FATHER KOENIG'S NERVE TONIC

Struck the Right Medicine.

Shipman, Ill., August 17, 1908.
Ten years ago my daughter was taken with nerve disease so bad that she could not walk without falling down and could hardly seat herself at the table, was at times very nervous and could not sleep at nights. We doctored for about 3 years, then we used Pastor Koenig's Nerve Tonic. It had a wonderful effect on her and cured her of all this, we struck the right kind of medicine. MRS. JOHN SMITH.

Grateful.

Anthony, R. I., January 17th, 1908.
I have used 6 bottles of the wonderful remedy, Pastor Koenig's Nerve Tonic and I am now enjoying the very best of health. I suffered from weakened vitality, debility and kindred ailments and had a severe attack of nervousness which left me in a weakened and miserable condition. Gratefully I recommend the remedy to all sufferers and they can refer to me, I will answer all letters. C. J. BUDLONG.

FREE A Valuable Book on Nervous Diseases and a Sample bottle to any address. Poor patients also get the medicine free. Prepared by the REV. FATHER KOENIG, of Fort Wayne, Ind., since 1876, and now by the
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Points For Mothers

Here are ten don'ts that mothers would do well to observe:

Don't yell "shall" and "shan't" and "must" at the little ones or they may wish they had been born before their parents.

Don't tell your children how sweet and good you were as a child, for they may not believe you, judging from their acquaintance of you in later years.

Don't tell the little ones about the early bird and the worm. It's a wormy old chestnut anyway, and, besides, sleep is worth more than worms any day.

Don't hold up some other little girl or boy to your children for them to imitate. They probably know the child better than you do.

Don't send your little ones supperless to bed. If you were hollow you would toss all night.

Don't whip your children. It is barbarous. If you must do something in that line, kick yourself.

Don't lie to your children and then scold them for lying. Remember who was the father of lies.

Don't try to break their wills. Better break their necks.

Don't act as if superintending a gang of Italians when speaking to your children. You may prevent them from admiring you.

Don't fail to consider that a child has feelings of its own which in contrast to your own best are still as unsullied as snow and as fair as heaven. This may make a better man or woman of you.

Baby's Morning Bath.

Some mothers will bathe baby's body regularly, yet not always wash its head. The baby's head should be washed every day, and it is better to do this at first. While the baby is still in your lap, undressed, but covered with a baby's blanket, wash its face and dry it, wash out its mouth with clean warm water or a weak solution of boric acid, wash each eye separately, then soap its head thoroughly, then soap its body, and then, with a firm hold, as follows:

With the palm of your left hand under the baby's back and with two fingers around its arm, with your right hand firmly hold him by the legs; then place him in his bathtub, still supporting his head with your left hand, and with your right hand wash carefully. Do not get the soap in his eyes.

The baby will enjoy this hugely, and even a young baby will splash and think it great fun.

The baby should be dressed quickly, but not hurriedly.

Have each piece of clothing warm, so that the baby will have a warm, cozy feeling after it is dressed.

When giving baby his bath be sure to have everything you can possibly need ready at hand.

Cure For Nail Biting.

Nail biting is a very common habit among children and is often the result of an extremely nervous temperament.

It is a good plan to take such a child to a doctor, who will probably give him a good tonic to brace up the nervous system.

The child should also have pointed out to him how ugly his nails and fingers are getting. Show him how to keep his nails clean and well trimmed and try to induce him to take a pride in them.

A good plan is to interest him in kindergarten work of some kind that will keep both his hands and brain employed. If this is done the chances are that very soon the habit will disappear.

The Truth.

It often requires a considerable amount of mental effort to tell the truth. On no account must a child be allowed to shirk this, and the slightest lapse must at once and on the spot be drastically eradicated by punishment.

One form of untruthfulness arises from inaccuracy of observation. Later come exaggeration and romancing, especially if the first signs are thought to be amusing and are rather encouraged than eradicated. Above all, these children must be taught to observe accurately and to use their senses in the proper manner.

