

BOYS AND GIRLS.

Little Kindnesses.

You gave on the way a pleasant smile,
And thought no more about it;
It cheered a life that was sad the while,
That might have been wrecked with-
out it.
And so for the smile and fruitage fair
You'll reap a crown sometime—some-
where.
You spoke one day a cheering word,
And passed to other duties;
It warmed a heart, new promise stirred,
And painted a life with beauties.
And so for the word and its silent
prayer
You'll reap a palm sometime—some-
where.
You lent a hand to fallen one,
A life in kindness given;
It saved a soul when help was none,
And won a heart for Heaven.
And so for the help you proffered there
You'll reap joy sometime—somewhere.

Franklin's Advice to the World.

Time is money.
Make haste slowly.
Forewarned, forearmed.
Little strokes fell great oaks.
Eat to live and not live to eat.
There are no gains without pains.
A good example is the best sermon.
Three removes are as bad as a fire.
One to-day is worth two to-morrows.
Married in haste, repent at leisure.
Constant dropping wears away stones.
He that goes borrowing goes asor-
rowing.
Fools make feasts and wise men eat
them.
God heals, and the doctor takes the
fees.
There never was a good war or bad
peace.
It is hard for an empty bag to stand
upright.
When the well's dry we know the
worth of water.
Dost thou love life? Then do not
squander time.
In this world nothing is certain but
death and taxes.
Never leave that till to-morrow which
you can do to-day.
If you'd have a servant that you like,
serve yourself.
If you would have your business
done, go! If not, send!
Those have a short Lent who owe
money to be paid at Easter.
Beware of little expenses, a small
leak will sink a great ship.
Experience keeps a dear school, but
fools will learn in no other.
Idleness and pride tax with a heavier
hand than kings and parliaments.
Early to bed and early to rise
Makes a man healthy, wealthy and
wise.
Vessels large may venture more,
But little boats should keep near
shore.

False Sympathy.

Most people find it difficult to resist
the note of sympathy in a friend's
voice, even when it has not been called
for and is not even deserved. But
there is a sympathetic friend always
around opening our eyes to our suffer-
ings. So great a snare is sympathy
that girls and women will jump at any
bait.
The girl who has a slight headache
begins to feel really ill when a friend
bubbling over with sympathy calls in
and begins petting up the "poor old
dear."
When she cannot possibly rake up
any present grievance she harks back
to the troubles of the past.
In time the most sympathetic friend
gets tired of the girl who has got into
the habit of walling, whereas other
folks have found her out and dropped
her long ago.
Bear your troubles with silence;
your character will become strength-
ened, and you will keep the friendship
and real sympathy of the best charac-
ters you know. Making troubles a sub-
ject of conversation shows very poor
powers of entertaining guests or host-
ess.

On the Installment Plan.

To buy on the installment plan is
popular nowadays, but no one must
imagine that it is something new.
Nature instituted the method when
time began. You do not pay all
at once for the late hours
you keep. Some of you spend several
evenings a week in enjoyments which
keep you up till the small hours, and
you boast that you are able to rise and
go to your work in the morning with-
out feeling much the worse for wear.
The friction between yourself and the
friend you value most does not seem
to you to amount to anything. Sharp
words are exchanged, bitter reproaches
flung back and forth, and then comes
the reconciliation, and all runs smooth-
ly again.
Do not fancy, because you are pay-
ing for these things on the installment
plan, that they cost nothing. The late
hours and overtaxing of your strength
are gradually sapping your system.
In a year's time you will notice it more
than you do now. In five years every
one will recognize that the payment is
going to leave you bankrupt. Do not
flatter yourself that your friendship is
unchanged by the constant bickering
and fault finding. A little loss of re-
spect to-day, a decrease of affection,
too slight to be noticed, is all; but
these payments kept up for years, have
meant heart-break over and over again.

Heard In The Street.

What Was Said:

You will find me most any time.
I told the two of them to go home.
I didn't look to see you to-day.
I have forgot my cheque-book.
The lines of that building are terribly
good.
When he had money he threw it
away.
Was you a-callin' me?
I would kind of like to know where
he is.
He always done his work well.
Where can I find McCarthy, he who
moved your furniture?
A widow woman lives in the lower
tenement.
Neither of them have any beauty to
boast of.
Fresh air and exercise are the best
preventatives.
You know as well as me that he
never said no such thing.
I'll be glad to do all I can
Where's my gloves?
You needn't put on the kids to go
there.
I had just laid down when the door-
bell rang.
If I was as old as you be, I think I'd
be able to do it.
This dress has never been laundered.
Where are you going to?
Wish I could find a thing where
it ought to be," says I.

What Should Have Been Said:

You will find me at almost any time.
I told both of them (or, them both)
to go home.
I didn't expect to see you to-day.
I have forgotten my cheque-book.
The lines of that building are exceed-
ingly good.
When he had money he threw it away.
Were you calling me?
I should rather like to know where
he is.
He always did his work well.
Where can I find McCarthy, him who
moved your furniture?
A widow lives in the lower tenement.
Neither of them has any beauty to
boast of.
Fresh air and exercise are the best
preventives.
You know as well as I do that he
never said any such thing.
I shall be glad to do all I can.
Where are my gloves?
You needn't put on kid gloves to go
there.
I had just lain down when the door-
bell rang.
If I were as old as you are, I think
I should be able to do it.
This dress has never been laundered.
Where are you going?
"I wish I could find a thing where it
ought to be," said I.

