



NESTLÉ'S FOOD

Always the Same.

Nestlé's Food is always the same, whether you buy it in Canada or China.

Nestlé's never varies day or night—summer or winter. You can't always get milk from the same cow. A change of milk often means serious illness for baby.

You can get Nestlé's Food in every part of the globe.

THE LEEMING, MILES CO., LIMITED,
MONTREAL.

"He was playing on the porch, ma'am, and I went to get him some water, and when I got back he was gone. He didn't want to go to bed, and said he'd run away."

"Then he has done it at last!" wailed the mother. "Oh, my baby, my baby! Nora, run! You go one way and I the other! Oh, my baby!"

After looking in vain for him at the neighbours', and along the street, the two women returned to the house. Darkness had fallen, and the thought of the dear little fellow, wandering alone in the night, made them both weep.

"Oh, what shall we do?" moaned the mother. "If his father were only here! We must get the neighbours to help us look for him with lanterns."

Just then a little noise at the porch door sent them running to the back of the house, where, to their great joy, they saw Bennie toiling wearily up the steps.

"Mamma! mamma!" he was crying, and when he felt his mother's loving

STAMMERERS

The **Arnott Method** is the only logical method for the cure of Stammering. It treats the **Cause**, not merely the **Habit**, and insures natural speech. Pamphlet, particulars and references sent on request. Address

THE ARNOTT INSTITUTE
BERLIN, ONT., CAN.

arms around him, he sobbed as if his little heart would break.

"There, there, Bennie," his mother said, comfortingly, "don't cry any more. You're safe with mother now. Where did you go, darling?"

"Oh, mamma," he said, between his sobs, "I runned away. I was bad. I didn't want to go to bed, and I was going to hide where Nora, nor you, nor anybody couldn't find me. But it was awful dark, and nen the angels lighted all their lanterns up there in the sky,"—pointing with his forefinger—"and found me out, and nen—and nen, I got scared, and runned home. I wanted my mamma."

"Yes, darling, and mamma wanted her little boy. Bennie must promise not to run away again and make mamma cry."

"Did 'ou cry, mamma? Poor mamma!" patting her cheek with his soft little hand.

"Yes, and poor Nora, too. Aren't you sorry for her?"

"Poor Nora!" he repeated, holding out his baby hand to her. She kissed it, and he said, graciously, "Now you may put me to bed."

So mother and nurse undressed and bathed him, and laid him lovingly in his little white bed. Then they watched beside him until sweet sleep closed his eyes, their hearts filled with gratitude to the good God who had let no harm come to their darling, when he had "runned away."—Lida C. Tulloch.

AN ALL-SUMMER SURPRISE PARTY.

Nine little girls met at their Sunday School teacher's home one April afternoon, each clasping a bulky little bundle in her hands. When the last one had arrived, Miss Gilder promptly led the way to the dining-room, and there, on the long table, they saw ten vegetable dishes of various shapes and sizes placed in a row.

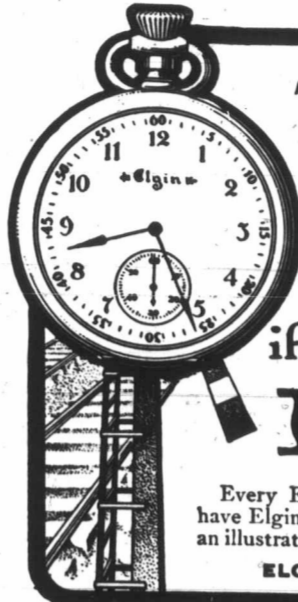
"Unwrap the parcels!" she commanded laughingly. "Then get in line, follow me, and do exactly as I do."

When the outside papers came off, each held ten tiny bundles in her hands. Miss Gilder very carefully unfolded one of her ten, and emptied its contents into the first dish. Another was emptied into the second, and so on down the line. Then, one by one, the girls tried to do likewise, even to the sneeze she gave as the last package was unwrapped.

