

### eed.

eed means merely that one's mind is can this habitual mental mode be acthink so. In the first place, to be surat inspiration toward success. Thereis timid and lackadaisical seek the ative energy is virile and persistent, ht and whose habit is to succeed. he product of the action of the sonewes: "I am the product of all I have su the body but our sensorium is altered by it: ... is the human life." If this proposition is true, then the should be to get the unconscious mind working for success. How

s done? By reading authors whose writings inspire the hope of success, by reading the lives of successful men and women, by living much with successful people. These are the first essential steps. But perhaps above all other essentials is that of cultivating the mental habit of thinking success for one's self. By day, by night, awake, asleep, let the one thought and yearning be to succeed. The unconscious mind will do the rest.

## Teaching Man How to Live.

### By the Editor of What to Eat.



HERE is the billionaire philanthropist who is willing to accept a crown of immortality by endowing an agency for teaching men how to live? Free public libraries, universities, colleges, schools and hos-

pitals are being endowed all over the country. Millionaire philanthropists are engaged in a rivalry over the endowment of learning. Each is striving to build a monument in the shape of a munificent gift to education or art that will forever perpetuate the memory of the donor in the hearts of the people. One multimillionaire is scattering libraries in the cities and towns of the

Union, thereby enshrining his name in the grateful memories of a hundred or more communities.

But of what avail are all the well-laden shelves of the free libraries in teaching man the laws of life? Millions of volumes of literature have rolled from the presses in the last decade, and one might read every line of every page without understanding the mysteries of his own being or the laws of his own bodily nourishment and replenishment. Young men come out of the colleges and universities every year with their craniums packed with useless facts and dead languages. But who ever heard of one who had mastered the art of building his own body, scientifically and perfectly, from the materials bountifully provided by nature? Whoever heard of one graduating with the degree of doctor of dietetics or doctor of alimentation?

And yet what is of greater importance to the human being, which has in its custody and Ceping the most wonderfully delicate and complicated mechanism in all creation—the human body, temple of an immortal soul—than the science

### AN OPTIMIST. "O aged man, pray, if you know, Now answer me the truth!-Which of the gifts that the gods bestow. Is the greatest gift of youth?

"O aged man, I have far to fare By the divers paths of earth, Say which of the gifts that with me I bear Is the gift of the greatest worth?

"Is it the might of the good right arm, Whereby I shall make my way Where dangers threaten and evils harm Holding them still at bay?

"Is it the strength wherewith I shall climb Where few before have trod-To the mountain tops, the peaks sublime That glow in the smile of the god?

Ts it the never-failing will, Invincible in might. Which armed against oppression still, Shall vanquish for the right?

"Or is it the heart, thou aged man!-The heart impassioned, strong-Which shall be blest, as naught else can, In perfect love ere long?"

The old man smiled: the listening breeze Grew whist on the sun-lit slope; The old man sighed: "Ah, none of these! Youth's greatest gift is its hope." -Florence Earle Coates, in Lippincott's.

THE BETTER WAY.

By Alice C. McKeever.

"Oh, it isn't that-but my hand-" He knew, when he took it almost by force; the pretty, white hand that had been was now drawn and toil-marked. He held it between both his own, his head bent over it, while a hot tear fell upon it.

Louise felt her breath coming and going at a most surprising rate, while she could not speak.

"I've thought it all over, Louise, ever since I found you here, this afternoon. I never knew what a cold-hearted villain I was before, but I know it well enough now, "

Still Louise was silent.

"I loved you. I have never loved any one cise, but money was my God, andand it conquered me. But to-day, when I saw you so frail and helpless and so poor, and thought of all your life had

been, and contrasted it with what it might have been, had I not been so cruel in the past, I felt that I wanted to go out and shoot myself."

"But you didn't," said Louise, smiling with something of her old bright- a long stem.

ness "No, because back of it all was a little hope, a faint ray indeed, but I thought, perhaps, even if you hated me, you might let me see that-that you never wanted for anything. If you don't. I won't answer for the consequences."

