

Children's Department.

To day.

Build a full firm fence of faith
All about to day;
Fill it in with useful works,
And within it stay.

Look not through the sheltering bars,
Anxious for to-morrow;
God will help, whatever comes,
Be it joy or sorrow.

His Way of Doing It

"I can't make out how it is that Jim Johnson always gets such good places," said Harry Smith, the carpenter's son, to another boy, as they were returning home one afternoon.

And Harry was not the only one who thought thus, for "Jim's luck" was the talk of the neighbourhood. Jim was certainly no pattern of cleverness, of beauty, or strength; he could not do more than others, nor could he do it so well as many; but for all that, it was quite true he always had good places, good wages, and a good character.

When he left one employer to go to another, it was generally said: "I would not part with him if I could help it; he is a good boy, and so obliging."

This was the secret of his good luck—he was "so obliging." Did the merchant or wagoner want an errand boy, or did anyone want a job done at a moment's notice, it was only to get a sight of Jim, and it was as good as done; for Jim would hurry through his own business in order to help.

When he was at home he kept the wood-box full of wood, and his mother never had to ask him to bring in a bucket of water, and many other little things did he do in a cheerful manner, so that he was a great favourite. And if he saw younger boys in trouble he would try to help them out; and he put on his shoes, after taking them off, one pouring, rainy night, to walk two

Exhaustion

Horsford's Acid Phosphate.

Overworked men and women, the nervous, weak and debilitated, will find in the Acid Phosphate a most agreeable, grateful and harmless stimulant, giving renewed strength and vigor to the entire system.

Dr. Edwin F. Vose, Portland, Maine says: "I have used it in my own case when suffering from nervous exhaustion, with gratifying results. I have prescribed it for many of the various forms of nervous debility, and it has never failed to do good."

Descriptive pamphlet free on application to

Rumford Chemical Works, Providence, R.

Beware of Substitutes and Imitations.
For sale by all druggists.



Paint Hints.

A TOUCH of paint here and there will make a thousand-dollar home of an eight-hundred-dollar "tumble-down" house. Our booklet "Paint Hints" tells how to paint and what varieties of paint to use for different surfaces. Write to-day for free copy.

There's no reason why the little things about the house should be shabby, marred and spoiled any more than the grand parts.

THE SHERWIN-WILLIAMS ENAMEL PAINT is the best home paint for furniture and decorative work. Open can and it's ready for use. The Sherwin-Williams Paints are made by the largest and best paint and color manufactory in the world. A different paint for each surface—not one for all. That's the secret of paint-success.

THE SHERWIN-WILLIAMS CO.
CLEVELAND CHICAGO NEW YORK MONTREAL
ADDRESS FOR BOOKLET
4 St. Genevieve St., Montreal.

Scott's Emulsion makes the blood richer and improves the circulation. It increases the digestion and nourishes the body. It corrects diseased action and strengthens the nervous system. In a word, it places the body in the best possible condition for preventing the germs of Consumption from beginning or continuing their work. In that one sentence is the whole secret. Book covering the subject very thoroughly sent free for the asking.

SCOTT & BOWNE, Belleville, Ont.

miles to town for a parcel containing a new gown the carrier had neglected to bring to the kitchen-girl, who was crying her eyes out because she could not have it to wear next morning at her sister's wedding. But it was not so much what Jim did, as how he did it, that was so agreeable.

DEATH.

KING.—On the 9th inst., at the Parsonage, Poltimere, Que. (of pneumonia), Stanley Leighton Rutan, second son of the Rev. Walter T. King, age 14 months.

Value of Spare Moments.

A boy, poorly dressed, came to the door of the principal of a celebrated school, one morning, and asked to see him. The servant eyed his mean clothes, and, thinking he looked more like a beggar than anything else, told him to go round to the kitchen.

"I should like to see Mr. —," said he.

"You want a breakfast, more like." "Can I see Mr. —?" asked the boy.

"Well, he is in the library; if he must be disturbed, he must."

