hath no strength but that the people n their wills, alone, his will doth live. is one day, this, this, is their one

ill-beloved, the chief American!

In this his strength, and not a million guns. Whose power is mightier than the mightiest crown, Because that soon he lays that power

Whose wish, linked to the people's, shall The force of civic wrong and banded

Whose voice, in friendship or in warning Brings to the nations a free people's word: frowns were in full force as she said,

And, where the oppressed out from the darkness grope.
*Tis as the voice of freedom and of hope. O pray that he may rightly rule the State,

And grow, in truly serving, truly great.

-Richard Watson Gilder, in Collier's

0000000000000000000 THE WHITE LIES S OF JULIETTE

She Points Out the Inconvenlence of Always Telling the

JULIETTE TO HER FATHER. MAR FATHER: No one could possibly feel more keenly than I your reproaches yesterday morning when I was just leaving for Cherbourg with my governess, Miss Harriet, and my little brother Paul. In spite of your having forbidden it, the last thing did before my departure was to brush my cheeks with my powder puff.

This you perceived as you bade m good-by. Caught unawares, I denied the fact as studies as I did energeti-cally, and you did not spare your de-

Your severe remarks touched me deeply, and I shall always remember your injunction to tell the truth and nothing but the truth, no matter under what circumstances.

"Never bandy with words," you said. "Always say frankly and openly just what you think."

Of course I am heart-broken to think that I have displeased you, dear papa, so I immediately made up my mind that the best way to prove my repentance and show my respect for you was to conform blindly to your counsels. This is how I set to work to prac- gible bachelor of the season.

tice them that very day. No sooner had we taken our seats in the train, Miss Harriet, Paul and I, than the guard came to take our tickets. According to your instructions we bought Paul's at half price.

am sure that child ought to pay the full fare," said the guard, "he is certainly more than seven years old." Miss Harriet began to talk wildly But your words were ringing in my ears and I did not hesitate an instant. "He is eight years, old, sir," I said

We paid and the train started. Miss we appreciated her sufficiently. heard your father say the other

needn't deny it, for you can't!" Of course I had to tell her the truth

were a goose." Mercy! That was worse than ever.

She looked at me as if she would like but I think, dear papa, that you had better be on the lookout for another adorned and veiled to a certain extent.

thought of you and did not hesitate to game for my aunt at Cherbourg, and of injury. 14 more francs.

more homely than ever-I am still being perfectly frank, you see-she stand no getting along without them!waiting for us on the threshold of the Juliette. old house which you are so anxious to

"Why didn't your mother come with you?" she asked me at once. "Oh mamma was delighted to get rid

of us so that she could have a good time with papa," I replied, for was it not the truth? 'She is not ill, then?"

"No, indeed."

She did not seem pleased, somehow. I tried to caress her and soothe her.

you?" she said. 'Yes, aunt," I replied.

"As much as your mother?" I was about to tell a lie. Fortunately I remembered your words in time, to a white linen mat, ironed, turned

h, no, indeed, aunt, not nearly so much. "Is it because you think your mother is prettier and more agreeable than I?"

"That is exactly the reason," I re-She frowned at me as blackly as Miss

Harriet had done, but she gave me one last chance to redeem myself.

"I found only yesterday in the pock." last chance to redeem myself. Why, how old do you think I am?"

"Nearly 60, I should judge!" "Little fool, I am only 45," and as she seemed quite inclined to box my other half to the honest finder. ears, I thought it was high time to get the presents that I had brought to sleeve links—are our main finds. It

sent you," I said, as quickly as I could ties for last year showed finds worth set hold of it.

taken for me herself."

"Oh, but she didn't embroider it her self," I said, hastily, for I remembered how pained you would feel at such a departure from the truth; "the walt-ress did the work on it."

Aunt scowled more fiercely than be-fore, and I handed her your box of

"What! From Potin's!" exclaimed aunt, smiling, all her frowns vanishing as if by magic. "His chocolate is always the best, but it is so expen-

This time, dear papa, it concerned you, so I told her the truth at once.
"The box is from Potin's, aunt," I said. "Mamma had it given to her on New Year's Day, but papa got the chocolate at the little shop on our cor-

Aunt looked as if she had a whole thunderstorm inside of her, and the sourly:

"I hoped that your parents would have the decency to come and see me themselves. Your father wants to sell me this house, and as he said he had had it specially repaired for me, perhaps I might be suited very well!"