Have Your Sons Taught Dancing.

"I would advise every mother to have her sons taught to dance," says a woman of wide social experience. "Once properly learned it is a thing they do not forget and is such a help to them when they begin to go out. The best thing one can do for a boy growing up is to surround him with nice friends and encourage his both giving and going to parties. A boy also ought to be encouraged to take just a little interest in his clothes. Good clothes help to make good manners, and a well cut garment imparts an astonishing amount of courage."

Value of Olive Oil.

For a delicate child give nightly a warm bath, followed by a gentle, thorough rubbing with warm olive oil all over the body and limbs. This simple, safe, home treatment works wonders if given a fair trial.

A Reluctant Candidate.

During a local election in a German town only one man appeared at the nomination desk.

"Whom do you nominate?" inquired the official.

"Myself," was the answer.

"Do you accept the nomination?"

"Well, no."

The officer laughed and said:

"Then we must try again. Whom do you nominate?"

"Myself."

"You accept the nomination?"

"No."

A subdued "Donnerwetter!" escaped the lips of the perplexed official, but he went on:

"For the third time, whom do you nominate?"

"Myself," came the invariable reply.

"Do you accept the nomination?"

The man rose up, and a smile of satisfaction spread over his face as he answered proudly:

"Having been three times solicited by my fellow citizens to accept the nomination, I can no longer decline to accede to their wishes." He then retired.

The Opal.

In judging an opal color is of the greatest importance. Red fire or red in combination with yellow, blue and green is the best. Blue by itself is quite valueless, and the green opal is not of great value unless the color is very vivid and the pattern very good. The color must be true—that is to say, it must not run in streaks or patches, alternating with a colorless or inferior quality. Pattern is an important factor, the several varieties being known as "pin fire" when the grain is very small, "harlequin" when the color is in small squares, the more regular the better, and the "flash fire," or "flash opal," when the color shows as a single flash or in very large pattern. Harlequin is the most common and is also popularly considered the most beautiful. When the squares of color are regular and show as distinct minute checks of red, yellow, blue and green it is considered magnificent. Some stones show better on edge than on top.—Exchange.

Kept Them Dancing.

A Washington official speaking of blunders in the diplomatic service, told of a mistake committed by an American in Afghanistan. He said:

"This American entertained the shahzada for three days, giving him a very handsome suit of rooms in his house. The morning of the shahzada's arrival the American host visited him in his apartment and was amazed to see the royal guest and his entire staff hopping about the floor in the oddest way. They conversed politely and gravely, but, instead of walking, they hopped, taking great leaps of eight or nine feet. The host ventured to ask the reason of this hopping. The shahzada politely replied:

"'You see, this carpet is green, with pink roses here and there. Green is a sacred color with us, so we are obliged to hop from rose to rose. It is good exercise, but rather fatiguing, I confess.'"

A Lively Office.

In his recollections in Blackwood's Magazine Sir Robert Anderson tells an amusing story of the days when he was employed at the home office. On his arrival one morning at the office he found a note from Sir James Fergusson's private secretary—his intimates called him "Creeper"—announcing that at 3 o'clock precisely an old hat lately the property of the chief clerk would be kicked off from the end of the corridor and requesting the favor of Sir Robert's presence. When Big Ben struck 3, Sir Robert heard Creeper's cheery voice ring out, "All on side, play!" They all turned out and the game began. On emerging from an unusually hot scrimmage Sir Robert became conscious of the presence of a stranger at his side, a timid little Frenchman, who meekly inquired, "Is zis ze office for ze naturalization?" Sir Robert adds, "It was!"

Why He Cried.

The sympathetic neighbor asked: "Is your little brother ill this morning, Johnnie? I heard him crying in the most heartrending manner."

"No, not exactly," Johnnie explained, "but Willie pulled down a jug of molasses on himself in the pantry, and mother has been trying to comb his hair."—Exchange.

Livingstone.

