

Children's Department.

Not the Idler.

Who goes climbing up the hill
Steadily, nor stops until
He upon the summit stands,
Waving laurels in his hands?
Not the idler!

Who delves into nature's books
Solves her secrets, learns her looks?
Who on wisdom's sacred scrolls
On each page his name enrolls?
Not the idler!

Who wins honour and renown?
Who receives the victor's crown?
Who becomes a pattern man,
And a leader in the van?
Not the idler!

Who accomplishes with vim
All the tasks assigned to him?
Who the arbiter may be
Of a nation's destiny?
Not the idler!

Who, when his last sun has set,
Sinks to rest without regret?
Who, when in the grave he lies,
Leaves a name that never dies?
Not the idler!

Lucy's Lamb.

(concluded from last week.)

"Lucy is kind to everything," said Mrs. Graham. "I never knew her to hurt any living thing. If even a fly should light on her bowl while she is eating her bread-and-milk she will never drive it away, but wait patiently until it has done drinking. The other day a butterfly flew in at the window, and Lucy wished to know if she could touch it without hurting it. I told her that I was afraid not, as after a butterfly had been handled it could never fly so well as before. 'Then I will never touch a butterfly' she said."

"I wish all children were like her," returned the old gentleman. "Nothing grieves me more than to see the want of good feeling on the part of many boys and girls towards the lower creatures."

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 'em!

The houses, barns, out-buildings, fences, roofs, floors, cupboards, shelves, doors, furniture, baseboards, window-blinds, bath tubs, iron beds, stoves, flower-stands, garden tools, children's toys, and in fact everything. That's the way to keep the home bright and attractive; that's the way to double its value as a place to live in or a place to sell.

Our booklet, "Paint Points," tells how to paint all these things, and what paint to use for the different surfaces. It tells all about good paint and bad paint. It's a practical, money-saving book. Write to us to-day for a free copy.

Sherwin-Williams' Family Paint is the very best paint for painting baseboards, benches, brackets, flower-stands, and in fact all the little things about the house. It is made for this one purpose. Over 10,000 dealers sell Sherwin-Williams' Paints. Not one cheapish mixture for all surfaces, but a specially prepared paint for each surface.

The Sherwin-Williams Co.
CLEVELAND CHICAGO
NEW YORK MONTREAL
ADDRESS FOR BOOKLET
4 St. Genevieve St., Montreal.
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Your anxiety is for your delicate child; the child that in spite of all your careful over-watching, keeps thin and pale. Exercise seems to weaken her and food fails to nourish. That child needs Scott's Emulsion with the Hypophosphites—not as a medicine, but as a food containing all the elements of growth. It means rich blood, strong bones, healthy nerves, sound digestion. No child refuses Scott's Emulsion. It is pleasant and palatable.

SCOTT & BOWNE, Belleville, Ont.

When Lucy's mother and grandfather returned into the house they found that she had spread a nice warm blanket in a basket and laid the lamb upon it, and was feeding it with warm milk from her own little china bowl. She tended it thus carefully until its hurt was healed, and of course it became very much attached to her, and used to follow her about wherever she went.

At length the time came for Lucy's grandfather to return to his distant home; he told Lucy one evening that she must be up very early on next morning to bid him good-by. She was up betimes, of course, and finding that her grandfather was in the garden, ran gaily out to him. He was sitting on the garden seat waiting for her. The lamb lay on the grass beside him, but on seeing Lucy approach, it jumped up and ran towards her. There was a pretty little collar round its neck with a small bell attached, which tinkled merrily as the pretty creature trotted along towards its gentle mistress.

"Why, my little pet, what have you got here?" she said, as she folded her arms around it. "A bell! and a collar too! Oh, how pretty! Did you

put them on her, grandfather? Of course you did," she went on, answering her own questions; and running quickly to him she climbed on to his knee, put her arms lovingly around his neck, and exclaimed between her kisses, "You—*are*—a—*dear*—grandfather!"

"Look at it again, Lucy," he said, smiling; "examine it carefully."

"Come here, baa-lamb," cried Lucy, jumping down from the old gentleman's knee; "let me see your pretty bell and collar again. Oh, there's writing on it! What does it say?" and she read the inscription engraved upon the collar, "Little Lucy's Lamb."

Shortly afterwards Lucy's grandfather bade her good-by, and started to his distant home. Lucy never saw him again; but he often wrote kind letters to her, never forgetting to ask about the lamb, and expressing his hope and prayer that Lucy would grow to be as kind and lovable a woman as she was a child.

The People are Convinced

When they read the testimonials of cures by Hood's Sarsaparilla. They are written by honest men and women, and are plain, straightforward statements of fact. The people have confidence in Hood's Sarsaparilla because they know it actually and permanently cures, even when other medicines fail.

—Hood's Pills are the only pills to take with Hood's Sarsaparilla. Easy and yet efficient.

Knowledge Gained by Lent.

1. We know God better.
2. We know the Church better.
3. We know ourselves.
4. We know the beauty of holiness.
5. We know the horror of sin.

A LENTEN ADVICE.

Determine to be blessed.
Resist all that is wrong.
Persevere in all that is right.
Aim for all that is good.
Believe all that is pure.

—That Hood's Sarsaparilla purifies the blood and relieves a vast amount of suffering is not a theory, but a well known fact.

The Elder Brother.

We all long for a loving, tender, personal sympathy—a sympathy that takes hold of the perplexities and trials which press so heavily upon us, but which are so seldom understood even by those who stand nearest to us, and which would seem even more trifling to others if they knew of their existence. It is sometimes one of the heaviest trials of our faith that the Heavenly Father allows us to suffer

Spring

Is the season for purifying, cleansing, and renewing. The accumulations of waste everywhere are being removed. Winter's icy grasp is broken and on all sides are indications of nature's returning life, renewed force, and awakening power.

Spring

Is the time for purifying the blood, cleansing the system and renewing the physical powers. Owing to close confinement, diminished perspiration and other causes, in the winter, impurities have not passed out of the system as they should but have accumulated in the blood.

Spring

Is therefore the best time to take Hood's Sarsaparilla, because the system is now most in need of medicine. That Hood's Sarsaparilla is the best blood purifier and Spring medicine is proved by its wonderful cures. A course of Hood's Sarsaparilla now may prevent great suffering later on.

Hood's Sarsaparilla

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

Hood's Pills cure Liver Ills; easy to take, easy to operate. 25c.

such utter isolation, such poignant sorrow, which no tender human voice, no carefully ministering human hand, can relieve and cure. How slow we are to understand the secret of all this—to understand that all this longing for a deeper personal sympathy than we can find here teaches us to seek it where we too often forget that it can always and certainly be found! When we go confidently and trustingly to the dear Elder Brother who is always "troubled with the feeling of our infirmities," we always find the perfect and peace-giving sympathy we crave.

Baby Eczema and Scald Head.

Infants and young children are peculiarly subject to this terrible disorder, and if not promptly arrested it will eventually become chronic. Dr. Chase made a special study of Eczema and disease of the skin, and we can confidently recommend Dr. Chase's Ointment to cure all forms of Eczema. The first application soothes the irritation and puts the little sufferer to rest.

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.