"How curious!" I remarked, saying exactly what I thought. "There haven't been any workmen here for three years, for I heard papa say so!" "Ah! And do you also know why your

father wants to sell the house?"

I was tempted to be silent, but, in stead, I said, frankly:

"It is too noisy here to be endurable. and, besides, there are stables close by.' I cannot describe, dear papa, the unfortunate effect of these undeniable truths. My aunt left the room hastily and banged the door behind her.

I should have renounced then and there the attempt to be truthful if Gaston de Tournettes had not just that instant tumped from his horse and come hastily into the room. I wished to announce his arrival to my aunt, but he stopped me, saying that he had heard of my intended visit here and had come to see me the instant he knew I had reached the city. • He said that he wanted to speak to me

and not to my aunt. Thereupon he bee gan to say many very pleasant things to me, and finally asked openly if I liked

Ah! My dear papa, if it had been disgreeable to me before to tell the truth, I assure you it was quite different this time.

"Indeed, you please me very much, M. Gaston, and you always have." "Then you are not afraid to become my

flancee? "On the contrary, I shall be delighted to do so," I said, frankly, remembering how you had said he was the most eli-

"And you will love me?" he continued. "I love you already-" But I will stop here, dear papa, for it eems to me that I can see you frowning

this time, and I can hear your voice growling: "Naughty girl! You have said at many impertinent and awkward things as you have told the truth!"

saying that such a remark was absurd. papa. This is all a story that I have to wake them up. made up to tell you.

Paul paid no more than half fare and Miss Harriet is convinced that we could by his mining company to present the none of us get along without her and sultan with untold millions, for pure children. I thought the custom of that we think she is the very salt of the love of the Turkish people, whom they spanking children was an American inearth! The brandy passed the cus- had seen riding and leading camels at stitution, but it is as old as the ages,

interference, and she scolded and splut-tered away until she finally wound up My aunt is delighted with mamma's centerpiece, which she thinks is all her Gold Mining and Smelting company, give it a few with a red hand covered by telling me that she did not think own work, and she is perfectly satisfied and took out a handful of \$20 dollar with soapsuds, and the young Turk box. She will certainly buy the house. And as for poor Gaston de Tournettes,

he is still ignorant of my sentiments! I merely wished to show you, a trifle "He didn't say you were stupid. I maliciously perhaps, but perfectly reanswered, "but he did say that you spectfully, I assure you, that the truth you talked so much about is not always expedient to tell. Indeed, you would the sultan, and to invite him to visit the unique that was showing us around not think it was modest or fitting for a America, and if he would consent to do saved dad's life by pushing him along. to eat me up. She did not say much, lady to issue from her well and travel about through the world without being

You had far better trust to woman's further adventure, except at the customator witching without losing any of her national clare the contents of cont clare the contents of our trunks. I ural grace! Cover her with a little anodyne in the shape of a few innocent lies declare the brandy, the cologne, the and she may journey freely without tear

all the rest of the things. This cost Thus, dear papa, do not scold me so severely another time. I promise that I stock, and he grabbed the paper like an but there were none that dad would will tell only nice, white, innocent little old clothes buyer would grab a dress suit buy at an auction, or at a bargain sale, we at length threw ourselves into the arms of your sister. Thin and bony, that they make life vastly more agreethat they make life vastly more agree- ing to her husband. He also wanted to We passed one woman running an able and easy to live! In fact, there is see the gold that dad had shown as com- American sewing machine, and dad -From the French, in N. Y. Sun.

VALUABLES IN BUNDLES.

Shirt and Waist Jewelry Left in Many Garmente Sent to the Lanndries.

