#### THE OBSERVER AND TIMES, TUESDAY, JANUARY 6. 1914. whenes we are it at the Men, Women, and Accrington Our Ladies Page. the Vote. Town Council. PAGE PAGE 1. TRY IT IN YOUR BATH In the Garden. YOUNG FOLK'S Words of Wisdom. APPOINTMENT Ladies' Chain. any reader who is in a difficulty with refer-COLUMN. ence to his garden will write directly to the address given beneath, his questions will all be answered free of charge, in full detail. No man can say in what degree any other and by return of post. (Ed.) By "STELLA." person besides himself can be with strict THE TEA TELLS ITS HISTORY. instice called wicked .- BURNS. MARVELLOUS PREPARATION SCARBOROUCH LILIES. "Sad thing about the lemon, isn't it?" renarked the sugar to the tea one night after the Refreshing as a Turkish Bath. Invaluable for Toilet Purposes. These are beautiful plants for pot culture; Four things come not back to man or Removes Stains and Grease Spots from Clothing. A well-cut, plain skirt in the tailored style is and they flower excellently if properly managed. shop was closed. woman-the sped arrow, the spoken word, is usually loaded with excretory matter and Why, what's happened to him?" asked the the past life, and the neglected opportunity. Allays the Irritation caused by Mosquito Bites. Softens Hard Water. Restores the Colour to Carpets. Cleans Plate and Jewellery. what every girl must needs possess, and the The main point in culture is not to disturb the germs. All foods and drinks should be most girl who would save the cost of making and rigidly protected from dust, whether in the roots when they are once planted, until they He's gone to the bad altogether, you know," It is as easy to deceive oneself without perdo her own tailoring, will be interested in the shop, the pantry, or on the dining room table, attain to such size that they completely use up Of all Chemists, Etc. Price 1s. per Bottle. replied the sugar. ceiving it, as it is difficult to deceive others two corselet skirts illustrated. They are if one would avoid infection and disease. The the soil. Then move into pets only one size Dear me, you don't say so!" exclaimed the without their find it out. SORUBB & CO., LTD., GUILDFORD STREET, LONDON, S.E. ffy must be looked upon as one of the greatest larger. In planting them, see that the tops of -LA ROCHEFOUCAULD. enemies of mankind, and should be kept out Yes, and the grocer threw him away this the bulbs are level with the surface of the soil The plants are evergreen; and they can be car-

of the home and away from all foods and drinks.

> HOT ROOMS. Nothing causes chills more than hot, study rooms, says Dr. Musgrove in "Nervous Breakdowns." We often hear people complaining that they took cold when they came out into the night air. Yet it was not the night air which did the mischief, but the poisonous atmosphere in the room itself, due to the accumulated exhalations of many

of a had atmosphere. The catarrh has ex-

tended down from the nose and throat into

the bronchial tubes, and set up a spasne

which is the source of this distressing malady.

No asthmatic can afford to keep his windows

closed. Whether by day or night, he needs a

A GOOD SHAMPOO.

To cleanse the scalp use an egg; stir the

white and yolk thoroughly together in .

basin, add about one cup of warm water;

mix thoroughly with the egg. and apply it to

the scaip in the same way as soap; after

which rinse out in warm water and dry with

towels, and if possible expose the hair for a

few minutes to the sunshine and pure air,

says a writer in the Family Doctor. If this

treatment is applied about once a week it

will thoroughly clean the scalp, keep the

hair in perfect condition, and prevent the

Do not allow the barbers to injure your

scalp with their so-called hair tonic, and

especially do not allow them to use grease or

hair-oil, as it is no benefit whatever, and

causes the dirt and dust to cling to the hair,

and also soils the bed linen and everything

with which the head comes in contact.

There would not be half so many hald heads

if they would only cleanse the scalp with an

liberal supply of fresh air.

hair from coming out.

egg instead of soap.



"There's one thing, I shall never come to a bad end," said the candle, conceitedly, " for shall be good, and shed light around me to the light grass .- confucius.

Oh, you are matchless," scoffed the vinegar, "and while you remain so you won't be much good to anyone," it added, sharnly,

Always laugh when you can; it is a cheap ried safely through the winter in any light medicine. Merriment is a philosophy not well dwelling room. They must be watered only understood. It is the sunny side of existvery sparingly during winter. ence. -- BYRON.

