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and the delicate white blossoms and lives of some of these little city green leaves of the keks contrasted waifs." and asked presently:

an abundance and to spare."

"I take some to the church on the altar, and I always leave a bou- plans for sharing her flowers. She gently. quet at the rectory for Mr. Ferrier, was one to go very slowly about because he says flowers help him to things, and it took her a long time write nice sermons, and I fill all the to get accustomed to a new idea. bowls and vases auntie can spare particularly if it seemed to her a for me; but"-and here Polly's voice little out of the way. sounded regretful - "there are lots take care of."

"And there are lots and lots of little children in Liverpool and London and other big cities whose hearts would be made happy for days and days with just a few of such flowers as you are weaving into that wreath,' Miss Brampton said thoughtfully.

"Haven't they any flowers I their own, and can't they go into the woods and gather them?" Polly asked with wide-open eyes.

"Not the children I am speaking about. They are poor and wretched I saw so many of them when I stopped in Liverpool a few days on my arrival in England. Shall I tell you what I noticed one day, dear? I was walking down one of the most wretched streets I have ever seen, having just left a market where the poor people buy their meat and vegetables, -such a dirty place as it is, where nothing seems tempting! -I wish you could have seen her eyes be sent to Liverpool. as she raised it to her nose to sniff it to their mother."

asked eagerly.

"I did, dear. I called them to follow me, and when we reached a corner where a woman stood offering flowers for sale, I bought some buttercups and daisies and gave them to the children, and a penny blossoms to his satisfaction.'

wreath," Polly said.

"Yes, dear. In America, we have what we call flower missions, met children who would rather have Liverpool.

niece about her home across the sea. faces brighten just at the sight of a she thought how little she had ever through the grounds, and Polly was though the dear heavenly Father weaving a wreath of bluebells and meant they should be made the keks. It was a very dainty affair, means of carrying sunshine into the to do more than she had done.

Faith watched the slender fingers what you have been saying to me, if she would let me send them, beautiful.

But Miss Crawford was not dis-

and lots die every year that I can't to enter into this, Polly," she said in girl to her mother. her deliberate fashion.

"I will pay the money out of my pocketmoney, and I will gather the done if one wants to be good," was flowers all by myself, Aunt Crawford!" Polly answered quickly.

"Then you will have nothing to spend at the seaside when you go, Miss Crawford declared.

"I would'nt mind that. I would rather stay at home and send the flowers to the poor children than go away," Polly declared.

Whereupon the Mistress of Thorn Hollow told her neice that she had best think twice before she decided.

But Polly did not change her mind, and at length, with aid from Miss Faith, she at last managed to get Miss Crawford interested in the new movement, and finally induced her to say "yes" to their plans. Miss Faith engineered the matter in her cheery, go-ahead way that was constantly a source of wonder to Miss and I had reached the corner, when Crawford, and surely a worker never I saw a tiny girl run eagerly forward had a more faithful, willing little and pick something up out of the helper than Polly proved herself. gutter. I thought surely it must be How the little English lassie's face a piece of money, judging from her blossomed into fresh loveliness as joyous cry, but I soon found it was she flitted about from place to place, nothing but a faded flower. She gathering all sorts of sweet blossoms wiped it off on her torn sleeve, and to pack into the boxes that were to

"I hope some little girl who likes what little fragrance there remained bluebells will get this bouquet," she in it. Then she called to a little lad, would say to her aunt in her sweet, and presently the two ran off to show | clear voice, looking up with eyes that fairly shone with the love lighting "Oh, auntie, why didn't you buy them. "And I hope some boy who some for them, somewhere?" Polly likes buttercups will get this big bunch."

Miss Faith took the first consignment to Liverpool, and Polly met Through the medium of the circulaher at the station with the pony carriage on her return and listened Food, with its wonderful nutritive with the keenest delight to her aunt's account of the distribution of the and corner of the human system, and each for buns. How I wish I could flowers. When the next lot was transport every little flower-lover to sent, Polly accompanied Miss Faith known to do. these woods and let him gather for the latter wanted her niece to see the little room that had been rented "If I only knew the girl and boy and meet the young boy who had I should like to give them this been hired to see that the flowers

It was her first sight of a great city,

The two were seated on the grass flower. There are so many blossoms done to help brighten the lives of down beside the brook that ran in Thorn Hollow it realiy seems as such, and a wish that was a prayer went up from her heart that God would help her in the days to come