"An L. F. department-a lost and "She wrote me that she was ill. Ah! found department—is essential to all I understand perfectly; I am to have good laundries," said the man at the all the care and worry of taking care collar machine, "and if this departof the children while she amuses her- ment isn't conducted fike clockwork.

trade soon falls off.' He took two handfuls of rough-dried turn-down collars, states the Chicago "But you love me, little one, don't Chronicle, and dropped them in the top of a vertical cylinder. Then he pressed a button, there was a soft whirring round, and out of the bottom of the cylinder the collars tumbled on

> and ready to put on. "So much is lost in the wash," he went on. "That pretty girl over there by the window found in a shirt last week two diamond buttons worth \$1,000. If the owner of the buttons hadn't got them back from our L. F. promptly, think what a bad name he'd realm, and dad said the sultan couldn't

et of a pair of duck trousers a ten-dollar bill. The owner is a millionaire: Again I was absolutely frank and he hadn't missed the bill; when the whatever that is, said just what I thought. telephone he said to credit his laundry account with half and to give the

"Jewelry-studs, collar buttons, is men, rather than women, who lose "Here is a centerpiece that mamma things in the wash. Our L. F. statis-

and the control of th



Cream of the Harem - "Little Egypt" Does a Dancing Stunt-Wives to the President.

BY HON, GEORGE W. PECK. itor of Peck's Sun, Author of "Peck's

Bad Boy," etc.) (Copyright, 1905, by Joseph B. Bowles.) Constantinople, Turkey. My Dear Grocerpasha: When I wrote you last I thought you would be mourning for dad I had a heart to heart talk, and my diplomacy saved us for the time being. I told dad that what we wanted to do was to tell the Turks that dad represented the American people, and had a commu nication to make to the sultan person ally, which would make him rich and happy.

Well, say, they bit like a bass, and the next day they took us before the sultan, at the palace. Dad dug up a package of blank gold mining stock, in a mine that he was going to promote, though the mine was only a small hole



His Folks.

in the ground, and the stock had been offered for one cent a share, the par who got a share for a cent would, when

ery. Dad told his story to the sultan, through an interpreter, while I looked So let me hasten to assure you, dear and tried to think of something to do

Dad said he came right fresh from the toms officers beneath their eyes and the Chicago world's fair, and dad pro- for I saw a Turkish mother grab up a Harriet was not at all pleased with my noses, and they never suspected a thing. duced the stock certificate for 1,000,000 child that had lifted a kitten by the from our mine.

thing in return, but just desired the a language I couldn't understand, but said that President Roosevelt desired Dad started to interfere, because he is him to present his warmest regards to a member of the humane society, but so, an American war vessel would be before the woman got a chance to furnished for him and the white house brain him with the washboard. would be turned over to him for his harem, and dad said the president baggy Turkish trousers, like the be apt to size up for beauty with our meal came along all right they would American women.

ing from the mine, and when dad showed him the yellow boys he took them as souvenirs and put them in his girdle, and then I thought dad would faint, but he kept his nerve like a poker player betting on a bobtail flush.

The sultan asked so many questions about America that I was afraid dad would get all balled up, but he kept his nerve and lied as though he was on the witness stand trying to save his life. Dad told the sultan he was authorized by the American people to inquire into the industries of Turkey, and what he particularly desired was an insight into the harems, as a national institution, because many American people were gradually adopting the customs of the orient, and he desired to report to congress as to whether we should adopt the customs of Turkey, with her dried prunes and dates with worms in, and her attar of roses made of pig's lard: her fez, to cure baldness, and he outlandish pants and peaked red Mo-

rocco shoes, and her harems. The sultan said he would like to us a little bunch of cream of the harem, who would do a stunt in the way of dancing, to celebrate the good feeling of the American people, and the visit of the distinguished statesman and gold miner to his turn his stomach with no cream of the harem, only they must keep their the arm and pulled him along real was recently replaced by a magnifihands off him, and the sultan promised he should be as safe as a "unique,"

Dad and I had hired knee breeches and things of a masquerade ball store, and we didn't look half bad when the growd of shieks and things formed a crescent around the sultan, who sat in a sort of barber's chair with an awning over it, and they sounded a hewgag or something, and about a dozen they were afraid of getting caught in 16 years, gave birth in her time to gretty fine looking females, dressed like a trap, like muskrats, and their nesss no fewer than 55 cubs, which realized the ballet in a vaudeville show, came

mhen Majorities Are Mrong

By DR. FRANK W. GUNSAULUS.

quality of mind. Spiritquality. Majorities are usually wrong on spiritual issues. Because all say so is no sign that it is so. Nothing is more

delusive than the idea that a majority settles a question. The world is full of religious liars, men who are like a watch well made and wound, but whose face and dial hands point to 3:30 at 10 a.m. They were made right and wound right and keep going, but they have never been set right.