"Fie, Bob?"

"Of course, there's a better waythat is, if you don't hate me after all, which do you choose?"

The cold and cheerless room seemed to change to one of radiant splendor, when he bent over to hear her low reply:

"I have always tried to choose "the better way."-Household Companion.

Last Days of Clifford's Inn. Clifford's Inn, London, which in the course of a few months will have gone the way of some other inns, and have been knocked down in the course of modern improvement by the hammer of the auctioneer, had retained as became an institution which is the premier of its kind, and dates from the days of Edward III. more than one "It's hard," murmured the old aunt. trayed her even before he had known quaint manner and custom. The so-

ciety, for instance, was governed by a

principal and rules, and the rules were

just as much incarnate as was the prin-

cipal-more so, indeed, some of them.

Latterly, to obviate any invidious dis-

tinction, all the members were made

rules. There was also a "Kentish

rather a privilege to be asked to dine.

tremely long and highly polished black

mahogany table would be whisked off

with a swift dexterity unexampled

elsewhere. And then there would be

brought to the President what looked

like a hammer and was a little hard-

baked loaf, and, anon, send it skim-

Earth's Most Gorgeous Palace.

silk carpets and hangings embroidered

with gems; the pillars were hung with

the goldsmith's craft, also, no doubt

Renaissance and the France of Mary

famous Peacock Throne - "a sort of

crown jewels of England. Tavernier,

the jeweler, who was at Delhi in 1665,

beheld these wonders and thought they

represented, all told, "200,000.000 of

Woman's Ready Wit.

as proof woman's superior wit:

South Wales proudly tells this story

An inland revenue officer called to in-

Seventy-four years after St. Peter's

OUSEHOLD A REVIVAL.

Frosted glass salad or berry dishes with metal frames are a revival from an old fashion and are quite attractive

### DAMPEN CLOTHES

Dampen the clothes for ironing with

hot water. This dampens them much more evenly than cold; also, the things will be found ready for the ironing more quickly.

### ATTRACTIVE LAMPS

Very attractive little alcohol lampa are made of silver in the form of street lamps, the bowl for the alcohol being made of colored glass and mounted on

IMPORTED BAKING DISHES Recently imported baking dishes for fish or vegetables, au gratin, or baked puddings are of a deep cream porce. lain, ornamented in a Greek key or vine pattern around the outside. Ther require no napkin around the outside nor a silver holder to make them presentable.

ARTISTIC JAPANESE JARS

Now that the flower season is with us one turns to the Japanese store for artistic jars to hold them. Izumo with its characteristic and beautiful tones of yellow and green has several very suitable shapes, while Owari, Baku, Teto, Tosa, Ofuke, Awaji and Toko. nabe furnish many others, the latter sort being particularly reasonable.

TO CLEAN A SEWING MACHINE

Place it near the fire to get warm. that the congealed oil about it may melt, and then oil it thoroughly with paraffin. Work it quickly for a few minutes, then wipe off all the paratin and dirt and treat it to a little more clean paraffin. Wipe it again, and after the application of a very little of the ordinary lubricating oil it will be ready for use. People often shirk the trouble of thoroughly cleaning their machines like this, but a clogged and "heary" machine under this treatment will become like new, and its easy working will be an ample reward for any trouble incurred.

OUISE!" "Where is Bob Hunter?" "He has gone home." "So early. Why did he go?" "He had letters to write, he said."

The old woman glanced at the girl anxiously. Her eyes were dim, but she fancied that Louise looked as if she had been crying.

"My dear," she said, softly, "Bob is only a man-and-you wouldn't let any sense of duty stand between you?"

The girl flushed deeply, and turned her lovely face toward her questioner. "No, auntie, don't worry; it isn't a question of duty."

"I thought, perhaps-Bob is so close, he would object to me, and I wouldn't, not for the world, keep you apart. The poorhouse has no terrors for me-not if it makes you happy."

