the following from Good Housekeeping:

"Bedtime should be made happy by talking nonsense to the children and telling them laughable stories. If they have a goody-goody spell then, tell them of their faults and suggest their trying to correct them. Never punish or scold a child in the presence of a third person, for such a course tends to harden them and to crush their self-respect. Tell the children of your own early struggles, and make wrong-doing hard and doing right their trying to correct their faults. Never let a child go to sleep feeling itself unforgiven, and teach it to look on the bright side of things. Get a child's love and confidence and the rest is easy; love can accomplish more than fear. Never give a child what it wants after it coaxes or cries; never make a promise to a child unless you are sure you can keep it, but if, for any reason it can-

not be kept, explain very carefully why, and let the child feel that it is better so. Do not excuse an untruth or a meanness, and do expect to correct their faults over and over again, patiently. Always be ready to praise and appreciate little things; show pleasure when they seek to please, and try not to see everything that is wrong, and in pointing out the faults, seek to correct the principle, and not the particular act of the moment. Do not look for an old head on young shoulders."

These are but general rules; the mother must not forget that each child is an individual, to be studied and dealt with accordingly. Every woman is not so constituted that she may become an ideal mother, and many women cannot be even a passable one, but we must all do the best we can. The woman who toils steadily inside the home, although she may do "only housework," has no more time to teach and train her children than has the one who toils outside, in the workshops of the world. A great deal of blame is laid at the door of the working mother to which she is in no way entitled. It is through her efforts to be all things to her home, husband and children that most women become nervous wrecks before they reach middle age, and physical invalids before even that time. Most of the rubbish about the duties women owe to their homes and their children is written by the proverbial "bachelor's wives" and "childless old maids." The working mother of a lot of little, helpless children does not often have time to air her theories. She is kept too busy applying the "lessons of the hour." Yet it would be well if, on reading these miscellaneous criticisms and admonitions, the wife and mother should seek to apply them to her own case, but she should not feel discouraged if she is convinced that she is doing the best she can under her own circumstances. No one can do better than her best, and our dear Lord requires of one only to earn the praise of having "done what she could."

#### Growing Old Gracefully

No woman, whatever her age, should be blamed for wishing to look her best; indeed, I think she deserves blame if she does not. There are few things which age a woman more than an indifference to her personal appearance, whether of body or raiment. The daintily and becomingly dressed mother, sister, sweetheart or wife, with pretty complexion and glossy hair, is accorded far more respect and admiration than is ever given to the one in ill-fitting black gowns, with frosty hair and sallow complexion, and few things add more to the charms of a woman than a feeling of "looking well" to her friends.

As the years come, a woman should take more and more care of her "looks;" for her duties should grow less and less onerous as her family cares grow fewer, and she should not scruple to employ any aids of the toilet which she finds benefit her. It is said that "happiness may depend upon the shade chosen for a dinner dress or the set of a hat," even though the hair may be tinged with grey; the woman past forty needs all the help she can get from dress, and the one past fifty needs it still more. When "age" becomes an acknowledged fact, richness and elegance of material and plainness of cut and making should be the rule, and if rich material cannot be afforded, there is still neatness and good-fitting to be had, and becoming colors should always be regarded.

To many women, of all ages, con-

sider their choice of color to black. Black is a depressing color either to wear or to see, and it often suits the youthful woman far better than the one who is advancing in years. There are many pretty, subdued and pleasing colors that combine well with the gray hairs, faded complexions and quiet eyes of the really old, as well as the middle-aged. Some shades of brown, gray, or dark blues and greens are peculiarly becoming, while a touch of crimson, or other bright color at the throat or on the headwear is by no means to be tabooed. Some complexions can stand any shade of blue, and a few are really charming in dainty touches of pink. Touches of white combined with black or other dark colors give a peculiar elegance to a gown, and everywhere dainty laces are the acknowledged belongings of the well-cared for grandmother. Let us "grow old gracefully."

#### Floral Notes

If you can give your plants only "living room" facilities, choose easily-grown, good-natured plants that will bear a few hard hits and the oftentimes unavoidable neglect and hard usage which the house-plants of the busy woman must expect. If you cannot give them a sunny window, try the shade-loving kinds. Take your successful friend, or the florist, into your confidence, and don't be ashamed to let them know that you know very little, but are anxious to learn. There is no such thing as luck in the florist's business; it is all close attention and careful treatment. The more you know about your plants and their needs, the easier they can be grown satisfactorily. Children and plants are very much alike—they must be studied individually. And they will talk to you, if you will only try to understand their language.