"Oh, auntie, it all makes me feel as if I wanted to love everybody lots prettily with the bluebells. Miss, "I am going to tell Aunt Crawford more!" Polly cried, just as the train emerged from a long tunnel, and she admiringly as they worked so nimbly, and I will gather flowers all day long looked up with shining eyes. "Even when you go back to America I "What do you do with all the Polly cried, jumping hastily to her shall want to keep on doing this flowers that grow in Thorn Hollow, feet and running with a love-light in beautiful work, and I hope God will dear? It seems to me you all have her eyes that made them very help me to make lots of children

"I am sure he will, dear, if you Saturdays for the ladies to put on posed to be enthusiastic about Polly's ask him," Miss Faith answered

## DAY BY DAY.

"I don't believe I can ever be "It will take both time and money much of a Christian," said a little

"Why?" her mother asked.

"Because there's so much to be

## **A Spring Tonic** and Invigorator

That has proven its right to the Title is Dr. Chase's Nerve Food-the Great Blood Builder and Nerve Restorative.

People who study the means of preventing the ills of spring are now fortifying their systems by using Dr. Chase's Nerve Food. Even the most healthy and hearty among us feel the weakening and debilitating effects of the change from winter to spring and summer, and it is during these months that the weakened systems fall prey to insidious disease.

You realize now that the days are drawing near when you will drag yourself about with aching head, tired brain, weak stomach, and scarcely enough energy to enable you to perform your daily task. This year you can avoid the depressing ills of spring and escape the risk of contractting lung disease or other serious constitutional ailments by the timely use of Dr. Chase's Nerve

Every tissue of the body, every nerve cell, and every organ is dependent on the richness of the blood for its sustenance and energy. tion of the blood, Dr. Chase's Nerve qualities, is carried to every nook builds it up as no remedy was ever

Dr. Chase's Nerve Food is the most common sense treatment ever devised. It does not cure disease by tearing down the tissues or deadwere distributed as they should be, ening the nerves, but, on the con-What a visit that proved for Polly! trary, fills every cell of the body with healthful, life-giving blood, and where those who live in the country and it filled her with wonder and so reinvigorates and strengthens the gather flowers and send them to the sadness; wonder that so many things system as to enable it to throw off crowded cities to be distributed in existed which heretofore she had disease. Every conscientious docthe hospitals and among those who known nothing about, and sadness tor who has tested Dr. Chase's are less fortunate. It is such a that so many, mary children lived Nerve Food will admit that it is im- ing purchases to kindly look through beautiful work!" Miss Brompton such wretched, hopeless lives as she possible to obtain a better restora- our advertising columns with a view said with quiet enthusiasm. "I have saw the poor children living in tive for a weakened or run-down of purchasing from those houses system. It is the ideal spring medi- who advertise with us, and when a flower than a penny, and I have When she was seated beside her cine. 50 cents a box, at all dealers, writing or ordering please mention seen sad eyes smile and sorrowful aunt in the train on the way home, or Edmanson, Bates & Co., Toronto. The Canadian Churchman.



## $\Gamma \mathbf{E} \boldsymbol{A}$

Is the tea you get pure and healthful? The only way we know to be sure is to get ROSS' HIGH GRADE CEYLON from your grocer. Put up in convenient form, at a convenient price. 25c. per package.

the reply. "One has" got to overcome so much and bear so many burdens, and all that. You know how the minister told all about t last Sunday."

"How did your brother get all that wood into the shed last spring? Did he do it all at once or little by little?" "Little by little, of course," answered the girl.

"Well, that's just the way we live a Christian life. All the trials and burdens won't come at one time. We must overcome those of to-day and let those of to-morrow alone till we come to them. Of course there's a great deal of work to be done in a Christian's lifetime, in the perform ance of our obligations to God, and the discharge of the duties that devolve upon us; but that work is done just as Dick moved the wood-little by little.

"Every day we should ask God for strength to take us through that day. When to-morrow comes, ask again. He will give all we ask for, and as we need it. By doing a little today, a little to-morrow, and keeping on in that way, we accomplish great things. Look at life in its little by little aspect, rather than as one great task to be done all at once, and it will be easy to face it."

## TO OUR READERS

We ask our readers before mak-