

Children's Department.

"Just a Habit."

Recently, a number of laughing, rosy-faced school-girls entered a street-car in which was already seated a pleasant-faced elderly lady. She looked upon the girlish freshness with an approving eye, and listened to their sweet voices with an indulgent smile, but presently her face began to wear a graver look as she heard some of their conversation.

"Girls, just look at my gloves. They're a mile too big for me, and I only got them last week."

"Don't mention gloves, Jen," replied another in the group, "for that reminds me that I have mine to mend, and there's about 'steen holes in them."

"Don't speak of the largeness of your gloves, Jen, while I have these shoes on," remarked another girl. "Did you ever see such clumsy things! They'd fit the driver there comfortably."

The girls could not refrain from laughing as they looked upon the speaker's small, well-shod feet, and then over to the driver's substantial, thick-soled boots. But as their merriment died away, the lady moved a little closer to them and said gently,—

"Miss Jennie, do you really believe your gloves are 'a mile too big' for you? Does your friend there really have 'steen holes' to mend in her gloves? And does your friend here actually believe her shoes would fit 'the driver'?"

The words, though coming from a stranger, were spoken so courteously, and withal so gently, that the girls could not take offence. But the hot blood rushed to the face of the one called "Jen," as she said,—

"Why, no. I don't suppose we

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really did believe what we said, but—

"But it is just a habit of yours that you have acquired, of exaggerating when you speak. Isn't that it?" said the lady helpfully.

"I think it is," replied Jennie frankly. "We don't mean to speak untruthfully, you know."

"I am sure you do not," said the lady kindly, "but if I were you, I would not say my gloves were a mile too big, when they are a little loose."

And then she added earnestly: "I know you will forgive a stranger for speaking so plainly to you, but I have daughters of my own, and if I were to

see them indulging in this hurtful habit, I should feel deeply grieved. Do not exaggerate, my dears, and pardon an old woman like me for speaking so to you."

At the next corner, the stranger left with a pleasant nod and smile, and as soon as the car was in motion again Jennie said:

"I tell you, girls, what she said was true, every word of it. And I for one mean to be more careful hereafter how I speak, for we girls have gotten into the way of exaggerating dreadfully of late. You know we have."

"That's so," said another, "and I am willing to try also."

"And I," "And I," came from the remainder of the group.

How to be a Good Visitor.

Many of you girls and boys have been invited to make visits among your friends during vacation. It is quite an accomplishment to be a good visitor; by that I mean a guest who makes no unnecessary trouble or care in a house.

The first thing to do is to conform to the rules and ways of the household. If an early breakfast is the habit, be sure to have some one to call you in time, if you cannot wake up yourself.

It hinders work to have guests come down to the morning meal after the family have finished, especially in farm-houses. Always do what you can in the way of assisting about work, especially in places where the family do their own work. There are many things that you can do that are really helpful. Picking fruit and looking it over, shelling peas, stringing beans, and such light work, which takes time, when those who have a great deal to do are obliged to stop their more necessary work to do that of minor importance.

You boys can always see where you can save steps, time and strength for elders. On a farm there are a great many light "chores" to do which really are a great help to the tired men at night.

Children's Thoughts.

"A penny for your thoughts!" Children are busy thinkers, although you would find it hard to explain sometimes all the ideas that puzzle your little brains.

A little girl was once told not to think so much—her brain was very active—but her answer was, "I cannot make my mind sit down."

Some of your minds do not sit down even at night, I expect. I can still remember some of the strange dreams I had when I was as young as you. I kept a little book then, called "My Thoughts," and I used to write in it my daily ideas; but I soon left it off, for no volume would contain them all.

Is it not funny that nobody knows your thoughts? The things you think about are entire secrets to all, unless you reveal them. Nobody? Yes, Jesus knows your thoughts; He knows if you ever think lovingly of Him and thankfully of His goodness to you, and He knows if you think kindly and tenderly of others. If your thoughts are happy, gentle, and unselfish, then Christ, the good Shepherd, is pleased with His child—the little lamb that He came to seek and to save.

Evil thoughts are worse enemies than lions and tigers, for we can keep out of the way of wild beasts; but bad thoughts follow us everywhere.



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I should lose the use of it entirely. I was in this condition when I began to take Hood's Sarsaparilla, but I had not taken more than a bottle or two when I began to feel better, and when I had taken four bottles, my rheumatism had entirely left me. I have been more free from rheumatism this season than for years. Besides the rheumatism, I, like

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many others of sedentary habits—for I have been a minister of the Methodist Episcopal church forty years—have been troubled with dyspepsia, but while taking the medicine my

Appetite has been good, food digested well and I have gained several pounds. I have also been troubled with insomnia, but since taking Hood's Sarsaparilla, sleep much better." REV. W. R. PUFFER, Richford, Vt. N. B. Be sure to get Hood's Sarsaparilla.

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Hints to Girls.

Girls, remember that your mission in life is a good one, that of angels of the home; remember that the beauty of soul shines through the bodily frame. Goodness, innocence and piety are "beauty spots" of character.

Remember that gaudy dresses can never take the place of purity of soul.

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