Of Dr. Livingstone it was said by Stanley that the missionary lived for years among the most cruel and ignorant savages in the world, but he never fired a shot in anger, never "clubbed or clouted or banned or blasted." His manner was that of a "cool, wise old man who felt offended and looked grave."

Circumstances Reversed.

Unkempt Smith—Mister, would youse kindly help a poor man as is all in, down and out? Jocular Citizen—Why, certainly. Just climb the fire escape on that skyscraper across the street and walk in on the top floor. Then you will be all out, up and in.—Judge's Library.

It's Good Point.

"But," asked the long haired young man, "is there nothing at all about poetry that you like?"

"Yes," replied Crabbe. "Whenever I see a poem it makes me feel good to realize that there's no law to compel me to read it."—Catholic Standard and Times.

No grip is so hard to shake off as that of early convictions.—Maurice Thompson.

LUXURIOUS BAGS.

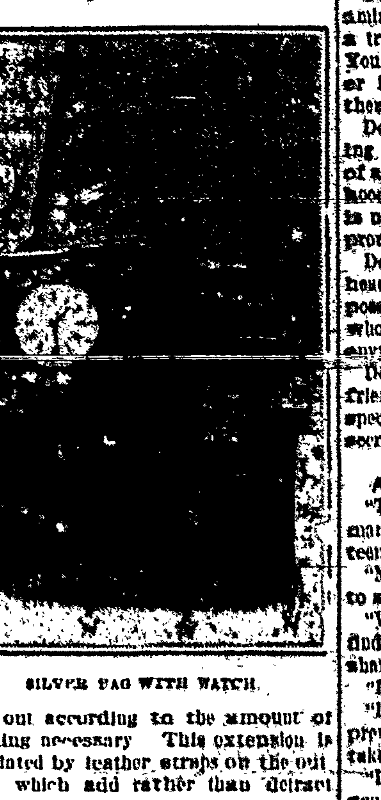
A Collapsible New Dressing and Bag.

The fitted traveling bag is, sup[posed] to be the height of luxury, at [illegible] a[verage] by its cost. The furnishings [illegible], ivory or even gold, combined with cut glass bottles of all sizes. [The] bag themselves are of the finest [illegible] leather or calf, and the outside usually carries the monogram of the owner in small gold or silver letters.

All this is very handsome and very heavy. The weight of the bag before anything is packed into it is enough to daunt a woman with a weak back, though her bag may be one of the smaller sizes.

Since the convenience of having all one's toilet belongings neatly packed in readiness for a hurried trip is evident most women will welcome one of the new bags, which are so built and furnished as to be three times as light as those ordinarily sold.

The bag is a collapsible affair of fine smooth leather, black or colors, that closes up like an accordion. It



SILVER BAG WITH WATCH.

lets out according to the amount of packing necessary. This extension is regulated by leather straps on the outside, which add rather than detract from its smart appearance.

On the inside are mirror, comb, brush, tooth and nail brushes, shoe horn, buttoner, nail file, flask, a bottle or two and a soap box. They are arranged to take up the least possible space and, being made of white celluloid, weigh almost nothing.

The effect of this celluloid, with its black monogram on each piece, is good, and the weight is less than half as much as ivory. It wears well, and the only precaution necessary is to keep it away from a flame, as it may explode. A novelty in the bag line is a new silver mesh model with a watch set at one side of the heavy silver mounting.

HELPFUL HINTS.

A damp room or cupboard may be dried by keeping in it a jar containing quicklime. The lime will absorb the damp and keep the air dry and pure. It must be frequently renewed, as it loses its power.

Eggs are muscle building food and are digested principally in the stomach. They are most easily digested when raw, somewhat less readily when slightly cooked, but difficult of digestion when hard boiled.

The weary woman who wishes to woo sleep successfully should try a scented slumber cushion. Cased in a dainty cover of washing silk, the contents vary from vegetable down scented with lavender to the aromatic hop.

