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For making soap, softening water, removing old paint, disinfecting sinks, closets, drains and for many other purposes. A can equals 20 pounds SAL SODA.

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This mental adjustment is possible. It is practised constantly by people who "look upon the bright side."

I lately received a letter from a man who has lost an arm. His only remark upon the subject was that he was thankful it was his left arm which had to be amputated, as the right arm would have been greatly missed.

It is true that in facing real trials of a severe nature even commonplace mortals show a better quality of endurance and courage than would be expected from them by one who had listened only to their complaints and frettings over small discomforts and annoyances. Real trouble braces the moral nature, and that gives mind and body support. But to meet the daily friction of life we do not summon to our aid the great stimulant of moral principle. We lamely allow things to overcome and to override us; we fly into a passion over a broken tea-cup or an ill-fitting gown, and ruin the happiness of a day for all around us.

We need to be disciplined in the matter of meeting cheerfully and gallantly the small ills of life; more than that, we need to learn to dismiss them from our minds when they are out of sight.

The woman who smiles when she sees her best table-cloth ruined, who puts aside the little mishap and makes the people around the table forget it, does well. But if when she is alone she allows her mind to dwell upon the loss of her cherished linen, she is not the entirely wise, sensible and comfortable woman she ought to be.

If one allows little bothers to get a foothold in the mind, to wait there and nag, nag, nag, whenever one is a little disengaged or trying to rest, the last vestige of pure, real peace and happiness will soon depart forever.

Don't make much of the faults and failings of those around you—even be good to yourself, and don't harry your soul over your own blunders and mistakes.

The best way to correct an error is to apologize if any one else is concerned, and then do better next time.

Avoid the personal view, the small view, the critical and fault-finding view. Run away from gossip as from a pestilence, and keep in your soul great ideals and ideas to solace your solitude. They will drive out petty worries, conceits and thoughts of carking care.

HOW BESSIE SAVED AUNT ANNE.

By Uncle Jack.

Bessie clapped her hands when she first saw the ocean. It was such fun to see the foaming breakers chase up the sand, one after the other. And she was not happy till mama had taken off her shoes and stockings, and she was with the other children on the beach.

But when Aunt Anne took her by the hand, and tried to lead her down to where the water would just cover

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FREE

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her feet before sliding back down the slope, she did not want to go. And once, when the water barely touched her little pink soles, she screamed.

"Aunt Anne! Aunt Anne!" she said, "help me, or I'll drown!"

Then Aunt took her up on the sand, far above the reach of a single drop of water. There she left her playing with her shovel and pail, digging holes, and covering her feet with the clean sand.

After a while Bessie missed her Aunt Anne. She looked about, but could not discover her. Where was she? Perhaps she had been carried off by the waves!

With a gasp, she looked again. And how relieved she was when she saw her, not twenty feet away, standing with her back to the water.

But as she looked, her little heart almost stood still for fear. There was a wave coming straight toward her dear Aunt Anne! And she did not see. Closer and closer it came. Oh, it would drown her!

"Aunt Anne! Aunt Anne!" she called.

But Aunt Anne was talking, and she did not hear. There was only one thing to do. She must save her. She feared the water, but she loved Aunt Anne. So, dropping her pail, she ran down the beach, and did not pause till she reached the other side of Aunt Anne. Then she tried to push her out of danger. But she was too late! The water, creeping higher up the sand, covered first her own little feet and then Aunt Anne's.

"Oh, Aunt Anne! You're drowning, and I tried so hard to save you!" she cried.

Then Aunt Anne, scrambling to a dry place on the beach, caught her up in her arms and said:—

"Oh, you dear little darling! Aunt Anne is safe."

And Bessie, from the sheltering arms, could only sob out:—

"Oh, take me away from this mighty o-shun,—please, Aunt Anne!"

God does not demand impossibilities. Do what you can.—St. Augustine.

He that is, faithful in that which is least is faithful also in much.

Exactly in the degree in which you can find creatures greater than yourself to look up to, in that degree are you ennobled yourself, and in that degree happy.—Ruskin.

He who puts on the towel of service puts off a world of care. There is no surer and no readier remedy for your own cares than to try to lessen the cares of other people.—Mark Guy Pearse.

You Blame the Stomach

But chronic indigestion will disappear when the liver, kidneys and bowels are enlivened to action.

You are skeptical. For you have tried many medicines and still suffer from indigestion with all its annoying symptoms.

Take a new line. Leave the stomach alone, for the source of trouble is in the intestines and healthful digestion can be restored by the use of Dr. A. W. Chase's Kidney-Liver Pills.

In some ways this treatment is unique.

It has a specific and combined action on liver, kidneys and bowels, brings about a thorough cleansing of the filtering and excretory systems and thoroughly cures indigestion and constipation.

The first dose will convince you that you are being benefited and you will soon know what it is to have a healthful, natural appetite and good digestion.

Together with the reliability of his Receipts Book, the extraordinary success of this medicine has made Dr. A. W. Chase world famous, his portrait and signature are on the box. Dr. A. W. Chase's Kidney-Liver Pills, one pill a dose, 25 cts. a box, all dealers' or Edmansons, Bates & Co., Toronto, Ont.

Children's Department.

WORRY.

Worry is a habit, like biting the finger-nails, turning in the toes or talking slang. It comes in time to be not only a habit, but a sinful indulgence, almost as hurtful to a peace of mind as overeating, or a violent temper, or scandal and tale-bearing.

The mind readily falls a victim to bad mental habits. To make much of small things is to belittle life. To magnify and give importance to little evils is to distort out of all reality the actual things worth living for. When the peace of a whole family is upset because the breakfast coffee is cold or some one has mislaid the morning paper things have lost due proportion.

To be happy one should look at the evils and worries of life as if from the large end of an opera-glass; while for pleasant things the small end of the glass should be held to the eyes.

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