I counsel thee if thou hast a trusty friend, go and see him often ; because a road which is seldom trod gets choked with bramble and

for about two months, it is astonishing that If you want to be great, be good. Be good more people do not grow them. A strong tuber and while you remain so you won't be much in your work and in your play. Be good in more people do not grow them. A strong tuber of the place and part you now are filling. To be may bear as many as thirty good flowers. The billing interposed the the place and part you now are filling. To be chief enemies of ranunculuses are frost, pov-

EDUCATION ANNOUNCEMENTS. ACCRINGTON. BUSINESS TRAINING COLLEGE, Avenue Parade, Accrington. best set during February. They prefer a light. and, considering their case of culture, and the fact that a bed of them remains in blossom



suitable for cloth, serge or tweed, and are founded on the simplest and most practical lines, and also represent the latest fashions in tailor-mades. Both patterns may be recommended as excellent for everyday wear, and both are quite easy to make up and are economical withal.

Skirt A. is designed to button in front, and meals. Digestion is always best subserved the small back-view shows a little gathering at the waist and a short waist-strap. Buttons the physical processes of our frames are left trim the lower part of the skirt.

Model B. is arranged to fasten at the left ide. The back is eased beneath a wide-waist strap, and buttons trim the skirt right and

#### -+=+-NINTS FOR THE DRESSMAKER.

In trying-on a skirt, always adjust the hips first, fitting the seams into the waist-line at a good angle.

Skirt-seams look well made with "lapped effect;" but if plain seams are adopted the effect is richer if, when they have been opene out, two lines of machine-stitching are run, one on either side of the seam itself In tacking a skirt in the beginning, it is advisable to use coloured cotton that will meals. show up distinctly against the material. The waist of a corselet skirt should be mounted to a wide band of petersham, which can be bought, ready-boned, by the yard Only the top edge of the beiting should be sewn to the skirt; the lower part is left free. Close a skirt with press-stud fasteners, and face what will be the under side of the opening with a piece of material as a foundation for the snap fastenings. The corresponding not grow mouldy and disagreeable, but which enaps should be sewn to the hem of the adjoining gore of the skirt.

lungs, &c. Had the apartment been well ventilated the so-called chill would never have sugar. "but let us tell one another's histories, as good you must be kind, true, and helpful. usual, to pass the time. Supposing you tell us occurred. Most cases of asthma are the result

yours," it continued, addressing the tea. menced at once. "I was born in India, which is the greatest

tea-exporting country in the world, though a peace. good deal of me comes from China too. "Ah, that is why you go so well in cups,

then," said the sugar. The tea looked pleased at the compliment, and Give an opinion about the things you know, delicately flavoured than my valley grown rela- of which you know nothing.

"And did you grow on a high tree, like I interrupted an orange "No," replied the tea, "I am the leaves of a

shrub which grew only about four feet high. I was planted with a lot of others, and when I was old enough I was plucked, and withered in a room heated by hot-air currents, and then crushed and rolled up into a mass; then I was put into another machine, which sifted my fine

enough (I'd turned a copper colour by that time; heavy and the temper sour: was spread on wire travs and dried by hot air which turned me black, and here I am-" and

the tea paused. "Oh, but do tell us, hadn't you any flowers like my tree?" asked the orange again. "Yes: my flowers were round and white,

about an inch broad, and had rather short stalks. but they, of course, are thought nothing of." "And what were your leaves like before they

were gathered?" asked the sugar. "When the Indian girl plucked me I was a quantity of firm, green, glossy leaves, something like those of a camelia. Sometimes I know you keep your orignal

"How is that?"

the tea, good-humouredly

the sugar

# READING AT MEALS.

A very great mistake made by a large colour, for I've seen green tea." remarked the sugar. number of persons-a mistake which leads My green relation grows in the same way to indigestion and all its attendant horrorsthat I do," replied the tea, "but when plucked says Health, is the practice of reading at

ing or fermenting, and with a greater heat; the consequence is those leaves keep their green when the mind is free from care and when colour and----"Oh dear," gaped the pepper: "all this to discharge their work free from nervous very uninteresting to me, for I come from the trammels. It is on the ground of the elevasame land as you do, and so know all about you.

tion of spirits produced by cheerful association with others that "pleasant company" at meals has always formed a condition of social enjoyment.