An old proverb says, "Spare the dinner, spare the doctor." Like many other homely sayings, it is to the point. Some of the foremost physicians shake their heads gravely and say, "People eat too much." They have grown into the habit of unquestioningly eating all that is set before them, and then, rather surprised, they resent any reference to this as "overeating."

Few Men In Washington Society.

While the cause of militant woman is advancing so strongly in every direction, it comes almost as a surprise to find mere man still has a value of his own, but signs are not lacking that "the man question" is proving one of the most difficult that Washington society has to face this winter. There is a scarcity of eligible young men, and the dearth is felt nowhere so severely as in that youthful circle which is increased each year by a fresh crop of debutantes. This season's crop has been larger than usual, between seventy-five and a hundred young girls having stepped from the schoolroom to the reception and the ball room in the last two or three months. The situation obviously is serious when, having taken the step, they find no men to talk and dance with. Philadelphia and Baltimore can lend Washington no assistance, for these cities are in an equally bad way. There is a general disposition to blame the departments of war and the navy, for, in obedience to the policy outlined by the secretaries, a sharp check has been placed on wholesale excursions of cadets from West Point and Annapolis, who formerly could be counted on to save any occasion by their presence. The administration, in fact, is at pains to keep its young soldier and sailor officers out of matrimonial temptations, and the Washington girls, therefore, are threatened with rather a dull season.

Young Folks

IN THE SCHOOLROOM.

A Few Hints For Scholars That Should Be Kept In Mind.

Don't be untidy about your dress. Keep your hair neatly combed and your finger nails clean.

Don't use your schoolbooks roughly. Handle them as carefully as though they were to last you a lifetime.

Don't be overbearing toward your teachers nor think it smart to make them dislike you. They are devoting their time in helping you to get an education, the most necessary thing in the world for a boy or girl to possess.

Don't quarrel with your school companions. If a boy or girl shows a disposition to be disagreeable it is wise on your part to give him or her a wide berth.

Don't think that by cheating at examinations you are playing a joke or a trick on your teachers and parents. Your personal education is of far greater importance to you than it is to them.

Don't get into the lazy habit of being the last pupil in the schoolroom of a morning. Habits formed in childhood last during life, and the boy who is not prompt in school will never be prompt in business affairs.

Don't brag or boast if you are at the head of your class. It can do you no possible good and makes those above whom you take rank only hate and envy you.

Don't carry tales from one school friend to another, but learn how to respect a confidence and how to keep a secret sacred.

A Few Sayings of Washington.

"The most certain way to make a man your enemy is to tell him you esteem him such."

"May our country never want props to support the glorious fabric."

"We must take human nature as we find it; perfection falls not to the share of mortals."

"Let us be a nation of [illegible]."

"It is much easier at all times to prevent an evil than to rectify mistakes."

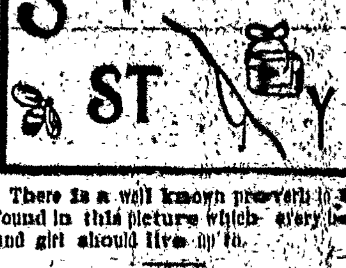
"Let your promotion result from your own application and merit, not from the labors of others."

"The welfare of our country is the great object to which our cares and efforts should be directed."

"Think before you speak; pronounce not imperfectly nor bring out your words too hastily, but orderly and distinctly."

"Speak not evil of the absent; it is unjust."

A Picture Proverb.



There is a well known proverb to be found in this picture which every boy and girl should live up to.

The Bird Sellers.

Arrange the players in a row, leaving two outside. These two represent the bird buyer and seller. Give to each child the name of some bird. One will be a crow, one a crane, others a [illegible], a robin, a canary, and so on.

One bird dealer says to the other, "I wish to buy a bird."

"What kind?" inquires the other.

"A bird that can fly swiftly," says the first buyer.

"Very well. Take what you wish."

"Then," says the first buyer, "I'll take a robin."

