

## Children's Department.

### Rules for Daily Life.

Begin the day with God;  
Kneel down to Him in prayer;  
Lift up thy heart to His abode,  
And seek His love to share.

Open the book of God,  
And read a portion there,  
That it may hallow all thy thoughts  
And sweeten all thy care.

Go through the day with God,  
Where'er thy work may be;  
Where'er thou art—at home, abroad—  
He still is near to thee.

Converse in mind with God,  
Thy spirit heavenward raise;  
Acknowledge every good bestowed,  
And offer grateful praise.

Conclude the day with God;  
Thy sins to Him confess;  
Trust in the Lord's atoning blood,  
And plead His righteousness.

Lie down at night with God,  
Who gives His servants sleep;  
And when thou tread'st the vale of death  
He will thee guard and keep.

### A Sweet Christian Life.

Unless our religion has sweetened us to a very considerable extent—given us the control of our temper, checked us in the moment of our irritation and weakness, enabled us to meet misfortune and in a measure overcome it, developed within us the virtues of patience and long suffering, making us tender and charitable in our judgments of others, and generally diffusing about us an atmosphere which is genial and winsome—what ever else we may have gained, one thing is sure: religion is not having its perfect work in us; and, even though our Christian life is clear and positive, it is only as a grarled and twisted apple-tree which bears no fruit, only as a prickly bush which bears no roses, and the very thing which of all others we should have is the very thing in which we are most

## Exhaustion

### Horsford's Acid Phosphate.

Overworked men and women, the nervous, weak and debilitated, will find in the Acid Phosphate a most agreeable, grateful and harmless stimulant, giving renewed strength and vigor to the entire system.

Dr. Edwin F. Vose, Portland, Maine says: "I have used it in my own case when suffering from nervous exhaustion, with gratifying results. I have prescribed it for many of the various forms of nervous debility, and it has never failed to do good."

Descriptive pamphlet free on application to  
Rumford Chemical Works, Providence, R. I.

Beware of Substitutes and Imitations.  
For sale by all druggists.



**Paint Economy**

It pays to use a little paint now and then about the home—place or farm. Paint is a preservative. Our booklet "Paint Points" tells what kind of paint to use for different surfaces. It tells the difference between good and bad paint. It tells what kind of paint to use for the house—for barns, fences and roofs—for furniture and decorative work—for floors—for bath-tubs—and for buggies, bicycles, wagons and implements. Send to-day for a free copy of "Paint Points."

**THE SHERWIN-WILLIAMS BATH ENAMEL**  
will make an ordinary zinc bath tub look like porcelain. Over 10,000 dealers sell The Sherwin-Williams Paints. Different paints for different surfaces—not one for all.

**THE SHERWIN-WILLIAMS CO.**  
CLEVELAND CHICAGO NEW YORK MONTREAL  
ADDRESS FOR BOOKLET  
4 St. Genevieve St., Montreal.  
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Anæmia means "want of blood," a deficiency in the red corpuscles of the blood. Its cause is found in want of sufficient food, dyspepsia, lack of exercise or breathing impure air. With it is a natural repugnance to all fat foods. Scott's Emulsion is an easy food to get fat from and the easiest way of taking fat. It makes the blood rich in just those elements necessary to robust health, by supplying it with red corpuscles.

For sale at 50 cents and \$1.00 by all druggists.  
SCOTT & BOWNE, Belleville, Ont.

deficient. A Christian life without sweetness is a lamp without light, salt without savor.

### CONSUMPTION CURED.

An old Physician, retired from practice, having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure of Consumption, Bronchitis, Catarrh, Asthma, and all Throat and Lung Affections, also a positive and radical cure for Nervous Debility and all Nervous Complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffering fellows. Actuated by this motive and a desire to relieve human suffering, I will send free of charge, to all who desire it, this recipe in German, French or English, with full directions for preparing and using. Sent by mail by addressing, with stamp, naming this paper.—W. A. NOYES, 820 Power's Block, Rochester, N. Y.

### Cheerfulness.

"How can you always be so cheerful and happy, when you have so many cares?" asked a lady of an overworked wife and mother.

Here spoke a soul that lived above the shadow. It is to take the love and let the shadow of life float beneath her feet; but the perpetual sunshine in which she dwelt bathed them all with glory.