The stimulus to nervous activity which is thus given acts beneficially on the digestive powers, just as the man who is harassed. worried, and over-excited will not be likely

and footsteps sounded outside the door. to digest or eat a satisfactory meal. The Then the grocer entered to begin the day's habit of reading at meals is to be condemned

erty of soil, and scorehing sunshine. The leaves begin to fade soon after flowering Whatever our station, there will be trials is over, and the roots should be taken up soon

"With pleasure," replied the tea, and it com- to hear and responsibilities to shoulder; and afterwards, the right time being when the commensurate with our bearing of them will leaves part from the roots at a light pull. The be our satisfaction, our happiness, and our i roots are then freed from soil, spread out in the

round again. Unlike some bulbs, these retain The first beginning of culture is humility. their growing power for several years if accidentally or intentionally kept out of the continued: "I grew on the hills, so I am more but refuse to give an opinion about the things ground for more than one season.

#### -MANDELL CREIGHTON.

TARRACON. The green parts of this plant possess a deli

RANUNCULUSES.

the fact that a bed of them remains in blossom

shade to dry, and turned often until dry, and

so fit to store away until planting time somes

These charming and floriferous plants are

The life without regret is the life without cate aromatic odour, and are excellent for gain. Regret is but the light of fuller flavouring salads, vinegar, mustard, pickles, etc. Both tarragon oil and tarragon vinegar wisdom from our past, illuminating our can be purchased, as the plant is extensively future. It means that we are wiser to-day grown for commercial purposes in Southern than we were vesterday. Europe. The seeds of the tarragon produce

It is not great calamities that embitter plants botanically like tarragon, but lacking leaves from the coarse. After that I was spread existence ; it is the petty vexations, the specially valued; and in consequence the true on wooden frames and covered with wet cloths small jealousies, the little disappointments. strain can only be had from cuttings or divito ferment me, and when I was fermented the "minor miseries" that make the heart sions of old roots. Cuttings strike readily if started early in spring. Rather poor and dry

soils in sunny situations are to be preferred To make the best of any given moment of because they bring out the full aromatic quallife, favourable and unfavourable alike; to ity of the plants. Wet ground is to be specially improve that moment, whether it be dealt us avoided. When there is a surplus of fresh from Fortune's right hand or her left, this leaves they may be dried, and will preserve is the art of life and the true prerogative of their flavour well in this way. It is well to move the position of the tarragon hed every a rational being. three or four years.

#### POTATOES UNDER CLASS.

Signs of nobility : never to think of lower-Early dishes of new potatoes are regarded as ng our duties to the rank of duties for a necessity in most large kitchen gardens. everybody; to be unwilling to renounce or to Only early, compact-growing varieties, such as share our responsibilities; to count our previctor and improved ashlead, are suitable for rogatives and the exercise of them among forcing.

A bed, nine inches in depth, of sandy loam soil is essential. The plants are destroyed by How many are constantly complaining of light frost, and thrive best in a medium, cool the leaves are dried at once, without any wither- the work they have to do; the tasks set before temperature, air being freely admitted during them ! Let these be kept from work by a favourable weather. Plants should be grown long spell of sickness, and how gladly they near the glass to ensure as much light as possible. Though the crop must not flag from return again to the bench, the counter, or the lack of water, too close, moist atmosphere is harmful

Select tubers of moderate size, weighing two No man can judge another, because no man or three ounces each, a month before planting. "What a shame to fit it to a tea!" laughed knows himself ; for we censure others but as and pack them closely one layer deep in shalthey disagree with that humour which we low boxes, which must be placed near the glass "Well, I've quite finished my history," said fancy laudable in ourselves, and commend in full light where the sets will be safe from others but for that wherein they seem to frost; and when planting, rub off all the shoots excepting one or two short, robust ones, Single sets are planted in eight-inch pots Good manners disappear in proportion as half-filled with soil, and stood on shelves near the influence of a court and an exclusive the glass, additional soil being applied as a





If the material used is one that frays easily. such as a loosely woven serge, bind the seams. when stitched, with sarcenet ribbon

The tailor's way of finishing a skirt-hem. to face the raw, turned-up edge of material with a narrow band of sarcenet, machinestitching this at both ends. The hem is thus quite neat.