So soon as he says this the robin child must jump out of the row and run around, trying to escape. If the dealer catches the bird before it gets back to its place it stays out until the other birds have been selected and caught.

The Elm Incident.

Washington was taking formal command of the Continental army at Cambridge. He crooked his arm, placed his elbow against the historic elm and rested his head on his hand. Then he addressed the ill assorted gathering of patriots. In the midst of his remarks his elbow suddenly glided from the tree and Washington completely lost his equilibrium.

"Why didn't you inform me," said the great general with dignity, "that this tree was a slippery elm?"—Woman's Home Companion.

Trick With a Coin.

Half fill a glass of water and put a dime or a quarter into it. Cover the glass with a plate, upon which place one hand, while you hold the glass with the other. Turn the glass upside down, so that none of the water may escape. Place it on a table, and you will see the coin at the bottom larger than it is in reality and another will appear of the natural size a little above it.

Bad and Good Georgie.

Naughty Georgie Washington—
What do you s'pose he's gone and done?
He chopped his father's cherry tree.
Oh, that was bad as bad can be!

But truthful Georgie Washington
Told his pa what he had done.
[illegible]
[illegible]

ST. [illegible]

[illegible]

THANKS [illegible]
THANKS TO ALL [illegible]

Through the [illegible] Catholic [illegible] enabled to secure [illegible] for Church, Presbytery and [illegible]

We have already built the [illegible] ley and Sacristy, the latter [illegible] we are using for a Temporary Church until sufficient funds [illegible] and to build the Church [illegible] account will our good [illegible] us to go into debt. [illegible] glad, because to go into debt [illegible] mean ruin to this poor [illegible] would undo all the good that [illegible] been struggling so hard to [illegible]

I have no diocesan grant [illegible] ber, and no endowment except [illegible]

Not a great kind of endowment, you will say, good reader! But [illegible] you see, I am by no means discouraged. Much has been accomplished in the past, and much more is about to be accomplished.

I have hope in you, good reader. I greatly hope that you will help me to bring this glorious work, so well begun, to a successful and speedy issue; that you, in your zeal for the progress of Our Holy Faith, will lend a helping hand to me.

This Mission is the sole outpost of Catholicism in a division of the County of Norfolk measuring [illegible] 20 miles. My people are poor [illegible] scattered, consequently the weekly offerings are necessarily very [illegible] We must have outside help for [illegible] present. I am most grateful to [illegible] who have helped us, and trust [illegible] will continue their charity. [illegible]

To those who have not helped [illegible] would say: "For the sake of [illegible] give something, if only [illegible] It is easier and [illegible] pleasant to give than to beg. [illegible] glad hour when I need no [illegible] for a permanent home [illegible] Blessed Sacrament.

Address:—Father H. W. [illegible] Catholic Mission, Fakenham, [illegible] folk, England.

P. S.—I will gratefully [illegible] promptly acknowledge the [illegible] donation, and send with my [illegible] a beautiful picture [illegible] Sacred Heart and our Holy [illegible] St. Anthony of Padua.

EPISCOPAL [illegible]

Dear Father [illegible] duly accredited [illegible] you have received [illegible]

[illegible]

Yours faithfully in Christ,
F. W. [illegible]
Bishop of Northampton.

Help Us To Save the [illegible]

For twenty-five years the [illegible] Fathers have labored among the negroes of the state of Virginia [illegible] ready nine Mission [illegible] been established. These [illegible] ported by Saint Joseph's [illegible] House. Others are ready [illegible] reach our unfortunate [illegible]

[illegible] of the faithful to come [illegible] this glorious apostolate [illegible] to support the [illegible] already devote their [illegible] vation of [illegible]

[illegible] the blood of Jesus Christ [illegible] save?

"Of all things the most divine [illegible] co-operate in the salvation [illegible] souls."—St. Cyril of Jerusalem.

Send a donation to Rev. [illegible] Hanigan, St. Joseph's [illegible] House, Box 515, Richmond, Va.

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