companionship, plenty of laughter, good one long walks in sunshine, and work, will drive out the wicked little imp-discontent-and make you the happy. healthy, hopeful girl that you ought to be. Just form a band against selfanalysis, against the inclination to consider what every inflection of the voice and every look of the eye means, and you will be surprised to discover how much of good there is in the world, and is bad.

Man or Beast

Gain equal relief from pain by the use of Clark's Lightning Liniment. The swelled joints from sprain or founder are relieved and cured at once by its use. Every owner of a horse should keep a bottle of this great remedy in his stable. Every consideration of economy and humanity suggest this ready relief. Price fifty cents; sold by all druggists. Clark Chemical Co., Toronto, New York.

Correct.

and Good Chief of the tribe of Christ, ever try it? greeting: The humblest of your servants kisses the hem of your garment, and begs you to send to his fellowservants more Gospel and less rum. In the bonds of Christ, Ugalla.

Love in the Home Life.

We ought not to fear to speak our love at home. We should get all the tenderness possible into the daily household life. We should make the morning good-byes, as we part at the breakfasttable, kindly enough for final farewells. Many go out in the morning who never come home at night; therefore we should part, even for a few hours, with kind words, with a lingering pressure of the hand, lest we may never look again into each other's eyes. Tenderness in the home is not a childish weakness; it is one that should be indulged in and cultivated, for it will bring the sweetest returns.

Did you Ever Think, my Dear

That a kind word put out at interest brings back an enormous percentage of love and appreciation?

That though a loving thought may not seem to be appreciated, it has yet made you better and braver because of it?

That the little acts of kindness and thoughtfulness day by day, are really greater than one immense act of goodness shown once a year?

That to be always polite to the people you more happy in your heart to give at home is not only more ladylike, but than it does to receive from others more refined than having "company yourself. manners"?

nothing in particular is a great art, may be so. and prevents you saying things you may regret?

sonal appearance stamps you as not only ignorant, but vulgar?

That to talk, and talk, and talk about we would like to keep for ourselves. yourself and your belongings, is very tiresome to the people who listen?

That to be witty (?) at the expense many times?

mon that can be driven out. Healthy very much greater than required to gain

That if women would allow their friends to enjoy themselves in their own way there would be fewer stumbling blocks in life?

That if the girls all over the world were to form societies of one, each being her own president and house committee and entertainment committee and secretary and treasurer, and make kind words the currency, considerate actions how little, comparatively, of that which the social functions, and love the great aim, that the whole world would be sweeter and purer for it? Just form one society where you are, and see what a great success it will be. - Ladies' Home Journal.

Words of Our Lord Jesus.

Once when the great Apostle, St. Paul, was preaching a sermon, he said to the people, "Remember the words of the ord Jesus, how he said, 'It is more blessed to give than to receive.'

This is what we ought all of us to do, to remember Jesus' Words! Now, let A Congo native who has been taught us talk a little about these Words. to read and write, has just sent a let- Jesus says it is better to give to others. ter, his first, to the Archbishop of than to get anything yourself. Do you Canterbury. It is as follows: "Great know how very true that is? Did you



Blessed means happy. It makes

Electric Belt Free!

To introduce it, the undersigned will give away to those who are sick or ailing or suffering from weakness or disease, and who would be likely to make good agents, if cured, one of our German Electro-Galvanic Belts; regular price \$5 (U. S. Patent 357,647), invented by Prof. P. H. Van Derweyde, Pres. of N. Y. Electrical Society and late Professor of Chemistry of N. Y. Medical College. \$500 Reward for any Belt we manufacture that does not generate a genuine Electric current. They are daily making most marvelous cures in cases of Rheumatism, Liver, Stomach and Kidney Diseases, Lung Troubles, Nervous Debility. and many other ailments in which medicine fails. Address at once.

German Electric Belt Agency, Brooklyn, N. Y.



Learn to Forgive.

Learn how to forgive. Do not carry an unforgiving spirit with you through all your life; it will hurt you more Jesus wants you to be glad and than anything else. It will destroy That to learn to talk pleasantly about happy; and so He tells you how you the happiness of many around you, yet its chief feeding ground will be found in your heart. You hate your neighthe world which makes us happier bor. Yonder is his dwelling, one hun-That to judge anybody by their per- than giving something to some one; dred and fifty yards away. Suppose and especialy if it is a gift that has cost you pass by a wood fire, and as you us something, or if it is something which pass you pluck a half-consumed brand from it, flaming and gleaming, and, Just try it during this Lent, and see thrusting it under your garment to hide how glad your hearts will be. Go with- it, you start for your neighbor's dwelout something which you would like to ling to burn it. Who gets the worst of somebody else is positive cruelty buy for yourself, and give the money of it? You find your garments on fire to some poor person, or put it in your and your own flesh burned before you That personalities are not always missionary box. Do it often, and when can harm your neighbor. So is he interesting, and very often offensive? Easter comes, I think you will know who carries an unforgiving spirit in his That the ability tokeep a friend is how true the dear Lord's words are. bosom. It stings his own soul like an

adder shut up there. I know of some who call themselves Christians, who are miserable because of their own revengefulness. Forgive your enemies, and get down on your knees and pray for them, and salvation will come into your own soul like a flood. "Father forgive them." Sweet prayer and blessed example.

-EMERY POWDER will remove ordinary stains from ivory knife handles.



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