

Children's Department.

BEDTIME.

Three little girls are weary,
Weary of books and of play;
Sad is the world and dreary,
Slowly the time slips away.
Six little feet are aching,
Bowed is each little head,
Yet they are up and shaking
When there is mention of bed.

Bravely they laugh and chatter,
Just for a minute or two;
Then when they end their clatter,
Sleep comes quickly to woo.
Slowly their eyes are closing,
Down again drops ev'ry head,
Three little maids are dozing,
Though they're not ready for bed.

That is their method ever,
Night after night they protest,
Claiming they're sleepy never,
Never in need of their rest;
Nodding and almost dreaming,
Drowsily each little head
Still is forever scheming
Merely to keep out of bed.

CHERISH CAREFULLY THE
LITTLE VIRTUES.

'How carefully,' said St. Francis de Sales, 'we should cherish the little virtues which spring up at the foot of the cross!' 'What virtues do you mean?' someone asked. 'They are these,' replied the saint, 'humility, patience, meekness, benignity, bearing one another's burdens, condescension, softness of heart, cheerfulness, cordiality, compassion, forgiving injuries, simplicity, candour—all, in short, of that sort of little virtues. They, like unobtrusive violets, love the shade; like them, are sustained by dew; and though, like them, they make little show, they shed a sweet odour on all around.'

—God acts with means, without means, against means; and where the ordinary means are desired and cannot be had, He supplies that defect by extraordinary grace.

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, Me., 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.

Well Known Pastor

Health, Voice, Appetite and Strength Failed—Completely Restored by Hood's Sarsaparilla.

"My health failed entirely and paralysis stared me in the face. My limbs were so weak that I could scarcely walk, and heart trouble was one of my ailments. I had no appetite and suffered with constipation. My voice failed me in the pulpit, and life had become a burden to me. I began taking Hood's Sarsaparilla and very soon saw a great improvement. In the winter I was attacked by the grip which left me in a bad condition. I was weak and prostrated. I went back to my old friend, Hood's Sarsaparilla. After taking a few bottles I felt like a new man. Hood's Sarsaparilla seems to be the thing for me, and I find Hood's Pills the best corrector of the liver and stomach." REV. C. S. BEAULIEU, Lowellville, Ohio.

Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1; six for \$5. C. I. Hood & Co., Lowell, Mass.

Hood's Pills

cure all Liver Ills and Sick Headache. 25c.

—There is nothing so small but that we may honour God by asking His guidance of it, or insult Him by taking it into our own hands.

THE MOST PROMINENT ARE FASHIONABLE.

Dyspepsia or indigestion has become a fashionable disease. There are very few individuals who have not at various times experienced the miserable feeling caused by defective digestion. No pen can describe the keen suffering of the body, and the agony and anguish of mind endured by the Dyspeptic. Dr. La Londe, of 236 Pine ave., Montreal, says, "When I ever run across chronic cases of Dyspepsia I always prescribe Dr. Chase's Kidney-Liver Pills, and my patients generally have quick relief."

—Many ideas grow better when transplanted into another mind than in the one where they sprang up. That which was a weed in one intelligence becomes a flower in the other, and a flower again dwindles down to a mere weed by the same change. Healthy growths may become poisonous by falling upon the wrong mental soil, and what seemed a night-shade in one mind unfolds as a morning-glory in the other.

—If we were better Christians we should be better missionaries. It is because "the love of Christ" burns low in our hearts that we are so lukewarm about the Foreign Mission Work of His Church. Cannot we make a fresh effort in the coming year?

THIS TELLS WHERE HEALTH MAY BE FOUND,

And that is more important than making money. If your blood is impure, Hood's Sarsaparilla is the medicine for you. It cures scrofula, salt rheum, rheumatism, catarrh and all other diseases originating in, or promoted by, impure blood and low state of the system.

—Hood's Pills are easy to take. Easy to operate. Cure indigestion, headache.

THOUGHTFULNESS.

Look at that boy pedaling with might and main along a crowded thoroughfare; his head is down, his back is up, and his only care seems to be the making of a record in speed, and the other people would say in foolishness. The fact that anybody else has any rights does not appear to affect him. The streets have been made and are taken care of for him, and if any pedestrians are foolish enough to get in his way, so much the worse for them. People call him a "scorcher," and apparently he glories in the title.

The "boys will be boys," but the sooner the boys are made to remember that they have their place, and that their place is not the whole street and the crossings, the better it will be for all around.

Bicycling is a good form of exercise, but it must be so used that the limbs and lives of others are not put in danger. Here, as everywhere else, a spirit of thoughtfulness ought to be cultivated.

The earth was made for us all, and nobody, not even the boys who are bicyclists, can claim it all.

The thoughtful boy thinks in this manner, the scorcher boy thinks just the contrary. Nobody objects to the boys having all the fun they can squeeze out of life, but when things come to such a pass that they must ride over others in their fearful rushes, ah! then it is that most sensible people will object.

—In the commission of evil fear no man so much as thyself; another is but one witness against thee, thou art a thousand, another thou mayest avoid, thyself thou canst not. Wickedness is its own punishment.

—Not to fear death is a slight to Him Who made it our special punishment. Not to desire death is an indifference to Him Whom we can only reach by passing through it.

OLD MEN AND KIDNEY DISEASE.

Aged persons troubled with weak back, impaired Kidneys, pain in the back and base of abdomen, scalding urine, with a small quantity of water at a time, a tendency to urinate often, especially at night, should use Dr. Chase's Kidney Liver Pills. You know the Doctor's reputation, you know the value of his work, and that Dr. Chase would not risk his reputation on an unknown and untried remedy. Every druggist in Canada sells and recommends them.

There are thousands of sickly school-girls all over this broad land that are dragging their way through school-life who might enjoy that abundant life which belongs to youth by simple attention to hygienic laws and a proper course of treatment with Scott's Emulsion. This would make the blood rich, the heart-beat strong; check that tendency to exhaustion and quicken the appetite by strengthening the digestion. Our book tells more about it. Sent free.

SCOTT & BOWNE, Belleville, Ont.

—He who serves God hath the best master in the world.

WHERE SPECIALISTS FAILED DR. CHASE CURED CATARRH

Jas. Spence, Clachan, Ont., writes: "I had been a sufferer from Catarrh for 15 years. It became chronic and I had given up hopes of ever being cured, when advised by a friend to try Dr. Chase's Catarrh Cure. I at once started and am pleased to state three boxes effected a complete cure, and I heartily recommend it to anyone suffering from Catarrh."

—Conduct your business as if the Lord were a silent partner.

It's not the cough, but what it may end in, that makes it so serious. The cough may be cured, the serious consequence prevented by Dr. Chase's Syrup of Linseed and Turpentine. Price, 25 cents, at all druggists.

—The sensitive plant is known for its shrinking from the touch. And even so is the spiritual mind known for its holy shrinking from everything wrong.

—Sorrow is not an accident, occurring now and then, says Robertson. It is the woof which is woven into the warp of life, and he who has not discerned the divine sacredness of sorrow, and the profound meaning which is concealed in pain, has yet to learn what life is. The cross, manifested as the necessity of the highest life, alone interprets it.

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 4 Hospital St., Montreal.