There is only one way to get above the shadow. It is to take the love and

hope of Christ into the soul. A mere sunny disposition will not keep one always happy. But a supreme faith in God is like wings; it will lift one into the sun-bright sky, whether the shadow be that of a fitting April cloud, or the lingering darkness of equinoctial storm. Happiness that rises into blessedness, that is supreme alway and all-wise, can be nothing less than Christian happiness. It must have its source in Christ. With such resource, life, with all its ups and downs, can no more sadden and oppress a human soul than a passing shower can drench the glistening forehead of the Jungfrau, or storm-wind ruffle the plumage of the eagle that soars in the sun.

### "Not Exactly Right."

Thousands of people are in this condition. They are not sick and yet they are by no means well. A single bottle of Hood's Sarsaparilla would do them a world of good. It would tone the stomach, create an appetite, purify and enrich the blood and give wonderful vigor and vitality. Now is the time to take it.

—Hood's Pills cure nausea, sick headache, indigestion, biliousness. All druggists. 25 cents.

### Heart's-Ease.

When you rise in the morning, form a resolution to make the day a happy one to a fellow-creature.

Strong, true friendship is like the beautiful blue violet, with heart of gold.

When the clouds are heavy and the path weary and rough, a light heart and beaming face brighten and shorten the way.

The gleam of a trusting smile will reach further than the brightest sunshine or electric light—even into the human heart.

### DEATH.

HOUSTON.—At St. John's Hospital, on January 31st, 1897, Marie Louise Houston, second daughter of Rev. Rural Dean Houston, Rector of Cornwall, aged 17 years.

### My Christian Name.

If you little ones are too small to be able to write your name prettily, ask some one to write it down for you on this line; or if you are old enough, write it yourself:—

There is my name written down. The Sur-name comes at the end—that is the name of all our family: but the rest of the name only belongs to me. I cannot give away the Christian name, nor lend it to any one, nor lose it. It

## Women

Who are nervous, weak, worn out with local troubles find pure blood, nerve strength, and perfect health in Hood's Sarsaparilla.

We do not say the above to raise false hope. It has been the experience of many, very many women in those intensely trying periods which demand and consume so much

## Nervous

force—those special physical trials we delicately indicate by merely using the words—Maid, Mother, Matron.

Like a confidential friend we suggest the use of Hood's Sarsaparilla, a reliable blood purifier and tonic; it has helped many others and will help you.

"I was in poor health five years, broken down in strength, and appetite all gone. Local troubles and other weaknesses intensified my misery. Nervous sick

## Headaches

dizziness, heartburn and pains in my back made me think I should never be well again. A friend prevailed upon me to try Hood's Sarsaparilla. I soon began to improve and in six months it restored me to better health than for years. I have found Hood's Sarsaparilla a grand medicine for all troubles peculiar to

## My Sex

I am now strong and healthy and can do a good day's work. I stand by Hood's Sarsaparilla, for it cured me after other medicines failed." MRS. LUE DIER, Carlinville, Illinois.

This and many similar cures prove that

## Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1. Prepared only by C. I. Hood & Co., Lowell, Mass.

Hood's Pills are purely vegetable, carefully prepared. 25 cents.

belongs to me. It will be mine till I die.

Had I that name always? No: once on a time there was a little baby lying in a soft flannel and fair white cambric, and it was looking up out of its bright little eyes at the shining candle, and the mirror, and the red and yellow flowers, and at mother's face,—and I was that little child.

I had no Christian name when I was born. But after a little time those

## Walter Baker & Co., Limited.

Dorchester, Mass., U. S. A.  
The Oldest and Largest Manufacturers of

## PURE, HIGH GRADE Cocoas and Chocolates



on this Continent. No Chemicals are used in their manufactures. Their Breakfast Cocoa is absolutely pure, delicious, nutritious, and costs less than one cent a cup. Their Premium No. 1 Chocolate is the best plain chocolate in the market for family use. Their German Sweet Chocolate is good to eat and good to drink. It is palatable, nutritious and healthful; a great favorite with children. Consumers should ask for and be sure that they get the genuine Walter Baker & Co.'s goods, made at Dorchester, Mass., U. S. A.  
CANADIAN HOUSE, 6 Hospital St., Montreal.