

Our Boys and Girls.

NEVER TOO LATE TO MEND.

There is good and bad in the way-side inn,
On the highways of our lives,
And man can never be free from sin,
No matter how hard he strives;
Yet even when down destruction's grade
Our thorny pathway tend,
In spite of a thousand errors made,
It is never too late to mend.

There are crosses heavy for me to bear,
And passions to conquer, too;
There are joys and woes that each must share
Before the journey is through.
But men may be poor for honor's sake,
And truth and right defend,
And hope will never this promise break,
"It is never too late to mend."

"It is never too late to mend,"
For, blessed be the angel's tears,
That plant in the breast of a man a seed
That will grow in after years;
And words of kindness, of hope and cheer,
Will make comfort lend;
We must live for love, and banish fear—
"It is never too late to mend."

No matter what people say,
Even if old and gray,
And in our journey toward the grave,
Until we reach the end,
There is time to change and time to save—
"It is never too late to mend."

LITTLE RESPONSIBILITIES.—Life to the young folks starts with little responsibilities. Which are the responsibility of doing good for themselves and giving good example to others. A duty that's sadly neglected at the present hour. Too many of our boys and girls get impregnated with a false idea of life and its ways. Some seem to think that life is made of amusement in the way of attending theatres and going to see plays which are often the cause of their ruin and downfall. Others again take delight in reading light and trashy books which too often lead them from the path of rectitude; while another class delight in profane words, acting the "supposed smart being," being impolite and snappish at home and elsewhere, out late at night, keeping company with those who lead them astray. But the wheels of time bring around a change that plunges those into the vortex of misfortune and ruin. Step by step they go headlong into the abyss which lies yawning at their feet. What about their little responsibilities? They neglected them. Will they be able as they advance in to manhood or womanhood years to perform the larger ones that are awaiting them? The answer evidently is: No. Life becomes a burden, the path weary and desolate, and no one is to blame but themselves. Be on your guard, young folks, do each day's duty faithfully, follow the advice of your parents, guardians and teachers, be always willing to learn things that are for your good and improvement, and according as you'll grow older, life will be blessed, and your pathway will be made easy and agreeable.

SEVEN GOOD POINTS.—Keep good company or none; (2) Never be idle. If your hands cannot be usefully employed, attend to the cultivation of your mind; (3) Always speak the truth. (A point that our young are very deficient in at the present day.) (4) Drink no kind of intoxicating liquors. (5) Never speak evil of any one. (6) Keep your innocence if you wish to be happy. (7) Have when you are young to spend when you are old. Read the above maxims at least once a week. If man would walk in wisdom's ways, Five things attend with care: Of whom you speak, to whom you speak, And how, and when, and where.

THE STORY OF A WATCH.—When Uncle John came home from Europe, what do you think he brought to Bobby? Why, a watch, a really truly watch that would keep time. Of course, as Bobby was only six years old, he was rather like that, but Uncle John showed him how to wind it and set it, and so Bobby kept his watch in first-rate order. But one day he noticed a speck of dirt on its face. "Ho, oh!" said Bobby to himself. "I don't want my nice new watch to have a dirty face. I'll wash it." So he went up to the bathroom and put the watch in a bowl of warm water and rubbed plenty of soap on it. He even took a little brush and scrubbed the inside works, so there wouldn't be a speck of dirt about it anywhere. Then he wiped it dry with a clean towel and put it back in his pocket. Well, after that, it didn't seem to go as well as usual, so Bobby decided it needed oiling. He got his

mother's oil can from her sewing machine and carefully oiled all the wheels of his watch. But still it didn't seem to go right. Then Bobby happened to think that perhaps the weather was too cold for it, so he went out in the kitchen and put it in the oven for a while. It got so hot he had to take it out with a pair of tongs, and then he put it out of doors in a big snow-drift to cool off. But, do you know, even after all that careful treatment, that hateful old watch wouldn't go right, so Bobby gave it back to Uncle John and said he didn't care much for watches, anyway.

MANNERS FIRST.—Let no boy nor girl think that because he or she is blessed with the goods of this earth in abundance that those things can make a gentleman or a lady. Not one of all of those can do it, but how? By being true, honorable and respectable. By being civil and courteous to all, not to the few or special ones. By respecting every one, irrespective of class or creed. And finally, by keeping the commandments of God.

LOVE AND SYMPATHY.—These two qualities should be found among our young. What grander thing can there be, than that love which knows no deceit, and that sympathy which is a mark of a noble mind? Love all in the world that is noble and extend your help to those who truly deserve it. By following this advice you'll be laying a good foundation for your future success, happiness and pleasure.