Dat stood it first rate until a girl got on the carpet barefooted and began one of those willowy sort of dances and I before this, as there seemed nothing for the Turks to do but to kill us after we had stampeded the sultan and all his soldiers by giving them a university yell, but after we had been confined in a sort of jail over night, dad and | Egypt," but when this dancer waltzed up to dad and wiggled in a foreign language, dad sashayed up to her and I ouldn't hold him back.

He was just getting warmed up to "balance to partners," when a frown came over the sultan's face, and he looked cross at dad, and then the hewgag sounded, and the girls scattered out of c side door, and dad want-ed to follow, but I held him by the coat, and it was over. I think those girls were the only ones in the whole harem that were good looking.

Dad breathed hard a little from his exercise, and said he was ready to inspect the stock, and the sultan detailed a tall negro, with a face dried up like a mummy, and we started out through the harem, dad pulling the long hair on the side of his head over his bald spot, and throwing his shoulders back and drawing in his stomach. to make him look young.

Well, say, there is nothing about a harem, much different from keeping house at home, except that there is more of it. The idea people get of harems is that the women are all young and beautiful, and that they sit around a swimming tank and play guitars and keep the flies off the mar who owns the place, while he smokes the vile Turkish tobacco burning in a jardiniere, through a section of rubber hose, and goes to sleep like a Chinaman smoking opium, and that they drink rare wines and dance with ban-The President Said He Must Bring gies on their legs and ropes of pearls

on their necks and arms.

I have seen alleged imitations of a Turkish harem on the stage, with American girls doing the acting, and value being a hundred dollars, so a man it would make you feel as though you would invest in a harem when you got the mine got to paying, get a hundred dollars for every cent he invested.

Dad filled out one of the stock certificates for 1,000,000 shares, which would who has 40 wives of all ages, from 70 represent a capital equal to all the down to a 16-year-old hired girl, with debts of Turkey, and we went before the a hairlip and warts on her thumbs sultan, and we couldn't have been This harem was like a big stock barn treated better if we had owned a brew- in the states, with a big room to exercise the colts, and box stalls for the different wives and their families to around at the gorgeous surroundings live in and do their own cooking and

Instead of sitting by a bath playing a harp, the poor old wives stand by a American people, and was authorized washtub and play tunes on the washboard, and scrub, and take care of crowd as specimens of gold that came American kid, and then sat down on its knees, so the spanking wouldn't He said our people did not expect any- hurt, and called its mother names in good will of the Turkish empire. He I knew what the child said, by instinct. America, and if he would consent to do saved dad's life by pushing him along,

The women mostly had on these wanted him particularly to impress Zouaves wear, and a jacket, and be in luck. We saw a few women Well, you ought to have seen that pretty white, and they were Circassian sickly looking sultan brace up when slaves, with big eyes and hoops in their dad handed him the millions of mining ears, and a little different clothes on,



He Was Just Getting Warmed Up to "Balance to Partners."

said he'd bet she was an American and he went up to her and said: "Hello, sis!" She stopped the machine. looked up at dad with a sort of Bowery expression, and said: "Gwan, Chauncey Depew, you old peach, or I'll have you pinched," and the unique took dad by we went on making the inspection.