What was the queer stuff they were putting into the dishes? Nothing but little brown flower seeds of various sorts and sizes that made odd-looking mixtures in the bowls.

"Now here is an envelope for each of us," said Miss Gilder. "Choose your dish, though they are all alike to be sure; empty its seeds into the envelope, and seal it up securely until planting day. Have you each planned where your bed is to be? Mine will be just outside this window where I sit so much. Be sure you have your ground well dug up and made rich, for flowers want plenty of food."

"I think I know what kind of seed



There are times when lives hang on the hand of a watch—at such times it is well if the watch be an **ELGIN**

Every Elgin Watch is fully guaranteed. All jewelers have Elgin Watches. "Timemakers and Timekeepers," an illustrated history of the watch, sent free upon request to **ELGIN NATIONAL WATCH CO., Elgin, Ill.**



Canada's Choicest Cereal

Nature's Food, the whole wheat, produces rich red blood, no pale people, no pimples. All the starch is converted into an

EASILY DIGESTED FORM

Sold by all grocers in 15c. and 25c. packages. Each 15c. package contains a coupon entitling you to a choice of 51 high-class premiums.

Allie May put in," cried Dorothy Green teasingly.

"O, don't tell! don't!" chorused the girls.

"The secret's half the fun," added Joy Jamison.

"Won't we have a time guessing what it is when a new plant comes up in our beds!" said Martha Decker, giving her plump envelope a loving little squeeze.

"Yes, it will teach us a lot, too," declared Allie May wisely. "But, Miss Gilder, how will we know what to pull up for weeds?"

"Never call anything a weed, dears, until proves itself to be one. Maybe that will be another lesson for us this summer. We are all so quick to 'call names,' you know," was the reply.

"S'pose two of us have happened to choose the same kind?"

"That wouldn't hurt, either; besides they are not apt to be exactly the same variety. Now, shall I read you this interesting chapter in my little botany about seeds—how they travel, how they get their first food, and how they push their way up through the dirt?"

The chairs were drawn into a tight little circle around Miss Gilder, and the girls were soon listening eagerly to the words of the book.

Such was the beginning of the surprise flower-bed. The first week of May they had a planting day, going in a body from one house to another, and making a regular jollification of it. Then came the days of eager watching to see who would have the first plants up, and some weeks later a great rivalry as to who would bring the first blossom to Sunday School.

All summer long one class table in that school never lacked for flowers, and never had the members of No. 11 had so much fun together. Best of all, the ten flower-beds were so many all-summer surprise parties in ten different homes.

—As fear is the enemy of faith, faith is the sovereign balm for fear.—Rev. Dr. Albertson.

Bates & Dodds,

Undertakers and Embalmers.

931 Queen St. West

Opposite Trinity College Gates

Charges Reasonable. Phone Park 81

EFFORT.

Be systematically heroic in little unnecessary points; every day do something for no other reason than its difficulty—so that if an hour of need should come it may find you trained to stand the test. The man who has daily inured himself to habits of concentrated attention, energetic will, and self-denial in unnecessary things will stand like a tower when everything rocks around him.—William James.

Pale Face, Weak Blood.

Why are some people strong and able to defy disease, while others are weak and subject to all the ills of human kind?

The difference is in the blood. Pallor of the eyelids, gums and lips tell of blood that is lacking in quality and richness.

The person who has poor blood is subject to headache, dizziness, sleeplessness; the action of the heart is weak and there is sometimes palpitation; the breath is short, and there is lack of energy and strength.

This weak, anæmic condition is entirely overcome by the persistent use of Dr. Chase's Nerve Food, which is above all else a builder and enricher of the blood.

New rich flesh and tissue are added, new strength and vigor take the place of weakness and suffering, and instead of taking cold or contracting disease at every gust of wind that blows you find yourself getting strong and robust.

Dr. Chase's Nerve Food, 50 cents, at all dealers, or Edmanson, Bates & Co. Toronto.