COURTESY REWARDED.—It was a spring day—the close, lifeless sort of a day that makes the shopper feel like a wilted dandelion, and sets city folks to longing for a gentle whiff of air from meadow and sea. All the morning the store had been crowded with customers, for it was one of the most popular stores on the avenue, and the fact that it was a bargain day had helped to swell the throng. The saleswomen had their hands full, and by twelve o'clock some of them began to feel too tired, in their own estimation, to take care of the throng of customers. To the equally tired customers, however, "Pardon me," said an elderly woman to a pert-looking girl, who was carrying on a giggling confab with one of her companions, "but can you tell me whether my change has come back?"

She was plainly dressed, and it was easy to see that she was from the country, but her face, as well as her manner of speech, showed that she was a gentlewoman. The girl of whom she had asked the question simply stared at her, and went on talking with her friend. "She ain't the one," volunteered a young woman, who stood on the other side of her doing up a package. She's sixty-four. The saleslady that waited on you was fifty-six, and she's gone to her lunch. "And must I wait till she comes back?" asked the customer in dismay. But the saleslady was giving her attention to some one else. "I'll see to your change when it comes, madam," said a gentle-voiced girl of whom she had overheard the question. And pointing to an unoccupied seat at the end of the counter, she advised her to sit down. "It is tiresome standing so long," she said with a friendly sympathy. "Mercy," forty-five! Anybody'd think that counterfeiting-looking creature was the Queen of Sheba, the way you act to her," jeered sixty-four, in a stage whisper. "Oh, forty-five'd be that way to a street sweeper," chimed in another.

"Every one to their liking," said sixty-four, with a shrug. "For my part, I don't think it pays." "She makes me think of my mother," said forty-five gently. "And, besides, she looks so tired." "Guess we're tired, too, and nobody asks us to sit down," complained sixty-four.

The elderly woman did not seem to be listening; she was evidently watching some one at the farther end of the room, but she had sharp ears. "Sh-sh! Here comes the boss," whispered sixty-four. The next girl nudged her neighbor, and in an instant all the talking and tittering came to an end. The "boss" was the manager of the department, and when he made his rounds the most indifferent of the girls took good care to seem absorbed in business. Forty-five, who at the moment was hurrying to the other end of the counter, did not see who was coming.

"Here is your change at last," she said. "It's too bad that you had to wait so long." "Oh, thank you, my dear," said the old lady, in her kind, motherly voice. "I was only afraid of losing my train."

She had thrown off her wrap, and forty-five stopped to help her put it on. "Why, Aunt Martha," cried some one at her elbow. "Well, wasn't this a surprise!" And there was the "boss," standing in front of the old lady with both her hands in his. Forty-five, who had just finished adjusting the wrap, slipped quietly back to her place and resumed her place.

"That girl, David, is a lady," said "Aunt Martha," as she took her nephew's arm. "I don't know her name, but her number is forty-five. If all girls were equally courteous they would prove their right to be called salesladies." "Forty-five, I must remember that," said the boss, stopping to jot down the number. Forty-five was promoted the next day. Her courtesy, which had been born of no selfish motive, did not fail of receiving reward and recognition.

Household Notes.

BEAUTY has its foundation in physical well-being, which must be understood and obeyed, these laws being clearly indicated in our physical and mental constitutions. They demand: Proper food and drink in such quantities as the system is capable of readily assimilating; air and sunlight in abundance; sufficient exercise, rest and sleep, an agreeable temperature, perfect cleanliness. The whole secret of perfect form and rosy cheeks lies in pure blood, produced by wholesome food, by healthy and active vital organs oxygenated and vitalized in well-expanded lungs and kissed by the life-giving sunlight on the surface of the warm cheek. She who will have the color she covets and any other terms must buy it of the apothecary and renew it every time she makes her toilette. We cannot insist in this connection too strongly upon the importance of that essentially—sleep. It is perfectly hopeless to expect rosy cheeks and the hue of health if care be not taken to devote a proper number of hours to sleep. The actual number depends much upon the individual.

WHEN CHILLED drink hot milk. It is a splendid tonic, and excellent for the complexion; far better than tea or coffee, and incomparably superior to any wine. In Paris it is quite a la mode to order hot milk at the cafes and to sip it whilst enjoying a chat and watching the comers. During the London season many debutantes are made by their mothers to take a basin of bread and milk the last thing before they go to bed, even if it might be six o'clock a.m., as it so often is!