Care must be taken with regard to plackets that a good turn-under is allowed. If necessary, an under-flap must be stitched on to the underside, and a false hem made to the upper one. In order to close the placket neatly at the waist, the petersham belting should fasten with books and eyes, independent, as it were of the skirt material, the overlap of which closes with snap fasteners. -8--

## FOR ROUCH FINCERS.

The bane of the average sewer or embroi derer is the roughened first finger. This is particularly trying when one is using embroidery silks which catch and roughen easily. To keep the hands in good condition, was them carefully before beginning work, and rub off all roughness with pumice stone Then wash off with elder-flower water, which makes the skin soft and smooth.

#### -+=-

# A DRY SHAMPOO.

Coarse oatmeal, scented with ground or root, makes a good, dry shampoo powder. should be throughly well brushed out of the hair-after use. A dry shampoo suits those who take cold easily better than a moist one. When the latter is given, care should always be taken to dry the scalp and hair thoroughly with warm 'towels.

# SAVOURY PUDDINC.

A nice savoury pudding to eat with a joint. same, or poultry, and help eke it out, is made as follows;-

where it has grown to one of actual " and where the reader endeavours " study. to gain knowledge and to eave time at his The solitary eater, if he reads, should read what is light and amusing.

A STRONG PASTE.

Every housewife believes that she knows tow to make good, strong, reliable sticking paste, but it is not every user of the paste who thinks with her. Some home-made paste is most untrustworthy stuff. A paste that will is also strong, may be prepared as follows: Add to every pint of paste (made by rubbing flour up with cold water and then boiling it)

thirty grains of corrosive sublimate, previously powdered; this paste is not liable to the attacks of insects, but is poisonous, so the pot containing it should not be allowed to lie within reach of children or animals.

MUSHROOM POISONING.

# Mushroom poisoning is not an infrequent

occurrence where these fungi are partaken of, mistakes being readily made as a result of confusion between fungi which are harmless and good to eat, and those which are poisonous, says Dr. Wilson in "Before the Doctor Comes." A violent attack of colic accompanied by vomiting and diarrhosa, occurring soon after poisonous fungi have been swallowed, constitutes marked symptoms of this emergency. Insensibility may supervene, with a slow pulse and stertorous

breathing. The stomach should at once be emplied by means of an emetic. The special antidote for mushroom poisoning consists of twenty drops of tincture of belladonna given in water after the active symptoms have subsided. A large dose of castor oil should be given in order to clear the bowels. If symptoms of collapse appear, and beart failure threatens, stimulants may be freely

given, while warmth to the extremities and poultices to the stomach should be applied. NICE DISHES.

SCHWER VEGETABLE PIE .- Take four ounces each of peas, beans, young carrots (cut in slices), young potatoes (cut in cubes), and onions (chopped), two ounces of butter, pepper, sait, chopped parsley, and pastry. Dissolve the butter in a saucepan, add the vegetables, cover, and let all cook till tender, without colouring; add seasoning. Put in a piedish, cover with

work.-Glasgow Weekly Herald

You've given me quite a fit of vawning."

# MOTHER'S STORY.

Dolly and her mother were sitting before the fire. It was just before bed-time-that time which all children love so much.

Dolly had been looking at her books, bet she had got tired of them. She had been playing with her toys, but she was tired of them also, and yet she did not want to go to bed; it was so cosy there before the fire. Suddenly Dolly

And thank you very much." said the sugar.

sweetly. "You've just finished in time, too, for

I can hear the man coming to open the shop,"

Mother, will you tell me a little story before 20 to bed?

And mother thought for a moment, and said : Yes, dear, I will tell you a story. And she began : " Once upon a time there was a little girl who lived in a happy home with her father and mother. She had some nice books, and sometimes of an evening she used to look at them till she was tired.

" And she had some toys, too-a doll, a box of bricks, a set of tea-things, and a lot of other things. And sometimes she got tired of even these. And one evening she was sitting before the fire with her mother, and she didn't want to go to bed, and a'l of a sudden she said: Mother, will you tell me a little story?""

And then Dolly's little face broke into a merry bugh, and she said: "Oh. mother, your story is about me."

-Frank Ellis in Our Little Dots.