I don't think I ever saw so many beady black eyes that look as though nad the same inquiring appearance, as the sum of £1,400.

in and began to dance before the sul- though the owner was speculating as to how much money the visitors had in their pockets, and whether it was fastened in. Race suicide is impossible in Turkey, but a race of bandits is growing up that will let no foreigners with

a pocketbook escape. It took us an hour to go through the harem, and it was more like going through the quarters of the working women of a home laundry in the tenement district of a large city, than a comic opera, as we had been led to expect by what we had read of harems. When we went into the harem I think dad was going to insist on having the women dance for him, while he sat on a throne and threw kisses at the most beautiful women in all the world, but before we had got around all the box



Of All the Stampedes You Ever Saw. stalls I think if any of them had start-

ed to dance dad would have stampeded

in a body. We finally got back to the great marble room, where the sultan was sleeping in a stuffed chair, surrounded by his staff, and one of them woke him up, and he asked dad what he thought of the home life of a crowned head, and dad said it beat anything he had ever seen, and he should recommend to his governmen that the harem system be adopted in America, and actually the sultan seemed pleased. He said as an evidence of his love for America he wanted to present to the president, through dad, 50 of his wives, and if dad would indicate where he wanted them delivered, they would be there, Johnny on the spot, or words to that effect.

At first I thought dad would faint away, but I whispered to him that it would be discourteous to decline a present, after giving the sultan a gold mine, and that may be the old man would be so mad, if he declined the wives, that he would tie stones to our legs and sink us in the Bosphorous, so dad rallied and said, on behalf of his government, he would accept the kindly and thoughtful load them on the vessel.

dered what I would do with the bag, and blow the bag up, and suddenly burst it, when all was still. So I blowed up the bag, so it was as hard as a bladder, and tied a string around the neck, and waited. I did not think how afraid everybody in these old countries is of

The sultan was signing some papers. eyes, to see if anybody was present who was suspicious, and dad was getting ready to make a salam, and back out of the presence of the ruler of Turkey, when I got behind some of the officials my paper bag on the marble floor, and t was as still as death, and all you could hear was the scratching of the pen, when I jumped up in the air as though I had a fit, and velled "Allah." and came down with my whole weight on the paper bag, and of all the stampedes you ever saw, that was the worst. You know what a noise it makes to bust a paper bag. Well, this was the toughest old bag I ever busted, and it sounded like a cannon fired down cellar somewhere, and the air was full of dust, and before I could get up the sultan had tipped over the table and run yelling into another room, praying to "Allah," and all the staff had lit out for tall timber, and there was nobody left but dad and the unique and myself, and the unique took dad by the arm and started

for the door, and we were fired out. As I went out of the room I looked around, and there was a Turk's head sticking out of every door, to see how many had been killed by the bomb and as we got out doors, dad said: "Now we have to get out of Turkey before night, or we die. Me for Egypt, boy, if we can catch a boat before we are drawn and quartered." So here goes for Cairo, Your only, HENNERY.

Successful Lion-Breeding in Dublin

Few, if any, menageries in the world

can show a more remarkable record of lion-rearing than that of the Dublin zoo. From the old lion-house, which spry, but he hung back and looked over cent building to which Lord Roberts his shoulder at the woman, but she has given his name, lions bred within went on sewing, and dad said to me: its walls have been consigned to al-"Well, wouldn't that frost you?" And most every quarter of the globe. Upwards of 200 cubs saw the light in the old lion-house, and a sum of nearchildren, outside of an orphan asylum, ly £5,000 resulted from their sale to all about the same size and all looking other menageries, both at home and exactly alike. They all had the same abroad. One lioness, whose career in the gardens extended over a period of

HOMEST, PARTEFUL WORK WINS IN THE END.

The "Bketchy" Girl Must Cram for Examinations—She May Get High Marks, But Will Finally Be Distanced by Her More Conscientious Schoolmate — Perseverance Will Bring Even the Dull Girl Its Beward-A Little Study During Holidays Keeps the Mind Facile-Nature Work for Out-of-Doors.

BY MARGARET E. SANGSTER.