THIS PRETTY CANADIENNE

Saved From Terrible Kidney Disease
By "Fruit-a-tives."



MASSON, P.Q., Nov. 16th, 1904.

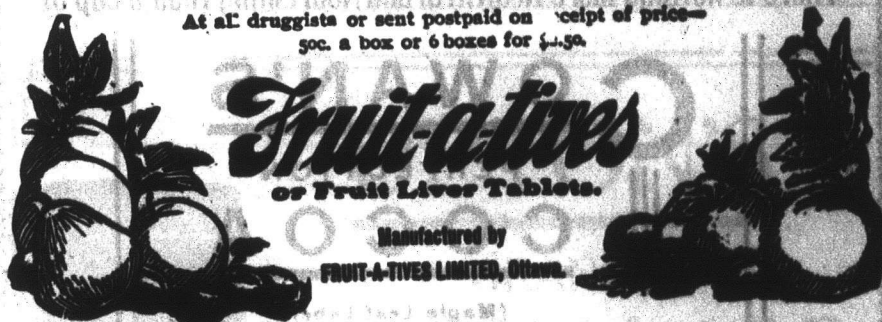
"I have much pleasure in reporting to you the great benefit I have received from taking 'Fruit-a-tives'—and I feel that I cannot say too much in favor of a medicine which has done me so much good. I was a martyr to that distressing complaint 'chronic constipation' accompanied with severe headaches, backache, sick stomach and all the symptoms of dyspepsia. I had also a dreadful complexion, sallow in the extreme and black under the eyes. I had every symptom of kidney irritation and I had been told by physicians that my kidneys were affected. I consulted a number of physicians and took various remedies but received very little benefit. Last May I was advised to try 'Fruit-a-tives' and when I began to take them I had little faith of getting anything to give me permanent relief, but after I had taken half a box of 'Fruit-a-tives' I began to feel better and before I had finished one box the constipation was relieved the headaches left me, the pain in my back was better and I could sleep as soundly as when I was child. Also, my complexion began to clear up again, all the sallow-ness disappeared and the black circles under my eyes went away. The pain in the back gradually left me and all signs of kidney disease disappeared by the first of August after I had taken three boxes. Since then I have continued to improve and now I have none of my old symptoms and my appetite is good, digestion splendid and my complexion as clear as when I was a young girl. Also the constipation from which I had suffered so long has been entirely cured and it is not necessary for me to take the 'Fruit-a-tives' now as I am quite well in every way. I took no medicine but 'Fruit-a-tives' but I followed faithfully the directions as to diet etc., given in the pamphlet which accompanies each box of 'Fruit-a-tives'."

(Sgd.) FLORENCE JAMIESON.

Every part of the body is constantly decaying and being renewed. The dead cells, or tissue waste, should be removed by the skin, kidneys and bowels. When these organs do not act regularly, this poisonous matter stays in the system—is taken up by the blood—carried to heart, liver, stomach, brain and nerves all over the body—and poisons everything it touches.

"Fruit-a-tives" keep each organ clean and healthy. "Fruit-a-tives" act on the skin, stimulating the millions of minute glands and opening the pores so the waste can escape. They act on the liver sending more bile into the bowels and making the bowels move regularly and naturally every day. They act on the kidneys, strengthening and invigorating these organs and curing all kidney disorders.

At all druggists or sent postpaid on receipt of price—
50c. a box or 6 boxes for \$4.50.



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Simply send us your name and address on a Post Card and we will mail you postpaid and trust you with 20 large packages of Sweet Pea Seeds to sell at 10c. each. No trouble to sell our seeds when you say that every package contains the finest seed in the world, over 20 different varieties, all giant sweet scented flowers in every imaginable color. A certain number of seeds 50c. free with each package. When not more beautiful seed you have ever seen.

21 INCHES HIGH

with long, golden curly hair, pearly teeth, beautiful eyes and moveable head, arms and legs. Her handsome dress is elegantly trimmed with ribbons and lace, and she has a beautiful hat to match, as shown in the picture, also stockings, slippers, and lace-trimmed underwear. "Girls, remember, you get this beautiful Doll, beautifully dressed from head to foot—worth \$25.00 each in any store—absolutely free for selling only 20 packages of seeds, and if you sell the seeds and return the money within a week after you receive them, we will give you a handsome Solid Gold finished Ring, set with a large magnificent Fire Opal as a reward for your work. Write us an extra present, and if you write us at once we will give you an opportunity to get this beautiful Gold finished Double Hunting case Watch FREE in addition to your other presents without selling any more seeds. No money, no other company gives such valuable presents for doing so little work. You will find our Sweet Pea packages the fastest sellers you ever saw. Write us to-day. We guarantee to treat you exactly what we say. Address THE SEED SUPPLY CO., DEPT. 324, TORONTO, ONTARIO.