### HOW FLOWERS TELL THE TIME.

Hundreds of years ago, before watches and ciccks were made, people used to tell time by means of flowers. Do you know how they did this? By watching them open and close. There are several kinds of flowers that always open and close at exactly the same time each day (the dandelion is one), and not only in daylight but in the night-time, too.

Of course, there are many inconveniences with this system of time-telling. The flowers grow in different places, and one could not always be running about after them to see if they were open. And, too, these flowers are only out at certain times of the year.

They are large circular beds, divided into twenty-four parts, one for each hour of the day and night. Each division is filled with a certain kind of flower. For instance, the tweifth one (that is, the one for twelve o'clock at noon) is filled with goat's beard, which closes at that

intelligent people. Perhaps some of you have seen one of these monster flower clocks. There are a great many flowers that keep regular hours. Here, says "Uncle William" in the Preston Guardian, are the names of some, and the times they open or a.m.-Sow Thistle closes. 2 a.m.-Goat's - Beard opens, 3 a.m.-Ox - Tongue opens, 4 a.m.-Wild Chicory opens. 5 a.m.-Sow Thistle opens.

top-dressing. aristocracy lessons. This decrease can b plainly observed from decade to decade by those who have an eve for public behaviour. which grows visibly more vulgar. - NIETZSCHE.

proper to make, such it makes for itself those things that present themselves to it .- MARCUS ACRELIUS.

our duties .- NIETZSCHL.

field ! Then they understand,

quadrate and consent with us - corros.

When thou hast been compelled by circumstances to be disturbed and troubled, quickly return to thyself and do not continue out of tune longer than the compolsion lasts; for thou wilt have more mastery over the har mony by continually recurring to it .- MAR-CUS AURELIUS.

What a man does, that he has. In him- sowing is that of covering the seeds with self is his might. Let him regard no good as covering of soil twice as thickly as the dia solid, but that which is his nature, and which meter of the seed. This plan does well for must grow out of him as long as he exists. cultures under glass; but out of doors the seeds The goods of fortune may come and go like ought to be set three or four times as deep as summer leaves; let him scatter them on every wind as the momentary signs of his infinite productiveness.-EMERSON.

Cowards die many times before their deaths; The valiant never taste of death but once. Of all the wonders that I yet have heard,

fear : Seeing that death, a necessary end, Will come when it will come.

#### -SHAKESPEARS.

## KEEP A NOTEBOOK.

handle common vegetables and flower seeds in HAVE A DEFINITE PURPOSE. gardeners' flats. These flats are easily han-The men who have become successful are died, and the soil is so shallow that it can be seldom those who had money and influence to kept in uniform conditions of temperature and back them, but those who had nothing to moisture. The seeds of some of the finer and begin with but their strong arms and active rarer kinds of ornamental plants require brains. Developing power rhythmically special treatment. through their use, advancing always, in BONEMEAL. creasing in strength, always with definite Bonemeal is a capital garden manure, and purpose ahead, and always this purpose might, with advantage, be much more extensively used than it is. It consists chiefly of becoming clearer. organic matter (nitrogen and fat), phosphate

Excellent crops are obtained in hot-beds in pits, the sets being planted from twelve to fifteen inches asunder in rows. More soil is added by way of earthing up. Only sets that have been already germinated in boxes as pre-Things themselves touch not the soul, have viously advised should be used for forced and no admission to the soul, and neither turns nor | early cultures. Frames are exceedingly useful move it ; but the soul turns and moves itself for the protection of early outdoor crops, but alone, and whatever judgments it may think the sashes must be removed when the season is sufficiently advanced.

Time of Planting.	Period of Production.
November	FebMarch.
December .	
January	March-April.
February .	April-May.
March	. May

