

Know For Yourself

Experience always was the best teacher, and it is best to learn by experience and prove the power of

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to build up strength, raise the blood-quality and retrieve lost weight. It is not by accident that *Scott's* has been endorsed and recommended by physicians almost everywhere. *Scott's* contributes to robustness.

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something weird and strange about being there alone at that hour that set the boy's heart to beating faster than usual.

He went to one of the windows and felt about for the fastenings, but he could not reach them. They were too high. He tried them all, but none were within his reach. Then

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A CATALOGUE containing complete and interesting information on how to improve and increase your production of both flowers and vegetables. This catalogue is superbly illustrated in colors and shows practically all the varieties of garden plants which can be grown successfully.

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he sat down in one of the pews and wondered what he should do next. He was wide awake now. It seemed to him that he could not close his eyes again that night, and indeed it was long after midnight before he did. He felt strangely lonely as he sat there through those endless hours, dimly hearing the voices and footsteps in the street without grow fewer and fainter, till all was silent save the clocks that rang out the creeping hours to his weary ears. At last his tired eyes closed and he slipped down on the cushioned seat and slept for a few hours, but he awoke again before daylight.

It was broad daylight outside before it was light enough in the church for the boy to see clearly, and then he looked hopelessly at the high window fastenings. He had tried every door but all were securely locked.

"Nothin' t' do but wait till that ol' cove comes back," he said to himself. Then a thought flashed across his mind—a thought that made his heart stand still with dread. "S'posin' he don't come till next Sunday?"

Tode knew nothing about midweek or daily services. But he put this terrible thought away from him.

"I'll get out somehow if I have ter smash some o' them pictures," he said aloud, as he looked up at the beautiful windows.

The minutes seemed endless while the boy walked restlessly up and down the aisles thinking of his stand, and of the customers who would seek breakfast there in vain that morning. At last he heard approaching footsteps, then a key rattled in the lock, and Tode instinctively rolled under the nearest pew and lay still, listening to the heavy footsteps of the sexton as he passed slowly about opening doors and windows. The boy waited with what patience he could until the man passed on to the further side of the church, then he slid and crawled along the carpeted aisle until he reached the door, when springing to his feet he made a dash for the street. He heard the sexton shouting angrily after him, but he paid no heed. On and on he ran until he reached his room where Tag gave him a wildly delighted welcome, and in a very short time thereafter the stand at "Tode's Corner" was doing a brisk business.

(To be continued.)

A great-great-granddaughter was born lately to Basil Guerard, aged 94, head of a well-known Port Arthur family, of which there are thus now five generations living. Mr. Guerard had sixteen children, and his descendants number upwards of one hundred and seventy-five.

The Six Nations Indian women have forwarded to Princess Patricia an oil painting of the old Mohawk Church as a bridal gift. The painting is encased in a frame of carved black walnut grown on the reservation. The Duke of Connaught was twice a visitor to the Six Nations and was made Chief Ka-rah-konteh.

Some Good Points

For rough skin, chapped hands and face, or cracked lips, *Campana's Italian Balm* is unequalled. Some of its good points are: It is not greasy or oily; does not take long to dry in; leaves the skin with a soft, velvety feeling; and is suitable for the most sensitive or delicate skin, from baby's up. Price 35 cents at most druggists, or E. G. West & Co., Wholesale Druggists, 80 George St., Toronto.

BIRTH

BLODGETT—On Saturday, February 22, 1919, at St. John's Rectory, Chapeau, Ont., to Rev. J. N. and Mrs. Blodgett, a son. Both doing well. (Albert Lorne Nelson).

Boys and Girls

My Dear Cousins,—

I am afraid you must have been disappointed last Thursday at not seeing your Prize List, but it's that old postman's fault again. Just as I had your list all ready, he must go and produce a whole batch more of your answers. So, of course, I had to start in and alter everything. He is a very tiresome person. But I can't get hold of him to tell him so. He always manages to slip away just when I think I'm going to get him.