SIMPLE REMEDY.—Dr. Roux has an article in a Lyons medical paper in which he recommends as a simple but effective cure for a cold in the head pouring cologne on a handkerchief and snuffing the fumes two or three minutes repeatedly as soon as the first symptoms are noted.

ABOUT VEGETABLES.—A diet of nothing but celery is said by some physicians to be a sure cure for both rheumatism and neuralgia. Free use of this vegetable is always recommended to rheumatic patients. Baked potatoes are digested more easily than boiled potatoes, and should, therefore, be preferred by dyspeptics. In case of anaemia, cabbages and spinach are distinctly beneficial. Spinach is also almost as valuable as lithia water in its effects on the kidneys.

Beets and turnips keep the blood pure and improve the appetite. Tomatoes are thought in India to be a preventive of cholera. Like enclaves and watercresses, they stimulate the healthy action of the liver. Just after the battle of Port Donaldson, General Grant is said to have telegraphed to Washington that he would not permit the army to move till forty wagonloads of onions should arrive. Onions are essential to the army mess, to make pork and beef palatable. But they are also an admirable cure for sleeplessness and indigestion everywhere. Garlic, leeks and olives stimulate the liver and keep the blood pure. Too much meat and too few vegetables make up the average diet. Health depends on continuous variety.

BISHOP HEDLEY, in a recent pastoral letter, discusses the duties of parents to their children. His Lordship says: "Our children are to be made children happy and contented, until they are old enough to understand the uses of adversity, will not only ensure their greater love of school and its lessons, but will merit the loving reward of Him who regards all these things as done to Himself. One further exhortation must be made in regard to school. Children attending school should not be worked. This does not mean that some kind of light employment may not be found for them, at least, when afternoon school is over. What is here referred to is a certain cruel working of children from the early morning, and again in the mid-day interval which not only sends them to school tired and listless, but breaks down their strength and prematurely wears them out. As we have said on former occasions, parents who do this are slave-drivers rather than parents. So far we have spoken chiefly of children of school age. But it must not be forgotten that parents are responsible also for their boys and girls who have left school, and who may be in business or at work. It is this class—young people from fourteen to seventeen or eighteen—that are the trouble and the despair of parents. They are truly as sheep without a shepherd. But why are they so wild, and why is it so difficult to keep them to their religion, or even to keep them respectable? One chief reason is that their fathers and mothers have not from the beginning made them love and respect them. A boy or girl who has only a miserable home, and a drunken, dirty, or passionate father and mother will escape as quickly as possible from having anything to do with them. Still, no doubt, even good parents will always find much difficulty with the young people of this age. How should they behave to them? They should set them good example; they should help them and advise them about work and employment; they should encourage them to come home; they should speak out to them when they misbehave, and correct, and even, with prudence, punish them; they should try to make them regular at Mass on Sundays; they should do their best to get them to the Sunday catechism; they should

endeavour to induce them to join a confraternity, or sodality, or guild, such as may be found in most parishes. In these matters, and in keeping them from learning to drink, to swear, to gamble, to idle, and to sin by impurity, neither father nor mother may be able to do much. But they must clearly understand that their children as long as they are, or ought to be, under their charge—and what they can do, that they are bound to do.

A Story From Life.

SHOWING HOW SUFFERING CAN BE OVERCOME.

A MILL OPERATOR Who Suffered From Kidney Trouble Spent Many Dollars in Useless Experiments to Restore His Health—A. R. Williams' Pink Pills Acted Promptly and Effectively.

Good health is the chief requisite to happiness, low spirits, moroseness and irritability can in most cases be traced to ill health, and in not a few instances are direct symptoms of kidney trouble. These, added to the severe pains in the back which accompany the disease, make the life of the sufferer one of abject misery. One such sufferer was Mr. Darius Dean, of Jordan, Ont. Mr. Dean in an interview with a reporter recently gave his experience as follows: "I am a saw and grist mill operator, and naturally a strong man; but the life of a miller is a hard one, with long hours of labor and frequent exposure. Some years ago as a result of this exposure I was afflicted with kidney trouble, and although I spent much money in various remedies I did not find a cure until I was persuaded to try Dr. Williams' Pink Pills. In the autumn of 1898 the trouble began to assume an aggravated form. I suffered from most severe pains in the back, and a feeling of drowsiness, and yet so severe was the pain that many a night I scarcely closed my eyes. My appetite was poor, I suffered from headaches, lost flesh, was miserable and wholly unfit for work. It was while in this condition that I was advised to try Dr. Williams' Pink Pills, and procured three boxes. Before I had finished the third box I felt much better, and I then procured a half dozen boxes more. I used all these, but before they were fully restored. In the interval since then I have had just one slight return of the trouble, and Dr. Williams' Pink Pills go directly to the root of the trouble and cure to stay cured. Hence it is unwise to waste money in experiments with other medicine. These pills are sold by all dealers in a box or six boxes paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