#### SOME NOTES ON SOWING.

Seeds must have a sufficiency of moisture and a suitable temperature in order to germinate properly. The requisite temperature varies, of course, with the kind of seed. The old gardeners' rule as regards depth of

they would be under the rule quoted. The better prepared the soil, and the more carefully it is kept watered, the more shallowly may the seeds be planted. Professor L. H Bailey says in his new 'Cyclopædia of Horticulture": "Better results in germination are so cured when the seeds are sown in a specially prepared seed-bed. The conditions may they It seems to me most strange that men should be better, the gardener is able to protect th young plants from cold and from insects and fungi, and he is enabled also to economise time and labour. In transplanting from the seedbed to the field, the gardener unconsciously chooses only the best plants, and thereby the crop is improved. The seed-bed may be in a forcing house or hot-bed, or in the open. It Every person should keep a notebook. This it is in the open, it should be near the buildwill probably be the greatest incentive to the ings, where it can be visited frequently, and study of humanity and nature one can have. where water may be applied as needed. If the Jot down your impressions of men and bed is to be used late in the season, when the women, scenery, and other matters which soil is naturally dry, it is well to cover it the may interest you. Expatiate on the good or previous spring or fall with a very heavy coattime flowers can keep, "floral clocks" have been bad qualities of those with whom you are made sometimes in public gardens or parks. thrown in daily contact, and profit by their They are large circular beds, divided into or parks. errors, if they make any. And, above all, try to secure an early start. When the seeds are and associate with people a little higher in to be sown, the manure is removed, and the the social world than you are. Never seek surface is then in ideal condition. In the below you for company. Knowledge is ac- handling of young plants in seed-beds one must quired by absorption or association, and you take pains that the plants are not too thick. can acquire a great deal by association with and that they do not suffer for light, else they may become "drawn," and be perfectly worthless. In greenhouses and hot-beds it is well to

of lime, and moisture; and its value varies ac-



Soak some bread in a pint of-beiling water. and allow it to stand until cold. Add two table-spoonfuls of oatmeal and the same quantwo ounces of suct. Season the mixture with

# -+=-TO CLEAN A BLACK SATIN DRESS.

water in which two large, raw, peeled pota- ripe), cut off the tops carefully, take the insides water in which two larget (a pinch of salt out, being careful not to break the skins. Now with a cloth, and iron it on the wrong side. taste, fill up the tomatoes with the mixture, and

# -+=-

REAL BODILY REST.

Bodily rest can only be got by having the muscles completely relaxed. The ordinary sitting position in a chair is not sufficient, at nutmeg, sait, and popper, the yolk of an egg. the lower extremities are still more or less Chop the hearts and livers of the pigeons with rigid, says Dr. Musgrove. The chair should an equal quantity of fat bacon. Mix these with he an easy one, with an extension or a foot- the soaked bread, add salt, pepper, chopped stool to support the lower limbs just a triffe below the level of the body. A better rest fasten them securely, and wrap round them some can be had, however, by lying full length of thin slices of fat bacon. Put them into a baka couch or bed with the arms and legs ing-tin with a very little dripping, and cook -prawling in the manner adopted by the for twenty-five minutes, then take off the bacon tramp when he takes a sleep by the wayside. and let them brown. Take them off the baking-This attitude assures ease, if not elegance, tin and keep them hot. Have ready four square-And it does more than relax the limbs, for it cut slices of bread, fry these in the baking-tin, gives repose to the heart as well. When the and then put them on a hot dish. Split the body is in this position the heart beats more pigeon in halves, put one - half on each crotice slowly than when we are standing, walking, or even sitting.

plaints are more frequent in summer time August and September last began its sittings now .-- Your loving son, Tox." plaints are more frequent in summer time yesterday. The Executive of the Firemen and than in the cold season of the year is the Seamen's Union has decided not to distribute great prevalence of dust and flies, says Good any further "dispute pay" in Dublin, and it Health. Dust is simply dirt, and oftentimes is thought probable that the men will decide the most filths and fatal kind of dirt, and is to return to work.

light pastry, and bake. POTATO PUPPS.-Take cold roast meat, either beef or mutton, or yeal and ham; clear it from tity of flour, and mix all well together. Add the gristle; cut it small, and season with pepper a large onion, chopped very fine, and about and salt, and pickles finely minced. Boil and mash some potatoes, and make them into a paste pepper, salt, and herbs, beat up two eggs, and with one or two eggs; roll out the paste with a mix all together into a stiff batter, which dust of flour; cut it round with a saucer, put bake in a hot oven, in a flat dish, for half an some seasoned meat on one half, and fold the other half over it like a puff; pinch or nick it

neatly round, and fry a light brown. TOMATO SURPRISE .- Take the remains of any

A slightly solled black satin dress may be cold meat, pass it through a mincing-machine; A slightly solled on the right side with then take a few nice English tomatoes (not too Wipe the satin fairly dry mix with the mince, add pepper and salt to some good gravy or butter. Bake in a mode-

rate oven for about half an hour. STUFFED PICEONS .- Take two large pigeons. three onnees of bread soaked and then well squeezed, bacon, two shallots finely chopped.

