

Christian Life Column.

STRENGTH FOR TO-DAY.

Strength for to-day is all we need, As there never will be a to-morrow; For to-morrow will prove but another to-day, With its measure of joy and sorrow.

Children's Column.

FOR MY LITTLE SON'S DINNER PLATE.

When thou dost eat from off this plate, I charge thee be thou temperate; Unto thy elders at the board, Do thou sweet reverence accord,

Woman's Work.

"TURN HIM DOWN."

Pretty maid, if you discover That your ardent, pleading lover Spends his time in loafing idly 'round the town,

If you note his eyebrows fusing O'er the nose that he is using, And the very least annoyance makes him frown,

If he pays no marked attention, Doesn't even give it mention, When you meet him in a new and charming gown,

If he talks about the races, Calls the silver dollars "cases," Tells you how he "done up" Smith and Jones and Brown

If his breath should often savor Of a cigarette's flavor, And his fingers with the ugly stains are brown,

Study well your pleading lover Or you may too late discover That he'll place more thorns than roses in your crown,

—James Barton Adams.

DON'TS FOR GIRLS.

Don't encourage young men to call upon you who frequent liquor saloons, billiard parlors or pool rooms. Don't notice men who stare at you on the streets, even if it is a well bred stare.

Don't stand at the street corners talking to young men, though they are acquaintances. Don't consider it a sign of your popularity to be accompanied by several escorts whenever you take your walks abroad.

Don't accept promiscuous invitations. It only cheapens you and may draw you into a circle of acquaintances you will regret having made. Don't sanction wine drinking when out to parties and weddings.

Don't marry a drinking man. If the sweetheart will not give up the dangerous habit, it is very certain the husband will not. Don't allow men to be familiar with you, to use slang or doubtful expressions in your presence.

Don't make appointments with men, either at a friend's home, in the park, or at any place but your father's house. Don't rebel if the visits of a certain gentleman are disagreeable to your mother, and she says so.

Don't attempt to copy the manners and dress of your brothers. Nothing so unsexes a woman as masculine ways. Don't use loud tones in talking, nor call men by their last names without the usual prefix.

Don't be ashamed to help mother with the housework. A practical knowledge of bread-making, cooking and the general management of a house is worth more than a smattering of music or painting.

The grace of the Spirit comes only from heaven and lights up the whole bodily presence.—Spurgeon.

time and thought to the adornment of your person, while your mind is starving for want of proper food. You need not be a blue-stocking, but a good healthy course for reading and thinking is splendid gymnastics for your mental power.

Without good teeth there cannot be good mastication. Without thorough mastication there cannot be perfect digestion, and poor health results. Hence the paramount importance of sound teeth.

CARING FOR THE TEETH.

Food left on the teeth ferments, and the acid formed produces decay. Decay leads in time to pain and the total destruction of the tooth.

1. The teeth should be cleaned at least once daily. 2. The best time to clean the teeth is after the last meal.

3. A small toothbrush with stiff bristles should be used, brushing up and down and across and inside and outside and between the teeth. 4. A simple tooth powder or a little soap and some precipitated chalk taken up on the brush may be used if the teeth are dirty or stained.

5. It is a good practice to rinse the mouth after every meal. 6. All rough usage of the teeth, such as cracking nuts, biting thread, etc., should be avoided, but the proper use of the teeth in chewing is good for them.

When decay occurs it should be attended to long before any pain results. It is stopping of a small cavity that is of the greatest service.—Motherhood.

Never has the Revelation of God assumed such grand proportions or so grave a charm, such an awful splendor or such penetrating sweetness, as at the present time. And it comes as one of old, not to destroy, but to fulfil.—Ex.

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