PURE BRED STOCK.—An effort is being made among stock raisers of the district around Ottawa to have an annual sale of pure bred stock each winter. Attempts have already been made by private firms to sell by auction their surplus stock of thorough bred animals, but in every case the attendance was so small that the undertaking proved a failure. The difficulty seemed to be that the people of the locality could not afford to pay the price required for pure bred stock. It had become apparent, therefore, that unless buyers came from a distance an auction sale is impracticable. In view of this arrangements have been made for holding a large auction sale at the Exhibition grounds on March 6th. It is said that breeders from all over the Dominion have consented to patronize the sale both in buying and selling. The directors of the Central Canada Fair will give the Ottawa Board of Trade and the Ottawa Board of Agriculture a number of \$200 to fit up the grounds. The proposition was first made during the progress of the fair last fall when the leading exhibitors held a meeting in the office of the minister of agriculture. The following men are promoting the affair: William Hutchison, John R. Reid, J. H. Grisdale, J. C. Smith and J. G. Clark of Ottawa; R. R. Sangster, Lancaster; Alex. McLean, March; and H. B. Cowan, secretary.

GRAIN SAMPLES.—Numerous grain samples are being sent from the Central Experimental Farm to farmers who apply for them. The first orders filled are those which came in too late last year. No samples are sent after the first of March. Over 2000 requests have been made for samples of oats, wheat and barley. There are also many requests for samples of potatoes, which will not be sent until the frosty weather has gone.

SCROFULA IS THE CAUSE.—Eczema, catarrh, hip disease, white swelling, and even consumption have their origin in scrofulous conditions. With the slightest taint of scrofula in the blood, there is no safety. The remedy for this disease in all its forms is Hood's Sarsaparilla, which goes to the root of the trouble and expels all impurities and disease germs from the blood.

The best family cathartic is Hood's Pills.

SAVE YOUR KIDNEY BAGS.—Hood's Backache Kidney Pills. Self-acting. They who have suffered from kidney trouble will find relief in Hood's Backache Kidney Pills. They are sold by all druggists and by Hood's Backache Kidney Pills Co., Montreal.

ASSOCIATION OF OUR LADY OF PITY.

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Opera House. The last convention was held in Madoc, and since that time the president and members of the association have addressed many meetings in various parts of Eastern Ontario. Their addresses were intended to induce farmers to go more heartily into dairying, especially in winter, to keep only profitable cows, weeding out the poor ones, growing good stables where their stock can be comfortably kept during the winter. All the meetings were well attended. The convention usually brings together an excellent staff of instructors and speakers. Addresses will be delivered by Hon. Mr. Fisher, Honorable John Dryden, Minister of Agriculture for Ontario; Prof. Robertson, Dairy Commissioner; Prof. Dean of Guelph; W. D. Howard, ex-Governor of Wisconsin; G. C. Galt, Public of Kingston; C. C. James, deputy minister of agriculture; Prof. Grisdale, of Central Experimental Farm; Hart D. Derbyshire, president of the association, Brockville. The mayor of Smith's Falls delivered the opening address at the citizens' meeting on Wednesday evening.

POULTRY.—The work of Mr. Gilbert, poultry manager, at the Central Experimental Farm, during the past year shows among other things the results of three years' observations in connection with the fertility of early spring eggs from hens which have laid well during the winter. He begins his observations on the fertility of the chicken the better price will be received as a market fowl. And so with the early laying pullet. It was hatched early in order to have her begin to lay eggs when they are becoming high in price. And these results cannot be satisfactory unless the early eggs contain the strong germs which make the robust stock. The question to deal with is "How can these strong germs be secured so as to give the largest percentage of results?"

At present the hens and pullets in the poultry houses are laying well. The young stock are a promising lot of birds. There are two or three pens of very fine looking Barred Plymouth Rock pullets and a number of very choice white Wyandottes, also pullets. Mr. Gilbert says he has found the white, brown and buff Leghorns laying machines, while to fill the rapid development of winter eggs and better birds than Plymouth Rocks and Wyandottes.

NOTES FOR FARMERS.—ONTARIO DAIRYMEN.—The most important event among dairy men and stock raisers of this part of Ontario is to be the 24th annual convention of Eastern Ontario Dairymen's Association which is now being held at Smith's Falls in the

Ask the girl who has tested it.
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