## Good Health to the Children

Children especially are fond of dainties, and the housekeeper must look carefully to their food.

As good cake can be made only with good eggs, so also a cake that is healthful as well as dainty must be raised with a pure and perfect baking powder.
Royal Baking Powder is indispensable in the preparation of the highest quality of food. It imparts that peculiar lightness, sweetness and flavor noticed in the finest cake, biscuit, doughnuts, crusts, etc., and what is more important, renders the food wholesome and agreeable to young and old.



NEW YEAR'S BREAKFAST. In Japan It In a Rellgitous Rite ana To a devout Japanese breakfast on
New Year's day is a religious rite rath er than a vulgar satisfaction of the ap-
petite. No ordinary dishes are conpetite. No ordinary dishes are con-
sumed at this meal. The tea must be
made with water drawn from the well made with water drawn from the we
when the first ray of sun strikes it,
potpourri of materins potpourri of materials specified by law
forms the staple dish, while at the fn-
ish a measure of special sake fromp a ish a measure of special sake from
red lacquer cup must be drained by
whosoever desires happliness during
and the coming year.
In the room is placed an "elysian stand." or red lacquer tray, covered
with evergreen leaves and bearing a with evergreen leaves and bearing a
rice dumpling, a lobster, oranges, per-
simmons, chestnuts, dried sardines and simmons, chestnuts, dried sardines and
herring roe. All these dishes have a
special signification. The names of some
happ gorical meaning. The lobstere's ancured
back and long claws typify life pro-
longed till the frame ts bet beard is long; the sardines, which al-
wass swim in bliss; the herring is symbolical of a
fruitful progeny. These prisheses. are not intended for
consumption, although in most cases consumption, although in most cases
the appetite is fairly keen. The ortho-
dos Jupanese not only sees the old newcomer and performs many ceremo-
nies before he breaks his fast.-London nies before be
Chronicle.
A Story of Wellington.
It is related of the Duke of Wel-
lington that once when he remained
to toke the sacrament a very poor to take the sacrament a very poor
old man went up the opposite aislo and, reaching the communion table,
knelt down close by the side of the duke. Some one came and touched
the poor old man on the shoulder
and whispered to him to move farther away or to rise and wait until the duke had received the bread and
wine. But the eagle eye and quick Wine. But the eagle eye and quick
ear of the great commander caught
the meaning of that touch the meaning of that touch and that
whisper. He clasped the old man' hand to prevent his rising and in a
reverential undertone said: "Do not move. We are all equal here."

Wet both sides of the paper with a weak solution of glue and stick a
piece of calico on each side piece of calico on each side, taking
care to keep the paper flat, so as to leave a double margin all around.
later When the glue, which should be of good quality, is quite dry, place it all
on a flat surface and fix on a nat surface, and
otherwise the under per tacks or otherwise the under piece of calico.
Now turn back the upper piece and pull gently until it comes away
bringing with it one-half of the pa-
phich will split in two. The per, which will split in two.
paper and calico can be separat
by soaking in lukewarm water. by soaking in lukewarm wat
Tul, although of English was hope ful, although he had met with dis appointments at every turn.
"Now, here is an interesting situa
tion," he said eagerly. "Let us ant tion," he said eagerly. Let us an-
alyze it. Just what is the meaning of the line, 'Doth not Brutus boot-
less kneel? ", less kneel?"
tus, being in a hurry, had come of
without his boots, sir," said the pupil, with his usual
Touth's Companion

