

OUR BOYS AND GIRLS.

BETTY, THE BORROWER.

BY CARROLL WATSON RANKIN.

Betty Biglow would easily have taken the prize, had one been offered at the Misses Gordons'...

"O," she would cry, darting into some other girl's room on the way to chapel, "do lend me a handkerchief! I've forgotten mine!"

"I'm afraid I am," laughed Betty, "but I'm just as willing to lend as I am to borrow"—which was quite true.

The next day half a dozen girls gathered in Helen's room when Betty burst in upon them.

"O, Helen," she cried, "do lend me your belt! It is time for my music lesson, and I can't find mine!"

"I think," said Margaret Brown, "it is simply abominable the way Betty borrows things!"

"It's more abominable the way she doesn't bring them back," said Ruth. "She borrowed my umbrella a month ago," said Madge Roberts, "and she hasn't returned it yet."

"The only way I ever manage to get anything back is by making a daily raid on her room. I must waylay her in the hall when she has finished her lesson and demand my belt, or I shall be obliged to go down to tea without it."

"She's the dearest thing I ever saw," said Madge, "except for that one unfortunate habit of hers of not bringing her things back."

"Girls," interrupted Mollie Peters, "I have an idea!" "Girls," echoed Madge, "Mollie has an idea!"

"Silence! I have the window sill," said Mollie, rapping on the glass. "This meeting will please come to order. Girls, let's give Betty Biglow a lesson. There are thirty-eight of us in this establishment. Let's start in to-morrow morning and borrow every thing Betty has."

CHATS WITH YOUNG MEN.

Invincible determination and a right nature are the levers that move the world.—Porter.

Always smiling. A happy face may and often does conceal an aching, weary heart.

Do a little hustling yourself. Don't be a knocker. If your neighbor is prosperous, let him prosper.

To Stay Good. We have the following from the International Catholic: A young man said yesterday to his chum:

"I went to confession on Saturday. When I came out of church I felt as if a load had been lifted off my heart. I walked along as if on air."

The best way to be good is to stay good. Once that the soul has had life restored to it by penance it needs frequent food to give it strength to resist temptation, and that spiritual food comes through prayer and Communion.

Well Done. To do anything well, there should be a sound mind and a healthy body. There have been men who were perhaps never well, never for an hour enjoyed good health, and yet they lived to purpose, for their deeds are this day exerting a happy influence on mankind.

The Power of Religion. It is religion which produces concord and affection between husband and wife, love and reverence between parents and their children, which makes the poor respect property of others, and causes the rich to make a right use of their wealth.

Weak Back and Spinal Pains. Pains in the back number their victims in thousands. Only very powerful and penetrating remedies will reach these distressing complaints, but Polson's Nervine is as sure to cure them as anything in this world can be.

The Two Scourges. ALCOHOL AND MORPHINE. An Antidote Discovered. A recent remarkable discovery in medicine which has been found to annihilate the effects of alcoholic drinks and all drugs, is attracting the most hopeless cases, is attracting a good deal of attention among those interested in temperance work.

It is health is needed to enable us to do our duty in a perfect state, much more is it needed to help us perform our part well on earth. But whether sick or well, let us do what we may to all that will be required of us. We can readily see how personal afflictions may humble, and subdue, and sanctify, and thus redound to the good of the individual; but for all that, the great cause of humanity must suffer by it.

It is a complete extirpator. It restores the system to its normal state, and is a complete extirpator. It is a complete extirpator. It is a complete extirpator.

Madge, more than half ashamed of herself, stripped the pretty room of its adornments, and later in the day carried off even the rugs and most of the furniture.

BADLY RUN DOWN.

Symptoms That May Lead to Serious Results.

THE EXPERIENCE OF THOMAS CADA, OF ESSEX CO., NERVES SEEMED SHATTERED AND HE FELT UNFITTED TO STAND HARD WORK.

From the Review, Windsor, Ont. Mr. Thomas Cada, of Pike Creek, a small village in Essex county, is known to almost everyone in that section. He is a son of Mr. John Cada, mill owner, and a prominent politician in his locality.

It is at such seasons that the strength of your purpose must be proved. Do not, however, dark or discouraging the outlook, admit the possibility of defeat. Set your face toward your goal, and stoutly affirm and reaffirm your confidence in your ability to succeed.

Never permit anyone or anything to undermine your self-confidence. Never admit to yourself, even in thought, that there may be a possibility of your failure.

Many fall because their self-confidence becomes shaky; they allow people to inject their doubts and fears into their minds, until they become uncertain of themselves, and ultimately lose altogether that buoyant faith in their ability to succeed without which no great thing ever was accomplished.

What though you are poor, or your environment unfavorable! These things should incite you to greater effort. Stoutly deny the power of adversity or poverty to keep you down, constantly assert your superiority to your environment, believe firmly that the things made to dominate your surroundings, that you are the master and not the slave of circumstances.

Many a man has accomplished his object by this determined adherence to faith in his ability to succeed, when everything but his determination and confidence in himself has been swept away. One should cling to this priceless birthright as he would cling to his honor.

Thoughts are forces, and the constant affirmation of one's inherent right and power to succeed will soon change inhospitable conditions and unkind environments to favorable paths of success and happiness.

Beautiful Skin Soft White Hands Luxuriant Hair Produced by Cuticura SOAP.

MILLIONS USE CUTICURA SOAP, assisted by Cuticura Ointment, for beautifying the skin, for cleansing the scalp and the stopping itching, for softening, whitening, and smoothing red, rough hands, for baby rashes, for itching, and chafing, and for all the purposes of the toilet, bath, and nursery.

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Authorized Capital, \$ 500,000. Subscribed Capital, 100,000. Business in Force over 50,000,000. H. W. ADKINSON, President. GEORGE GILLIES, Vice-Pres. H. W. ADKINSON, Secretary and Managing. L. LEITCH, JAS. GRANT, D. WELSMILLER, Inspectors. Over \$2,000,000 paid in losses. Losses rates. Losses promptly settled. CITY AGENT: A. W. DUBWELL, 476 Richmond Street.

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