Your plants intended for your window should have been in the pots for some time, but if you have neglected the potting, do not despair; it is not yet too late. Put your rooted slips in small pots—three-inch pots will do if you will be sure to keep the soil moist, but a four-inch pot is not too large if you are inclined to let them "dry out." We are told that more plants are killed by kindness than by neglect, and one of the too abundant kindnesses is over-watering, which rots the roots. The soil should be kept just moist—not muddy. Many quite large plants may be potted in a four-inch pot, and in order that your plants may bloom, they should not have a large pot—one just large enough to hold the roots comfortably is the proper size for a geranium. Foliage plants require more root-room than flowering plants. It is the nature of all plant life to try very hard to reproduce itself by seed, sprout or otherwise, and when the blooming seed-bearing plant finds that its growth is stopped, it will at once proceed to form flower buds by which to bear seed.

Many pests are brought into the house with the soil while so small as to be invisible, and they become very troublesome unless fought with soot tea, lime water, tobacco tea, or some other destroying agent; but much trouble may be avoided by baking the soil in the stove oven before using it. Put the soil in a big dripping pan, and while heating, in a moderate oven, it should be stirred occasionally. Do not let it bake, but let it get steaming hot—too hot to handle with comfort, then set it away to cool before using. In this way eggs and young are destroyed. It is a good plan to shake the soil through a coarse-meshed sieve.

If you have already availed yourself of the "garbage" hole plan which

#### INTERESTING, IF TRUE

You Can Try It For Yourself and Prove It.

One grain of the active principle in Stuart's Dyspepsia Tablets will digest 3,000 grains of meat, eggs or others wholesome food, and this claim has been proven by actual experiment which anyone can perform for himself in the following manner: Cut hard-boiled eggs into very small pieces, as it would be if masticated, place the egg and two or three of the tablets in a bottle or jar containing warm water, heated to 98 degrees (the temperature of the body), and keep it at this temperature for three and one-half hours, at the end of which time the egg will be as completely digested as it would have been in the healthy stomach of a hungry boy.

The point of this experiment is that what Stuart's Dyspepsia Tablets will do to the egg in the bottle it will do to the egg or meat in the stomach, and nothing else will rest and invigorate the stomach so safely and effectually. Even a little child can take Stuart's Tablets with safety and benefit if its digestion is weak and the thousands of cures accomplished by their regular daily use are easily explained when it is understood that they are composed of vegetable essences, aseptic pepsin, diastase and Golden Seal, which mingles with the food and digest it thoroughly, giving the overworked stomach a chance to recuperate.

Dieting never cures dyspepsia, neither do pills and cathartic medicines, which simply irritate and inflame the intestines.

When enough food is eaten and promptly digested there will be no constipation, nor in fact will there be disease of any kind, because good digestion means good health in every organ.

The merit and success of Stuart's Dyspepsia Tablets are world-wide and they are sold at the moderate price of 50 cents for full-sized package in every drug store in the United States and Canada, as well as in Europe.

I told you about some months ago, you should always have some good potting soil, but if not (and most likely it is "not"), any good garden soil, with the addition of a little sand to render the soil loose, will do for most plants.

Tin cans are not always a success as a plant holder, though many persons have splendid "luck" with them, and many plants do better in them than in porous pots; but very much depends upon the care you give them, whatever they are in. Small wooden boxes do well to winter plants in, and one can place quite a few small plants in one of them and carry them through the winter to be used as bedding for plants next spring.

Over-potting and over-watering a plant is like over-feeding a child. Trouble is sure to result. Until root growth begins and the leaves start, the rootlets absorb but little; the soil sours, and the plant dies.

#### Parsnip Nuts

Mash fine some boiled parsnips until you have a pint; add to this two tablespoonfuls of melted butter, one scant teaspoonful of salt, a little pepper and two tablespoonfuls of milk. Stir over the fire until smoking hot, then add one egg well beaten, mix thoroughly and turn the mixture into a shallow dish and set away to cool. Have a few pine kernels or other nuts shelled, and when the mixture is cold take one nut meat and roll some of the parsnip mixture around it until the size of an English walnut. Roll in beaten egg and cracker dust and cook in hot lard until a nice brown.

#### Without Pain or Disfigurement—Cancer Cured with Oils.

Lebanon, Ore., June 19, 1904.

Dr. D. M. Bye Co., Indianapolis, Ind.  
DEAR DOCTORS:—I am thankful to the Good Lord that I can say your medicine has cured me of the cancer on my nose and also the one on my cheek. I have followed your directions with your medicine until every appearance of cancer is gone. The beauty about your remedy is such little pain produced by the use of the medicine and such a small scar left when the cancer is cured. I had faith all the time I was using your medicine it would cure me. I wish all who are afflicted as I have been knew of your remedy for cancer and that they could have just such faith in its virtue. I want to say, Praise the Lord for Dr. Bye and his medicine.

F. S. DOUGHTON.

(Local Minister of the M. E. Church South.)  
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