(Copyright, 1905, by Joseph B. Bowles.) Examinations loom large in school life, because they are tests of progress. When the school year is at an end, and you look back over its course, as over a journey from one point to another, the examinations stand out in memory like milestones on the road. In some schools there are weekly tests. in others reviews come monthly, and in nearly every school there are halfyearly examinations which very fairly show the work that has been assigned and demonstrate the faithfulness with which it has been done. A student whose work is fairly well

performed every day, who never brings half-learned lessons to a recitation, who never shirks a task or accepts help, instead of working out problems for herself, need have no dread of examinations. They will take care of themselves. But there are girls who have an easy way of slipping through their tasks. who are not at all thorough, nor diligent, and yet who manage to seem prepared when they are just the reverse. I have known such girls, brilliant and superficial. who glanced over their work at the last moment, and hoped for an easy question, or who looked as if they knew so much that the teacher passed them over, and put her query to a as 1 treble). duller girl in the next seat. These sketchy girls when examination time comes are obliged to "cram." They spend frantic hours in making up in a hurry what ought to have been at their fingers' ends throughout the They possibly pass a written term. examination, and send in papers that receive high marks. But in the end they will be distanced by other girls

who were faithful all through. Girls who are merely clever are like merchants who put all their goods in the shop windows, and have nothing on the shelves. Unless we have plenty, to draw from besides what we put in front for the public to see, we shall soon find our working capital exhausted, and our resources hopelessly crippled.

I wonder if you understand precisely what I mean? It is so important that a woman should in these days be equipped at every point, for her home life or her business opportunities, or her profession, whatever it may be, that no girl at school can afford to waste her opportunities. You have been told over and over until the words seem but an idle tale, that you are in life's morning, that these are your best days, and that if you do will never be in your power to retrieve the loss.

Half the time you listen to this sort gift of his highness, and that he would of preaching with bored resignation. cable for a war vessel to take the wives when it comes from parents and to his own America, and he would notify teachers. But, dear girl, it is true. the sultan when to round them up and The mill will never grind again with each wheel, and finish with a row of Well, sir, I do not know what possessed to-day you cannot gain to-morrow. with the cheap chocolate in the Potin gold pieces and showed them to the yelled bloody murder, just like an of the presence of the sultan, but it all is that it is preparing them to take came to me sudden, like an inspiration their places in the world, and to make comes to a poet. I had been eating some the world better in days to come. A fruit that I bought in a paper bag, and girl who does not make the most of when I had eaten the last of it. I won- her time in school will not only be sorry later on, but will be surpassed then I thought what fun it would be to by others less clever than herself, but more conscientious.

> Occasionally one meets a very commonplace woman who has few ideas, no conversation, and very little influence. People pass her by without paying attention to anything she says, bombs, or I never would have done it, and express surprise when told that she is a graduate of some conspicuous college. How did she ever manage and looking out of the corners of his to secure a diploma? may be asked. Well, there may be more than one explanation. She may have done her work mechanically, or she may have had a remarkably good memory, or she may have studied hard for examwho were watching the sultan, and I laid inations and used up her strength too lavishly. Unless one is developed systematically in brain and heart and body, she will have to take a back seat in the audience when others are on the platform, directing the purposes of the assembly. She will be

in the rear, and the procession will finally drop her from its ranks. I want to say something to encourage the dull girls, who have to work tremendously for all they secure. In talking one day with a noted educator, a man under whose eyes hundreds of pupils had passed, and who had made a profound study of the possibilities of young people, I was impressed with something he said. It was this: "I am not very much interested in the clever and brilliant girls who toss off their work as if it were a bagatelle. They may be trusted to achieve some good results, unless they depend too much on their native quickness, or they prove failures. A plodding pupil who has to wage a battle for every inch of ground gained, awakens my enthusiasm and stimulates me to offer all the help that is in me. I love to see the triumph of dogged perseverance when difficulties have thickened

in the way." Perhaps the point made here by the provement upon the meat eating three teacher was to the effect that what we strive for we prize, and also that steady application, with a given object in view, in the long run, is better than swift spurts, with lapses of never be well.

idleness between them. However, we are not all alike. Some of you have one method, some another. Whatever else you leave undone. I beg you never to let a day end until you have finished fully the things that belong to that day. The long vacations which we have ought to be put to good use by school girls, partly in view of next year's work, and partly because it is absurd to drop study wholly for one fourth or one sixth of said to her as though your caller's

other year? Why not and if you have no co cupy you before you per grade, a good plan may be hold of some study that will much out of doors. The wo fields are full of flowers. The Up the hill slopes climb the wild roses, beside the fence blaze the tiger lilies, over the stone wall riots the vine, and every tree and bush a shrub is a whole school of natural his-

There are birds almost without number, there will be moths, beetles, butterflies, crickets and katydids, squirrels will frisk among the boughs, and chipmunks play hide and seek among the leaves. Do not lose sight of the interesting things that are all about you out of doors.

