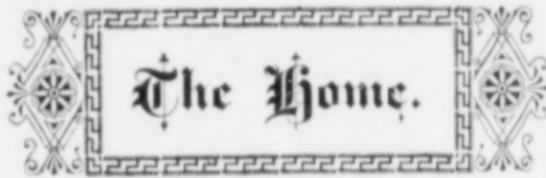


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BEATH & CO., Ltd., Christchurch.



"Sweet are the joys of home,
And pure as sweet, for they,
Like dews of morn and evening come,
To wake and close the day.

Manners.

There are many who are amiable and polite away from home, who are not so in the sacredness of their own household. There are men who in society are courteous, thoughtful, and gracious, who, when they enter their own doors, become gruff, moody, and even rude. There are ladies who are the brightest charm of the social circle, sunny, sparkling, and thoughtful, who, as they cross their own thresholds, are suddenly transformed, becoming disagreeable, petulant, impatient, irritable, and unlovely. Some of the most brilliant lights of society are the most unendurable at home. They keep their courtly manners in company, and relapse into barbarism when in the shelter of their own roof tree. They have "careful thought for the stranger," but for their "own the bitter tone."—*Rev J. R. Miller, in "Week-day Religion."*

The Halo of Home.

Our higher and purer pleasures begin with the home, and these do not fade with the changing years, but sweeten and ripen to the end. Love is the first sweet gift of life, the first joy the infant feels when it nestles near the mother's heart, and the last joy to fade as, with the hand of a loved one in ours, we pass into the great unseen; nay, then it does not fade, but is only made immortal. How enriching and ennobling is the influence of spirit on spirit among—

"Those we love—
The dear relations of our heart."

A true marriage is not merely a matter of the flesh; it is a union of souls, a blending of kindred natures made one for ever. It is on this union that the sancti-

ties of home are built. There we are met on our return from daily toil with—

"Those sunshine looks
Whose beams would dim a thousand days."
There our sorrows are divided and our joys are doubled. There our pathway has been strewn, as with spring flowers.

Infantile Mortality.

In all countries the death rate amongst infants is so high that it is nothing less than a blot on our civilization. Out of every thousand children born in one year, from ten to twenty per cent, and sometimes even thirty per cent, die before they reach the age of twelve months. Such a death-rate is out of all proportion to what it ought to be. Take Huddersfield, England, for example. For ten years the average infantile death-rate was over three hundred per year for every thousand infants born. Then a serious attempt was made to educate the mothers in the care of their babies, with such good results that the mortality dropped to two hundred and twelve per thousand in 1907. We think that four or five per cent is high enough, and that the balance ought to be, and would be, saved through better care of both mother and child.

Aim at Simplicity.

People are beginning to realise that the secret of a beautifully arranged room lies in the word simplicity. So the day of the gewgaw-laden mantelshelf, the picture-crowded wall, the nick-nack-laden whatnot is passing.

If you have anything really good in your house, give it a chance. Don't spoil a good picture by surrounding it with cheap prints. Better a bare wall than an over-crowded one. Don't spoil a good piece of glass or china by hiding it amongst a heap of cheap ornaments. Don't spoil a good piece of furniture by filling the room with "elegant" fancy chairs.

How to Chose Wall Paper.

Rooms with low ceilings look better with a striped paper; straight lines have a tendency to heighten the walls. A

small room appears larger if the walls are covered with a small-patterned or perfectly plain paper.

Plain paper, preferably in a dull red or terracotta tone shows up pictures or engravings to the greatest advantage.

A yellow paper brightens a dark room, or one that has a south aspect, and helps to make it less gloomy and depressing, while a soft green paper relieved by white paint makes a delightfully cool and soothing wall covering for a sunny north room.

A lofty room with a perfectly plain or self-coloured paper is improved by a dado in contrasting or harmonising tones placed at the top, beneath the ceiling moulding.

Prescription for a good Complexion.

To have a clean, smooth, healthy skin: Breathe pure air; drink pure water; keep regular hours; take daily exercise; wash in soft water; dry the skin thoroughly; eat plain food; dress healthfully; take a tepid sponge bath each morning; eat fruit freely; keep the skin sweet and clean; take one or two warm baths weekly.—*Good Health.*

Milk as a Stimulant.

Hot milk is an admirable stimulant. Milk heated to much above 100 deg. Fah. loses for a time a degree of its sweetness and density. No one who, fatigued by over-exertion of body and mind, has ever experienced the reviving influence of a tumbler of this beverage, heated as hot as it can be sipped, will willingly forego a resort to it because of its being rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy they need alcoholic stimulants when exhausted by fatigue, will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effect. This should be taken note of by all hard-working people.—*The Family Doctor.*