So she bade him follow. After talking awhile, the principal put aside the volume that he was studying, and took up some Greek books, and began to examine the new comer. Every question he asked the boy was answered readily.

"Upon my word," exclaimed the principal, "you do well. Why, my boy, where did you pick up so much?"

"In my spare moments," answered the boy.

He was a hard-working lad, yet almost fitted for college by simply improving his spare moments. What account can you give of your spare moments?

Lock the Door

Before the horse is stolen. Purify, enrich and vitalize your blood and build up your physical system before disease attacks you and serious sickness comes. Hood's Sarsaparilla will make you strong and vigorous and will expel from your blood all impurities and germs of disease. Take Hood's Sarsaparilla now.

—Hood's Pills are the favorite family cathartic. Easy to take, gentle, mild. 25 cents.

The Wish of the Heart.

A deaf and dumb girl was once asked by a lady, who wrote the question on a slate, "What is prayer?" The little girl took the pencil and wrote the reply, "Prayer is the wish of the heart." So it is. Fine words and beautiful verses said to God do not make real prayer without the sincere wish of the heart.

—Humors, pimples, boils, are very annoying. They quickly disappear when the blood is purified by Hood's Sarsaparilla.

A Word to Boys.

If you have anything to do, do it at once. Don't sit down in the rocking chair and lose three-quarters of an hour in dreading the job. Be sure that it will seem ten times harder than it did at first.

Keep this motto: Be in time on small things as well as great. The boy who is behind time at breakfast and school will be sure to get left in the important things of life.

If you have a chronic habit of dreading and putting off things, make a great effort to cure yourself. Brace up! Make up your mind that you will have some backbone. Don't be a limp, jelly-fish kind of a person.

March

April, May are most emphatically the months for taking a good blood purifier, because the system is now most in need of such a medicine, and because it more quickly responds to medicinal qualities. In winter impurities do not pass out of the body freely, but accumulate in the blood.

April

The best medicine to purify, enrich and vitalize the blood, and thus give strength and build up the system, is Hood's Sarsaparilla. Thousands take it as their Spring Medicine, and more are taking it today than ever before. If you are tired, "out of

May

sorts," nervous, have bad taste in the morning, aching or dizzy head, sour stomach and feel all run down, a course of Hood's Sarsaparilla will put your whole body in good order and make you strong and vigorous. It is the ideal Spring Medicine and true nerve tonic, because

Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists, \$1. Prepared only by C. I. Hood & Co., Lowell, Mass.

are purely vegetable, carefully prepared. 25 cents.

Hood's Pills

Depend upon it that life is very much as you make it. The first thing to decide is, What are you going to make it?

The next thing is to take off your coat and go to work. Make yourself necessary somewhere. There are thousands of boys and young men who wouldn't be missed if they would drop out to-morrow.

Don't be one of this sort. Be a power in your own little world, and then, depend upon it, the big world will hear from you.—Our Sunday Afternoon.

Grover C. Connelly, of Richmond Corners, N.B., says of Dr. Chase's Catarrh Cure: "I am pleased I used Dr. Chase's Catarrh Cure. I had it in a very severe form for nearly five years. I used several so-called cures, but got no relief. None of them did me any good. One box of Dr. Chase's Catarrh Cure completely cured me."

Walter Baker & Co., Limited.

Dorchester, Mass., U. S. A.
The Oldest and Largest Manufacturers of

PURE, HIGH GRADE
Cocoas and Chocolates

on this Continent. No Chemicals are used in their manufactures. Their Breakfast Cocoa is absolutely pure, delicious, nutritious, and costs less than one cent a cup. Their Premium No. 1 Chocolate is the best plain chocolate in the market for family use. Their German Sweet Chocolate is good to eat and good to drink. It is palatable, nutritious and healthful; a great favorite with children. Consumers should ask for and be sure that they get the genuine Walter Baker & Co.'s goods, made at Dorchester, Mass., U. S. A.

CANADIAN HOUSE, 6 Hospital St., Montreal.