"You have a queer notion of what would make me happy. No, you are all I have left, and we'll 'bide a wee together.' "

And the girl pressed her soft cheek against the one so old and wrinkled.

"Yes, auntie." | his own reasons for being civil, hence he permitted himself to be dragged hither and thither and at last actually found himself inside the handsome new poorhouse.

> "The matron will show us through." said the obsequious friend. "Who knows but you may run across some of your old acquaintances," he added, with a light laugh.

In one of the large halls they passed a woman bending over a little child. who was sobbing bitterly. The woman sat in a low armchair, and her face was hidden, but the mass of brown hair rolled in a knot at the nape of her neck was heavily streaked with gray.

"Get out of the road, Jimmy," said the matron. "You are always getting hurt." Then turning to the woman she said, "Have you finished the shirts?"

The woman raised her head and replied softly that she had. The sunlight streaming in through the window brought her head and face and slight form into bold relief.

He saw her plainly, her voice had be-

which teaches how to live?

### Success.

#### By George Horace Lorimer.

LALLALAOVS are constantly writing me for advice about how to succeed and when I send them my receipt they say that I am dealing D out commonplace generalities. Of course I am, but that's what the receipt calls for, and if a boy will take these commonplace generalities and knead them into his job, the mixture'll be cake. TTTTTT

Once a fellow's got the primary business virtues cemented into his character, he's safe to build on. But when a clerk crawls into the office in the morning like a sick setter pup, and leaps from the stool at night with the spring of a tiger. I'm a little afraid that if I sent him to take charge of a branch house he wouldn't always be around when customers were. He's the sort of a chap who would hold back the sun an hour every morning and have it gain two every afternoon if the Lord would give him the same discretionary powers that He gave Joshua. And I have noticed that he's the fellow who invariably takes a timekeeper as an insult. He's pretty numerous in business offices; in fact, if the glance of the human eye could affect a clockface in the same way that a man's country cousins affect their city welcome. I should have to buy a new timepiece for the office every morning.

Boys are a good deal like the pups that fellows sell on street corners-they don't always turn out as represented. You buy a likely setter pup and raise a spotted coach dog from it, and the promising son of an honest butcher is just as like as not to turn out a poet or a professor. I want to say in passing that I have no real prejudice against poets, but I believe that, if you're going to be a Milton, there's nothing like being a mute, inglorious one, as some fellow who was a little sore on the poetry business once put it. Of course, a packer who understands something about the versatility of cottonseed oil need never turn down orders for lard because the run of hogs is light, and a father who understands human nature can turn out an imitation parson from a boy whom the Lord intended to go on the Board of Trade. But on general principles it's best to give your cottonseed oil a Latin name and to market it on its merits, and to let your boy follow his bent, even if it leads him into the wheat pit .-From "Letters from a Self-Made Merchant to His Son," by George Horace Lorimer. By permission of Small, Maynard & Co., Publishers, Boston, Mass.

# The Law of Cause and Effect.

### By Margaret Stowe.

UTSIDE of my window two boys have quarrelled. One has knocked the other one down. The boy picks himself up and shouts after the retreating friend: "You wait. I'll get even with you. I'll pay you back for this!"

They are boys, apparently, of refined and educated parents, yet they evidently have not been taught, and probably have never heard of, the law of cause and effect.

One has only to read the progressive magazines and newspapers to see how education along this line is spreading, and how thousands of thinking beings are building up their lives and the characters

of their children by the power of thought. The true physician and parent of the future will not medicate the body with drugs so much as the mind with principles.

The coming mother will teach her child to assuage the fever of anger, hatred and malice with the great panacea of the world-Love.

The coming physician will teach the people to cultivate cheerfulness, good will and noble deeds for a health tonic, as well as a heart tonic; and that a merry heart doeth good like a medicine.

