

Our Young Folks.

GRACE BEFORE MEAT FOR CHILDREN.

BY WILLIAM MURRAY, HAMILTON.

Lord, we thank Thee for this food,
All so wholesome and so good.
Thou, who hast created all,
Let Thy blessing on it fall,
That we may grow tall and strong,
And endure to serve Thee long.
All our evil nature cleanse,
And forgive us all our sins.
This we ask with one accord
For the sake of Christ our Lord — AMEN.

THE ASPIRING GIRL OF TO DAY.

She is bright and ambitious ; she looks out at the workers in the world and thinks that if she were among them she would make a great success, and that reward of fame — money — would come to her in plenty.

But ought you to go? May not the life-work for you be in the home? May not the reward of industry be a sense of duty done, and the love of those around you? We are all too prone to accept these rewards as commonplace, and only what should come to us, whereas they are, my dear girls, the brightest jewels that shine in the crown of women. Look at home. On the work that is waiting for you there. Do not under-estimate its value. Whatever it is, do it with a willing heart and a quick hand. Think it your pleasure to do it well. Make it your delight to be so successful that the home people will praise you. And if sometimes you give a thought to the big, gay world, where each is for herself and only God for all, be ashamed of the sigh that you give, remembering that you are working where God thinks it best for you to do so ; and that you only merit displeasure when you scorn your work, or do it as do those who think eye-service of value. Don't, don't, dear girl, rush away from your home. Think it all out first, and see where mother needs you. Then, after all, you get a better reward than any other worker, for you receive the blessing of God and the loving thanks of a mother.

KEEP YOUR TEMPER.

"I can never keep anything!" cried Emma, almost stamping with vexation. "Somebody always takes my things and loses them." She had mislaid some of her sewing implements.

"There is one thing," remarks mamma, "that I think you might keep if you would try."

"I should like to keep even one thing," answered Emma.

"Well, then, my dear," resumed mamma, "keep your temper ; if you will only do that, perhaps you will find it easier to keep other things. I dare say if you had employed your time in searching for the missing articles, you might have found them before this time ; but you have not even looked for them. You have only got into a passion—a bad way of spending time—and you have accused somebody, and unjustly, too, of taking away your things and losing them. Keep your temper, my dear. When you have missed any article, keep your temper and search for it. You had better keep your temper, if you lose all the little property you possess. So, my dear, I repeat, keep your temper."

Emma subdued her ill-humour, searched for the articles she had lost, and found them in her work-bag.

"Why, mamma, here they are! I might have been sewing all this time if I had kept my temper."

KEEP A CLEAN MOUTH, BOYS.

A distinguished author says : "I resolved when I was a child never to use a word which I could not pronounce before my mother." He kept his resolution and became a pure-minded, noble, honoured gentleman. His rule and example are worthy of imitation.

Boys readily learn a class of low, vulgar expressions, which are never heard in respectable circles. The utmost care of the parents will scarcely prevent it. Of course no one thinks of girls as being so much exposed to this peril. We cannot imagine a decent girl using words she would not utter before her father or mother.

Such vulgarity is thought by some boys to be "smart," the next thing to swearing, and "not so wicked"; but it is a habit which leads to profanity, and fills the mind with evil thoughts. It vulgarizes and degrades the soul, and prepares the way for many of the gross and fearful sins which now corrupt society.

Young reader, keep your mouth free from all impurity, and your "tongue from evil"; but in order to do this ask Jesus to cleanse your heart and keep it clean; for "out of the abundance of the heart the mouth speaketh."

SABBATH school teachers are often without the best kind of help in their preparation for teaching. This is a serious loss ; but there is an easy way out of the difficulty. We give elsewhere a list of three Bibles—the "Peerless" Teachers' Bible—the best of the kind published. By securing us three new subscribers for THE CANADA PRESBYTERIAN you will receive in return a Bible with all the necessary "aids," postage prepaid. Seven new subscribers will entitle you to a Bible with larger type and more expensive binding. In either case two old subscribers will count the same as one new one.

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FRIENDS AFTER A FIGHT.

A fine Newfoundland dog and a mastiff had a fight over a bone, or some other trifling matter. They were fighting on a bridge, and being blind with rage, as is often the case, over they went into the water.

The banks were so high that they were forced to swim some distance before they came to a landing-place. It was very easy for the Newfoundland dog; he was as much at home in the water as a seal. But not so with poor Bruce. He struggled and tried his best to swim, but made little headway.

Old Bruce, the Newfoundland, has reached the land, and turned to look at his old enemy. He saw plainly that his strength was failing, and that he was likely to drown. So what should he do but plunge in, seize him gently by the collar, and, keeping his nose above water, tow him safely into port.

It was curious to see the dogs look at each other as soon as they shook their wet coats. Their glances said plainly as words : "We will never quarrel any more."

INDEPENDENT.

A striking illustration of the independence which is the child of contentment and self-respect is one told of the father of an English bishop, Ben Hinchcliffe, who drove a hackney coach. His industry made him the owner of a livery stable in London, and enabled him to send his son to Oxford. The son graduated with honours, entered the Church and became Bishop of Peterborough.

One day the bishop came to the livery stable keeper and said : "Father, you must be tired of business, and must wish to retire into the country, and live in your own way. Four or five hundred pounds are at your service."

"No, Jack," answered the independent father, "I will stay where I am. I am proud of you, and I hope you are not ashamed of me. All I have I have earned, and it shall never be said that old Ben Hinchcliffe was indebted to his son or to any man living for his livelihood."

THE right way to cure catarrh is to eradicate the poisonous taint which causes the disease, by taking Hood's Sarsaparilla.