the beaten yolk of the egg. Stuff the pigeons,

the origin and circumstances of the riot and One of the chief reasons why stomach com disturbances which took place in Dublin in think we will enjoy ourselves. I fill much better

(At 5.30 Dandelions open). 6 a.m.-Hawkweed opens, a.m.-Scarlet Pimpernel opens 8 a.m.-Evening Primrose closes. 9 a.m.-Purple Bindweed closes, 10 a.m.-Sandwort opens. 11 a.m.-Star of Bethlehem opens, 12 a.m.-Goat's - Beard closes. p.m.-Purslave opens. p.m.-Pimperpel closes. p.m.-Marigold closes, 4 p.m.-Erdive closes. 5 p.m.-Mute Lilv closes. 6 p.m.-Water - Lily closes. p.m.-Evening Primrose opens. 8 p.m.-Dandelions close (at 8.30).

9 p.m.-Convolvulus closes. 10 p.m.-Purple Bindweed opens. 11 p.m.-Night Catchfly opens. 12 p.m. (midnight) .- Creeping Mallow closes. You will know some of the above flowers, and if not can find them out and watch them. Or

you may find other time-keeping flowers.

"RECOVERING " ALL RIGHT. The following letter is from a small boy to his mother, who had sent him into the country to recover from an illness:

"Dear Mum,-I forgot to write before. Me and some other boys went out in a boat yesterday, and the boat turned over, but a man got me out alright. This morning we were out for a bike ride, and I fell over and cut me head. And to-The Commission appointed to inquire into night we are going to set light to a havstack and let Mr. --- 's chickens out of their cages. So I

COUSIN KATE

Outlaws held up a train from Peshawar to Calmitta, and shot dead the driver, guard, and fireman. British officers drove them off.

## "SHE SHAPED : I DID."

cording to the treatment the bone has received. 'A man's work in the world looks so much What is known as raw bone is bone which has bigger and more important to a woman than not suffered any loss of its constituents in prober work in the home. And every once in a cess of being fitted for use as a fertiliser. The while even the best of mothers catches her- objection to it for garden purposes is that it soif sighing as she reads or hears of some contains so much fat as to seriously retard its piece of vital work done by a man. That it is decay in the ground. Such bone contains a tremendous privilege and responsibility to about four per cent. of nitrogen and 22 per be doing a man's work in the world admits of Most of the bone used as manure has been no question. But what the woman forgets. previously boiled or steamed in order to free it says the Woman's Magazine, is that it is by from the fat or nitrogenous matter, which both far a greater privilege, and an infinitely possess considerable value for manufacturing greater responsibility, to shape and control purposes. The removal of the fat is, of course, the early influences and the environment that manurially speaking, a benefit; but the nitroare to create the man who is to do the work. gen is the most costly of the three main fer-That greater work doubles the great " worth- tilising elements of manures. It will thus be whileness" of every hour in a mother's life. seen that boiled or steamed bone is altered compared with that of a man. He does what in its composition: and the alteration takes the main form of a reduction in nitrogen and he is created and shaped to do, but the mother great increase in phosphoric acid. Thus the has created and shaped the man to do it. nitrogen is often reduced to 12 per cent., and That is why we hear successful men so often the phosphoric acid increased to 28, or even say : " What I am I owe to my mother; the 30 per cent. credit is hers. She shaped : I did." Steamed and boiled bones are easier to crush

to fine condition, and also yield up their fer-

#### REAL HAPPINESS.

Happiness consists in loving, not in being loved : being loved can only make one conceited and selfish ; love is the true Jacob's ladder that reaches from earth to heaventhe one rope extended to us poor creatures to draw us from the pit in which we are struggling, to raise us above the perpetual changes and miseries of life to a knowledge of

MANDELL CREIGHTON.

municipal strikers at Leeds to cause a sympathetic strike on the part of other trade Beauty and Truth and Purity and Peace .unionists in the city, and a special appeal has been issued in this connection to the carters

tilising elements much more readily.

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