Well, about those papers now. I never had so many to mark before, for all my old friends seem to have remembered me, and I have so many new ones that I lose count. I've had letters from several of them, and I'm only sorry I can't print them all. Indeed, I fear I shall not have room for any this week, as there are prize lists to publish. I think that competition was too easy for you! I know it meant a good deal of reading. I have a little bird who flies about and peeps into cousin's houses and tells me what they're all doing. He came into the office one day, smiling a really truly bird-smile, and he said: "You never saw so many busy young people in your life in this city. They're reading, and reading, AND reading, but I bet they won't find all the No. 19 texts? And he was right!"

No. 19 might have come from four different places in St. Mark, but nobody found more than one, except Paul Gardner. Other people made queer little mistakes in numbers or words that just spoil theirs, and so there we are. I was so pleased with the tidiness of all the papers, though. I only wish I could show you some of the really beautiful writing, even printing, which I had. I even had a letter typewritten by one small cousin from down East. Quite an official looking sheet it was too, but I felt ever so proud of it.

I have a very inquisitive electric light which, as I write to you now, is bending its neck down from the top of my desk so that it can see what I am writing about. It keeps getting brighter and duller in jumps, exactly as though it were shutting and opening one eye all the time. But I'm not going to tell it any of the secrets I put in my letters to you. If it hadn't tried to find them out, I might have, but now—No!

So goodbye till next week, when I'll try to find room for a letter or two from cousins.

Your affectionate
Cousin Mike.

Text Completing Competition.
Prize.
Paul A. Gardner (age 12), Bobcaygeon, Ont.

- Highly Commended in Order of Merit.
1. Millie Miller (13), Linwood, Ont.
 2. Margaret Haslam (13), 265 Mutual Street, Toronto.
 3. Florence Haslam (11), 265 Mutual Street, Toronto.
 4. Vivien Lea (13), 5 Bedford Road, Toronto.
 5. Henry White (11), Church House, High Prairie, Alta.
 6. Evelyn Oram (9), 38 Burford Street, Brantford, Ont.
 7. Winifred Oram (11), 38 Burford Street, Brantford, Ont.

Scripture Clock Competition.
I want you to make a Scripture Clock, this time choosing texts which contain the word "Rejoice." In case some of you don't know what a Scripture Clock is, it means twelve texts, one for each hour marked on a clock, containing one word for 1 o'clock, two for 2 o'clock, three for 3 o'clock, and so on. I remember getting some



beautiful clocks a year or two ago, when we had "watch" for our word. I want to see what my new cousins can do now. Don't forget your age. One cousin did this week, alas!

Last day for receiving answers, Thursday, March 27th.

In reference to the Princess Patricia's marriage on February 27th, it is interesting to note that not for 600 years has a Royal bride been wedded in Westminster Abbey.

Do you believe in the "Pay as you go" principle? See foot of page 156.

Had Headache For Two Years

A Barrie Man Tells of Persistent Headaches and Indigestion—Finally Found His Way to Good Health.

For two long years the writer of this letter was subject to severe headaches. The nervous system got run down, digestion failed, and there was continued loss of weight.

The use of Dr. Chase's Nerve Food changed all this, and now, with scores of other Barrie people, Mr. Nader is recommending the use of this food cure as the best means of building up the exhausted nervous system and curing headaches, indigestion and all the annoying symptoms of a run-down condition.

Mr. John Nader, 38 Penetang Street, Barrie, Ont., writes: "During the last two years I had an attack of indigestion, accompanied by severe headaches. I suffered from loss of appetite, and my system became run down. I also lost considerably in weight. I began using Dr. Chase's Nerve Food, and as they helped me I continued this treatment for some time. My condition is now greatly improved, my headaches are gone and my health in general is much better. I can cheerfully recommend the use of Dr. Chase's Nerve Food to those suffering from nervousness of any kind."

The reason Dr. Chase's Nerve Food is so effective in cases of this kind is because of its extraordinary blood-forming influence. By creating an abundance of rich, red blood it strengthens the action of the heart, revitalizes the exhausted nerves and builds up the system in every way.

The appetite is restored, digestion improves, you rest and sleep well, and the new vigour and energy is felt in every organ of the human body. Dr. Chase's Nerve Food is doing wonders for men, women and children whose systems have become weak and run down. 50 cents a box, 6 boxes for \$2.75, all dealers or Edmanson, Bates & Co., Limited, Toronto.