Whether you pass your examinations in school with credit or not, sit down now at Mother Nature's feet and learn of her. Do not be discouraged if you have been surpassed by some body else. Do your best, and icave the rest. If at first you don't succeed, try, try again.

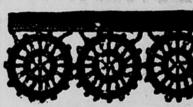
PRETTY CROCHET LACE.

With Revival of This Fancywork, We Present an Unusually Good Design.

Work 6 chain and join into a ring. 1st Row: 6 chain, 1 treble into the ring just made, 3 chain, another treble in same place, repeat from * three times more, 3 chain, join to third stitch of the 6 chain (which will count

2nd Row: 5 in. double crochets under each chain loop.

3rd Row: 5 chain, 1 treble in nearest stitch but one of previous row, *, 2 chain, pass one, a treble in next, repeat from all round, join the last 2 chain to the 3rd stitch of the 5 chain. 4th Row: *, 2 double crochets under



A PRETTY PATTERN. the nearest chain loop, 5 chain back into 5th from hook (picot), 2 more double crochets under the same loop as before, pass to the next loop, and repeat from * all round the wheel.

The other wheels are all worked in the same manner, except that in working the last row one picot is joined to a corresponding one of the previous wheel (see illustration).

The heading is worked after the required number of wheels are joined. , work a treble into the 6th picot from the joined one-counting from not make the most of the present, it will never be in your power to real in the 5th picot, 4 chain, a double crochet in the 5th picot, 4 chain, a double crochet in the 4th picot, 4 chain, a double crochet in the 3rd picot. 4 chain. treble in the next picot, this will leave one picot unworked, pass this and the corresponding one on the next wheel,

the top. FOR HEALTH AND BEAUTY.

Diet Followed in Building Up the System and Looks of Patients Afflicted with Nervousness.

Those who are afflicted with nerves should be given green vegetables, ripe fresh fruits, uncooked, and all their meals are eaten in the open air. Give them hot cooked breads and plenty of things to nourish and feed the nerves. See that they do not go hungry and feed them five times a day.

Nervous patients should be given a great deal of fluid. They usually are people who drink little and need plenty of fruit drinks, one of the best being hot apple tea. To make apple tea, cut up apples and cover them with hot water. When they have steeped pour off the juice and serve it hot with sugar and cream. A better apple tea is made by serving apple

juice with sugar and lemon. Nervous patients should be given water that is not too hot, sweet light wines, unfermented grape juice, and all kinds of things that are healthful and satisfying. The trouble is that the woman with too many nerves invariably does not supply the system with a sufficient amount of fluid and that is why she is so nervous. She should drink pure fresh water as often

as she can do so. If the woman who is alling and nervous will take the milk diet she will get well. Let her procure four quarts of good fresh pure milk. Let her begin in the morning and take & glass of milk every half hour all day, This will clearse her system and purify it, carrying off all the impurities of

the stomach and blood. The milk diet can be taken in a different way. The patient can drink her cup of coffee in the morning and take her chop. But after this one meal she must not take another meal until the next morning. Instead of this she drinks a glass of milk every hour. This is not strictly vegetarian, but it borders upon it and is an im-

The nervous woman requires fuid. and until she learns to take a great deal of it into her stomach she will

A Child's Manners. To teach a child in pretty behavior with the grown folks as it is to teach her to recite bits of French poems. Drill her so carefully and so lovingly that when the matron caller says: "Come here, my dear," or "Is this your little daughter?" she will unhesitatingly advance, put out her hand, say: "How do you do?" smile, and listen to all that is words were words of especial wie