"First there was the old father and or guessed her identity. Yes, it was mother you nursed so long, and now Louise, older, frailer, helpless and a there's me-and he's a likely lad as ever was. He'll be rich some day." "Yes," said the girl, quietly. "I know of old. it. He's made of the stuff that produces rich men. Let's forget him, for he is not of our world."

"But I hoped," persisted the old woman sadly, "that he might lift you, at least, up to his world. You work so hard, you are only a girl. Your life life. ought to have been so different."

"His world is not above mine," exclaimed Louise earnestly, "it is far below. "I do not care to step down. Never mention this again, auntie, please."

But when the winter of snow and rain set in, and Louise had to plod back and forth a mile through the in the place. storm to the little millinery store, where she was hired at seventy-five cents a day, the old woman more than once brought up the name of her oldtime lover.

"He's gone to the city," she said one day, "getting a salary that would make us rich, one year of it."

Louise, pale and weary, answered nothing, but the old woman continued plaintively.

"Now, if it hadn't been for me you'd a been living like a queen. Seems like instead of helping you, as I want to, I only take all your hopes away. Dear, dear, how long I do live."

"Hush!" said the girl, sternly. "How unkind you are! You are all I have in the world. You are all I have ever had since-since they went away!"

"You're twenty-five," said the old woman, softiy; "you're the prettiest girl for miles around. I always thought-"

"I'd marry, Well, I won't," answered Louise, brightly, "for I'm determined to be an old maid."

. . . . . Bob Hunter had been in the city twenty years. He was no longer

known as Bob, but as Robert Hunter, millionaire.

He had friends, such as they were, astute business financiers like himself; servants who ran at his bidding, but not one person in the whole world who loved him.

Even the little errand boys knew him for what he was, hard, cold and uncharitable. They were paid their stipulated prices, never a cent more. This world and this life was only a place to live long in, in order to grow rich [I'll not forget you, either." and richer.

He seldom recalled his old country joyously. "You are very kind." home; there were no ties there to hold | Very kind! Did the walls take up him. Only, sometimes, there came a the words and echo and re-echo them? fleeting memory of a fair young face, Kind, very kind! Him; kind! the one face in the world he had truly

beggar, no, not exactly that, for it seemed even here she was a toiler as "My God!" he thought, "how long

has she been here?" But they hurried him on, and when

mess" at which you might consider it once mor : in the open air he felt he had not reached it any too soon. He Dinner ended, the napery of an exwas never so near a fainting fit in his

"Are you ill, Mr. Hunter?" inquired more than one.

"A little," he repli d. "I think I will go to my room at the hotel and rest until supper."

But no sooner did he find himself ming to the other end, there to be as alone than he sent for one of the maids. dexterously caught in a basket, in toa girl that he knew had always lived ken that the fragments that remained of the banquet were panniered for the

"Mary," said he, "I want to ask you poor .- Philadedphia Telegraph. a Tew questions, and you're not to tell any one a thing I shall say. If I make you a present of five dollars, do you think you can hold your tongue?" at Rome was finished, Shah Jehan was Mary tossed her head and eyed the building the most magnificent palace in

five-dollar bill. the East-perhaps in the world-the "I can tell the truth without being beautiful Palace of the Moguls at Delhi. paid. As for telling anything else, no It is made of red sandstone and white money could make me do that." marble; some of its walls and arches

"Very well, my girl, I only want the are still inlaid with malachite, lapistruth. When was Louise Upton taken lazuli, bloodstone, agate, carnelian and to-to-" jasper. There were once silver ceilings,

He did not finish, something seemed to choke back the word.

