

Men, Women, and the Vote.

PAGE 1.

Ladies' Chain.

By "STELLA."

A well-cut, plain skirt in the tailored style...



Hot Rooms. Nothing causes chills more than hot, stuffy rooms...

A Good Shampoo. To cleanse the scalp use an egg; stir the white and yolk thoroughly together...

Reading at Meals. A very great mistake made by a large number of persons—a mistake which leads to indigestion and all its attendant horrors...

A Strong Paste. Every housewife believes that she knows how to make good, strong, reliable sticking paste...

Mushroom Poisoning. Mushroom poisoning is not an infrequent occurrence where these fungi are partaken of...

For Rough Fingers. The base of the average sewer or embroiderer is the roughened first finger...

A Dry Shampoo. Coarse oatmeal, scented with ground orrisroot, makes a good dry shampoo...

Savoury Pudding. A nice savoury pudding to eat with a joint, game, or poultry, and help eat it out, is made thus...

To Clean a Black Satin Dress. A slightly soiled black satin dress may be refreshed if sponged on the right side with warm water...

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...

Flies and Dust. One of the chief reasons why stomach complaints are more frequent in summer time than in the cold season of the year is the great prevalence of dust and flies...

YOUNG FOLK'S COLUMN.

THE TEA TELLS ITS HISTORY.

"Sad thing about the lemon, isn't it?" remarked the sugar to the tea one night after the shop was closed.

"Why, what's happened to him?" asked the tea.

"He's gone to the bad altogether, you know," replied the sugar.

"Dear me, you don't say so!" exclaimed the tea.

"Yes, and the grocer threw him away this morning with the remark that he was 'the last of a bad lot.'"

"Well, I for one am glad he's gone," remarked the candle.

"Must have been a very light-headed fellow before you time," chuckled the matches too.

"There's one thing, I shall never come to a bad end," said the candle, conceitedly.

"Oh, you are matches," scoffed the vinegar, "and while you remain so you won't be much good to anyone."

"Well, I for one am glad he's gone," remarked the candle.

"I was born in India, which is the greatest tea-exporting country in the world, though a good deal of my countrymen are in the world."

"And what were your leaves like before they were gathered?" asked the sugar.

"When the Indian girl plucked me I was a queer lot of firm, green leaves, something like those of a camellia."

"Sometimes I know you keep your original colour, for I've seen green tea," remarked the matches.

"My green relation grows in the same way that I do," replied the tea.

"Oh, dear," gasped the pepper.

Words of Wisdom.

no man can say in what degree any other person besides himself can be with strict justice called wicked.—BURNS.

Four things come not back to man or woman—the sped arrow, the spoken word, the past life, and the neglected opportunity.

It is as easy to deceive oneself without perceiving it, as it is difficult to deceive others without their finding it out.

Always laugh when you can; it is a cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence.—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 thistle and light grass.—CONFUCIUS.

If you want to be great, be good. Be good in your work and in your play. Be good in the home and in the street. Be good in the city and in the country. Be good in the world and in the life.

Whatever our station, there will be trials to bear and responsibilities to shoulder; and commensurate with our bearing of these; it is our satisfaction, our happiness, and our peace.

The first opinion of culture is humility. Give an opinion about the things you know, but refuse to give an opinion about the things of which you know nothing.

The life without regret is the life without gain. Regret is but the light of fuller wisdom from our past, illuminating our future.

It is not great calamities that embitter existence; it is the petty vexations, the small jealousies, the little disappointments, the "minor miseries" that make the heart heavy and the temper sour.

To make the best of any given moment of life, favourable and unfavourable alike; to improve that moment, whether it be dealt us from Fortune's right hand or her left, this is the art of life and the true prerogative of a rational being.

Signs of nobility: never to think of lowering our duties to the rank of duties for everybody; to be unwilling to renounce or to share our responsibilities; to count our prerogatives and the exercise of them among our duties.—NETSCHE.

How many are constantly complaining of the work they have to do; the tasks set before them! Let these be kept from work by a long spell of sickness, and how gladly they return again to the loom, the counter, or the field! Then they understand.

No man can judge another, because no man knows himself; for we measure others but as they measure us, and as they measure us, so we measure ourselves, and commend others but for that wherein they seem to quadrate and consent with us.—COLTON.

Good manners disappear in proportion as the influence of a court and an exclusive aristocracy lessens. This decrease can be plainly observed from dead to dead by those who have an eye for public behaviour, which grows visibly more vulgar.—MILTSCHER.

Things themselves touch not the soul, have no admission to the soul, and neither turn nor move it; but the soul turns and moves itself alone, and whatever judgments it may think proper to make, such it makes for itself, and things that present themselves to it.—MARCUS AURELIUS.

When thou hast been compelled by circumstances to be disturbed and troubled, quickly return to thyself and do not continue out of the qualities of the complexion; for thou wilt have more mastery over the harmony by continually recurring to it.—MARCUS AURELIUS.

In the Garden.

If any reader who is in a difficulty with reference to his garden will write directly to the address given beneath, his questions will all be answered from columns in full detail, and by return of post.—(E.S.)

SCARBOROUGH LILIES. These are beautiful plants for pot culture; and they flower excellently if properly managed.

These charming and floriferous plants are best sown in February. They prefer a light, sandy soil, enriched with rotted cow-manure; and, considering their ease of culture, and the fact that a bed of them remains in blossom for several months, it is astonishing that more people do not grow them.

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The green parts of this plant possess a delicate aromatic odour, and are excellent for soups, salads, vinegars, and pickles, etc.

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What a man does, that he has. In himself is his might. Let him regard no good as solid, but that which is his nature, and which must grow out of him as long as he exists.

Conards die many times before their death; The valiant never taste of death but once. In the first place, they die when they are hurt; in the second, when they are slain.

KEEP A NOTEBOOK. Every person should keep a notebook. This will probably be the greatest incentive to the study of humanity and nature one can have.

HAVE A DEFINITE PURPOSE. The men who have become successful are seldom those who had money and influence to back them, but those who had nothing to begin with but their strong arms and active brains.

TRY IT IN YOUR BATH.

BY APPOINTMENT TO H.M. THE KING. SCRUBB'S AMMONIA.

Refreshing as a Turkish Bath. Invaluable for Toilet Purposes. Removes Stains and Grease Spots from Clothing. Alleviates the Irritation caused by Mosquito Bites. Softens Hard Water. Restores the Colour to Carpets. Cleans Plate and Jewellery.

EDUCATION ANNOUNCEMENTS. ACCRINGTON. BUSINESS TRAINING COLLEGE, Avenue Parade, Accrington.

BERMALINE BREAD. A Wholesome—and Nourishing Food for Family Use, delicious to eat—and ALWAYS FRESH.

QUINPHOS. TONING UP THE SYSTEM and preventing and curing Neuralgia & Influenza.

BURGESS' LION OINTMENT. A Bed, nine inches in depth, of sandy loam soil, with a covering of straw, or of horse manure, or of light soil, and three feet in a medium, cool temperature, air being freely admitted during favourable weather.

THE QUEEN OF TEAS. Tea is now steadily replacing fermented drink as the national beverage, and there can be no doubt that this is in the interest of the health of the community.

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Accrington Town Council.

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