and cover ick oven

ier straw. , in one ese-cloth, sweeten oval mold our the ing each ie liquor it all the n a cold ready to rve with nade and be found. hom the ole.

n recomerry, for ir family to cure Dalkeith.

this dish

fish was sed, but lean the f boiling ell with bakingour milk 1r-pou nd basting if it all When bone the skin and r in the e around it with he milk ubstitute n color. ness of a s are de-

omplaint, vorse till was very tried Dr. The first ne.-WM.

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ed leaves e spinach the sand ter until tle withit will then let ne. For spoonful dash of . If you he same n again, ut on a egg over s nearly its most d in its quantity

n butter 'ut them, ckly in a goldenat them

Children's Department.

A Neglected Duty.

We talk much about the duties of parents to children. We want to reverse the question and say a word as to the duties of children to parents.

The first duty which a child owes to his parents is the happy acceptance of the favours which a parent gives. The father and mother love more than the child loves. God has so made the is stronger than the child's. The giving to the child. Some insects which they shall never see. They do this by an unconscious impulse. But the parent joyfully labours and sacrifices for son or daughter. In their turn son and daughter should as joyfully accept these favours. Life they thus accept. All helpfulness they should thus accept. The son or the daughter is despising father or mother when theirgifts are refused.

A second duty which the child owes to the parent is obedience. The parent has the right to command. Of course the command should be based upon the right and the true. Because the reason of the parent is superior to the reason of the child, because the experience of the parent is broader than the experience of the child, it becomes the duty of the child to obey. To obey the command of a parent is a stepping-stone to the obedience of the command of God Himself. Disobedience to the command of a parent is to foster that self-indulgence which destroys the vigour of manhood and womanhood. Obedience to, the command of the parent develops that selfrestraint which is the cause of noble vigour in manly and womanly character.

The third duty children owe parents is that of appreciation. Common is the remark that children do not appreciate their parents until they become

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Dr. S. T. Newman, St. Louis, Mo., says: "A remedy of great service in many

forms of exhaustion.' Descriptive pamphlet free.

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parents themselves. True is the doesn't know it," said Ida to herself. remark as it is common. But each "I'll let her keep on." child should do all that is possible to But better thoughts soon came to regard with full regard the endeavours the little girl. of his parents. When you, dear "It is cheating," she said. "Susie upon the coffin-lid, you will know as swing. you have never known before that he than you thought. When at last you more than forty, and now I'll give you stand by the casket of her who in pain a good long swing." gave you life, and your lips kiss those white lips that never before refused parent and child that the parent's love their kiss of love to you, and when upon the silver hair your fingers linger | On a journey place a bottle of Clark's parent, therefore, finds great joy in for the last time, you will know that willingly lay up food for offspring to you. Appreciate your mother and your mother has been a good mother your father while they are with you.

The Mail-Cart.

Jolly little mail-cart, Painted red and grey. How I like to drive you, All the blithesome day; Stuart on the front seat, Jenny up behind, None can overtake us, Flying like the wind. This is how we frisk it, This is how we run, Up and down the roadway, In the healthful sun; Tottie on the front seat, Conny up behind, While our steeds are flying, Lightsome as the wind.

Now we run to London, Now we stop at Bray, Leaving joyous letters All along the way; Good folks smile and greet us, Pleased to see our glee, Driving on the mail-cart For her Majesty. This is how we frisk it, This is how we run, Up and down the roadway, In the healthful sun; Freddy on the front seat, Mary up behind, None can overtake us, Flying like the wind.

Ours are steeds of mettle, And they seldom fail, Or on hill or valley Carrying the mail; But when roads are heavy, Then we always find Bright and willing helpers, Pushing on behind. This is how we frisk it, This is how we run, Up and down the roadway, In the healthful sun; Siddy on the front seat, Alec up behind, While our steeds are flying, Lightsome as the wind. HENRY JOHNSTON.

Fair and Honest in Play.

Ida and Susie were swinging. "Now we'll take forty swings apiece," said Ida.

"Yes," said Susie.

"One, two, three; up goes she," sung Susie.

"O that isn't the way to count," said Ida. "You must count straight." But Susie kept up such a merry little chirp with her laugh and song, that Ida

soon saw that she would do very little that it was a hard case she couldn't counting. "Now it's forty, as nearly as I can count with the chattering you make,'

said Ida. So Susie slipped out and Ida took her place in the swing. Susie was the younger, and I dare say she could not count forty very easily. Ida counted for herself as Susie swung her.

"It's more than forty, but Susie every morning to keep him away from

reader, stand by the grave of your can't count, but God can: He knows father and hear the thud of the sod it is cheating." She sprang from the

"Get in, you dear little thing," she has been a far better father to you said to Susie. "You've swung me

Before Starting

Lightning Liniment in your satchel. A few drops in water will prevent sickness or pain from change of water. It is better than spirits or bitters as a stimulant. Miners and lumbermen should always be provided with it. All druggists sell it; price fifty eents. If the druggist has not got it ask him to get it for you. It will pay you to wait. Clark Chemical Co., Toronto, New York.

The Great Master.

"I am my own master!" cried a young man proudly, when a friend tried to persuade him from an entermy own master!"

"Did you ever consider what a responsible post that is?" asked the friend.

"Responsibility—is it?"

"A master must lay out the work he wants done, and see that it is done right. He should try to secure the best ends by the best means. He must keep on the lookout against obstacles and accidents, and watch that everything goes straight, else he will fail."

" Well!"

your conscience to keep clear, your heart to cultivate, your temper to govern, your will to direct, and your judgment to instruct. You are master over a hard lot, and if you don't master them, they will master you."

"That is so," answered the young man.

"Now, I could undertake no such thing," said his friend; "I should fail sure, if I did. Saul wanted to be his own master, and failed. Herod did. Judas did. No man is fit for it. One man is master, even Christ.' work under God's direction. When He is master, all goes right."—Dr. Bacon.

Obedience.

Josepha was not in a very good humor that Sunday, though it was her birthday, her tenth birthday.

In the first place, a Sunday birthday was a dull sort of thing, she thought; and then baby Fritz had been so sick that mamma had not a chance to get any little present for her. It was true that was only put off—the present was to come-but still Josepha felt out of sorts; and when mamma called her to get her Bible verses, she broke out in a reluctant pout, and grumbled out have any fun at all on her birthday, not even a holiday from Bible verses

Mamma at once shut the Bible, and

laid it on the table.

"I can't let you learn your verses while you are in a bad humor, daughter," she said," so I will preach you a sermon instead. 'Once there was a little boy who used to beg his father

Sometimes Naughtu! Sometimes Nice!



THIS LITTLE CHAP may at times be naughty, but for all that he is the joy of the home. In this latter respect he resembles "Sunlight" Soap, which brings joy and comfort to the house which uses it,—lessening the labor on wash day, saving the clothes prise which he had on hand: "I am from wear and tear, doing away with hot steam and smell, bringing the clothes snowy white, and keeping the hands soft and healthy. / Be a happy user of "Sunlight" Soap.

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