The girl's eyes opened and grew brocades: the recesses were filled with round as saucers. Ah, she remembered china and vases of flowers, treasures of now hearing her granny tell that Louise Upton had once had a lover from France and Italy-the Italy of the who had gone away and grown rich. Could it be this was he?" of Medici. Beyond doubt there was the

"Only a year ago," she answered softly, pitying the man she saw was

large four-posted bed all made of gold. really suffering. "She worked as long with two peacocks standing behind it, as she could, but it was rheumatism their tails expanded and set with sapcrippled her feet and she could not run phires, rubies, emeralds, pearls and diaa machine, then her hands were bad, monds, while a parrot cut out of a sintoo, and-and there wasn't any one to gleemerald perched upon the tester." On take care of her, so she asked to be the front side of the canopy was a diaput where she is." mond-the Koh-i-noor, now among the

"How long has her aunt been dead?" "Her aunt! Oh, I can just remember her; about fifteen years, I think. But a nicer, sweeter lady than Miss Louise couldn't be found. Lots of us cried livres."-Collier's. and would have helped her, but she said no, she would go where she be-

longed." "Where she belonged!" repeated the rich man in a tone of voice that made the girl's eyes sparkle.

"Here is your money; take it, and

"Thank you," said the maid, smiling

### BOOT-DRIER A NECESSITY.

A boot-drier is, according to a slicemaker, a necessity to every woman who wishes to keep her boots in fine condition, says the Philadelphia Inquirer. Upon it a wet boot or shoe is fitted, that it may dry in shape. As is now generally understood, in a multitude of boots and shoes there is economy. Certainly there should be fairweather boots as well as fair-weather bonnets. Enveloping rubbers min shoes, and are rarely worn nowadays by the woman who understands the proper dressing of the feet. Instead, she chooses the storm boots that are water-proof and need no further protection. The same objection does not apply to the sandal rubber, which is often useful with light boots that must tread wet pavements.

TREATMENT OF WINDOWS.

To insure having nice-looking winlows clean them on a dull day or when the sun is shining on another part of the house, otherwise they will be streaked, and no amount of rubbing will remove the streaks. Dust the window first both inside and out: for this purpose I always use a painter's brush. Next clean all inside woodwork before commencing on the panes. Then add a little ammonia to some warm water and wash the glass with it. Get the dust out of the corners with a piece of dress whalebone wrapped in a corner of a cloth. Wipe the windows dry with a cotton cloth, and then polish with old newspaper or tissue paper. If steam collects on the window rub It over with a very little parafin after it is quite clean.-Pearson's Weekly.



quire if a lady had a license for her Tea Cakes-Rub two level table dog. She politely asked him to come spoonfuls of butter into four cupfuls of sifted flour; add enough thin cream it. In a few minutes she smilingly en- to make a dough for rolling out; then tered the room, bearing the license. add one cupful of currants; toss on a floured board; roll half an inch thick; cut into rounds with a biscuit cutter; bake on a hot griddle or in the oven; split, butter and serve hot. Fadge-Place in a saucepan one cup of rich, sweet milk and three tablespoons of butter, and when hot pcarit over one pound of wheat flour to which has been added a little salt. Mix well, roll out on a pasteboard nearly an inch in thickness, cut into cakes, turning them often to prevent burning. Serve hot with butter. Salmon Cutlets-Mix equal parts of cold flaked salmon and hot mashed potatoes; season with salt and per per; shape like cutlet; cover with crunibs; dip in beaten egg; then in crumbs again; put several in the frying basket and fry a good brown in smoking hot fat; drain on paper; serve on a folded napkin; garnish with parsley; serve with a rich cream sauce. Creamed Celery-Cut celery into inch pieces until there is one pint; wash thoroughly, put into boiling water and cook until tender; melt two tablespoonfuls of butter; add two level tablespoonfuls of flour; stir until smooth; side. "Bob Hunter. Don't you want and confectioner, but this industry is add gradually one cup of milk; stir unno longer so neglected, as the London | til boiling; add salt and pepper to sea-National School of Bakery and Confec- son and a little nutmeg. When the celtionery offers a course of the most ad- ery is tender add it to the sauce and serve hot.

in and sit down while she looked for

Then it appeared she had in the mean-

Let us go back to the boy holding thoughts of anger, revenge and malice. If he pays the other boy back in the same coin that he received at his hands what will happen?

He will get even with him by going down to his own level, and both will suffer by it.

But if this boy had been brought up by the law of cause and effect he would show himself the larger by sending his companion love for hatred, kindness for ill-treatment, pay him back by raising him to his level.

Sentimental rubbish? Yet turn an honest and impartial judge for a moment and tell me which way of dealing with the question is the better.

Teach your children that they can never help another without by that very act helping themselves.

If the boy is ready to treat the other as he treated him, then he shows clearly that there is in him that which attracts the hatred and ill-treatment to him; he deserves what he got and should not complain.

We know that love is a positive force and stronger than hatred. The latter can always be conquered by love.

Make children understand that by meeting hatred with hatred they degrade themselves, but by meeting it with love they elevate not only themselves, but also the one who bears them hatred.

I heard a mother the other day say to her children who were nagging and teasing each other in a very rude and annoying manner: "If you children hold the discordant thoughts that are in possession of your minds at present I shall not be surprised if you are both ill sooner or later.

"You understand the law of cause and effect and so know that an angry and discordant thought has a direct effect upon your bodies.

"By former experience you know, too, the poisoning effect that discord has upon the organism; therefore I advise you each to go into your own room and clear your thoughts, as you know so well how to do, and do not let me see you again until you are quite sure that harmony is restored."

Educating a child upon such lines, you will find that these little lessons become less frequent, because harmony is developing and increasing, while discord is quickly diminishing .- New York Journal.

loved.

"She was a little fool," he would of evening stole around, he passed out mutter; "she's been a martyr long and sought once more the matron of enough. I didn't propose to saddle the county infirmary.

myself with that old aunt. Well, she chose her way, I hope she's enjoyed | said crossly, it."

Accident brought back his old home vividly at last. There was a railroad tendered another five-dollar bill, he was running through that part of the coun- quickly admitted. try that he desired to buy.

"I'll run out there a few days," he said; "it will be prudent to do so, and she came at last-at last. The door

nize me. I dare say."

But they did; the newspapers that | stood before him.

He bowed and wheeled forward a heralded his name, and the old neighbors who remembered him as a boy small sofa upon which she sank, more wanted to see the great man he had and more surprised, for she did not become. recognize him.

A number of old friends, as they were pleased to call themselves, undertook to show him around and to you know me?" point out the improvements that twen-

ty years had brought about. There was a new court house, a new

jail, and, lastly, a fine, large building, to shake hands?" lately erected for the county poor. Bob did not care a copper cent to be shown any of the affairs, but he had "Don't, if you don't want to."

He sat for an hour with closed eyes and compressed lips; then as the shades

"It is not the hour for visitors," she

But when he explained that he must see one of the inmates privately, and

He waited for her in a cold, damp room called the reception room, and I wonder how the old place looks by opened softly, there was a thump, this time, anyway. Nobody will recog- thump of two crutches over the floor,

and Louise, wondering and surprised,

"Louise," he said, huskily, coming out

"Bob-Bob Hunter!"

She half extended her hand and then drew back.

"清朝"

time paid a visit to the postoffice at the corner.

From Yorkshire, says the London Express, comes a story that surpasses this one from South Wales.

A bailiff had to seize the furniture in a cottage. He knocked at the door. A relative of the woman who rented the house presented herself. She wore a woe-begone countenance, and whispered with her forefinger before her mouth: "Hush! She is going. Call again, if you kindly will, sir!"

The officer of the law was compassionate. He postponed his visit for a week. The relative again appeared upon the scene, and, with tears in her voice, said: "She's gone! She's gone! And she's taken all the furniture with her!"

#### A School For Bakers.

There is hardly a phase of modern industrial life but which can be learned at some school specially devoted to its into the stronger light. "Louise, don't teaching to better or equal advantage than the old-time apprenticing system. If there was one branch that had been "Yes," he said, taking a seat at her overlooked it was that of the baker vanced instruction in this work.