

How To Use Cottolene

the new shortening, like all other things must be rightly used if you wish the best results. Never, in any recipe, use more than two-thirds as much Cottolene as you used to use of lard. Never put Cottolene in a hot pan. Put it in when cold and heat it with the pan. Be careful not to burn Cottolene. To test it, add a drop of water; if hot enough, it will pop. Cottolene, when rightly used, delights everyone. Get the genuine, sold everywhere in tins, with trade-marks—"Cottolene" and steer's head in cotton-plant wreath—on every tin. Made only by THE N. K. FAIRBANK COMPANY, Wellington and Ann Sts., MONTREAL.

Children's Department.

The Unfinished Prayer.

"Now I lay"—say it, darling;
"Lay me," lisped the tiny lips
Of my daughter, kneeling, bending,
O'er her folded finger tips.

"Down to sleep"—"To sleep," she murmured,
And the curly head dropped low;
"I pray the Lord"—I gently added,
You can say it all, I know."

"Pray the Lord"—the words came faintly,
Fainter still—"My soul to keep;"
Then the tired head fairly nodded,
And the child was fast asleep.

But the dewy eyes half opened,
When I clasped her to my breast,
And the dear voice softly whispered,
"Mamma, God knows all the rest."

Oh, the trusting, sweet confiding
Of the child heart! Would that I
Thus might trust my heavenly Father,
He who hears my feeblest cry.

Pure blood is the safeguard of health. Keep the blood pure with Hood's Sarsaparilla if you would always be well.

A Tonic

For Brain-Workers, the Weak and Debilitated.

Horsford's Acid Phosphate.
is, without exception, the Best Remedy for relieving Mental and Nervous Exhaustion; and where the system has become debilitated by disease, it acts as a general tonic and vitalizer, affording sustenance to both brain and body.

DR. E. CORNELL ESTEN, Philadelphia, Pa., says: "I have met with the greatest and most satisfactory results in dyspepsia and general derangement of the cerebral and nervous systems, causing debility and exhaustion."

Descriptive pamphlet free.
Horsford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

A Little Lonesome.

When we buy canary-birds in the bird-stores and take them home, we ought to remember that the little birds have a number of friends, and that when we take them all alone to our homes we should be very careful of them and be very friendly with them at first. We ought to talk to them, and sing, if we know how, in the room with them, and whistle, so that they will not feel lonely. I know one little bird whose mistress used to play the piano; she went to Europe and left him in care of a friend who had no piano, and the little fellow drooped and drooped, until one day the lady bought an autoharp. The moment the little bird heard it he brightened up, and gave the first chirp that he had given in weeks. After that every day the autoharp was taken into the room with the bird and played for a little while. The moment he heard it he began to sing, and in a few weeks he was the same bright, happy, active bird that he had been before his mistress went to Europe. A gentleman in St. Louis has told the following story, which was published in a St. Louis paper: "Not long ago my wife purchased a canary at a birdstore. It had been accustomed to companions of its kind at the store, but at our house it was entirely alone. The pretty little songster was evidently homesick. It would not sing, it would not eat, but just drooped and seemed to be pining away. We talked to it, and tried by every means in our power to cheer the bird up, but all in vain. My wife was on the point of carrying the bird back to the store, when one day a friend said: 'Give him a piece of looking-glass.' Acting on this suggestion, she tied a piece of a broken mirror about the size of a man's hand on the outside of the cage. The little fellow hopped down from his perch almost immediately, and, going up close, looked in, seeming delighted. He chirped and hopped about, singing all the pretty airs he was master of. He never was homesick after that. He spends most of his time before the glass, and when he goes to sleep at night he will cuddle down as close to the glass as he can, thinking, very likely, that he is getting near to the pretty bird he sees so often."

The Affectionate Monkey.

He was just one of those unhappy-looking monkeys that go about fastened to a hand organ. He went with his master through all kinds of weather, doing all the tricks he had been taught to do, and begging so hard as to get

many pennies a less attractive monkey would not have got. But, alas! one day the poor monkey was arrested with his master and locked up. The monkey had stolen. He was brought into court with his master, and tried. The master was sentenced to prison, and he tried hard to get them to send the monkey in his place. He had taught the monkey to steal, had profited by the training, and then wanted the monkey punished in his place! A kind lady took the monkey, but she was a stranger, and he knew his wicked master. When the lady took him out of court, he looked as though he were on his way to prison.

GLAD TO SEE SPRING.

City people don't begin to know all the discomforts a long cold winter brings to people in the country. There is no hardship in leaving a warm house merely to step into a heated street car and be rapidly conveyed in comfort to wherever one's business takes one. But when one must go right out and face the elements, either walking or driving, with no protection except what one's clothing affords, it is different. No one cares to be weighed down with the burden of many garments, and yet warmth must be had by some means; and thus the idea of using a FIBRE CHAMOIS interlining in all winter clothing has become deservedly popular. Its warmth, without weight, and wind and waterproof qualities, are highly appreciated by all who require to be much out of doors.

Choir Boys.

Do our boys appreciate the privilege and dignity and responsibility which is theirs as choir-boys?
In the temple worship in the old dispensation, the singers and players on instruments—in other words, the Choir—were an order set apart from the rest of the congregation; they wore garments of white linen, and led the congregation in antiphonal singing and responses.

No doubt boys in the time of David and Solomon were very much like 19th century boys; they were fond of sports and games, for we read that when Jerusalem shall be restored, "the streets of the city shall be full of boys and girls, playing in the streets thereof," probably as had always been their wont.

But when they came into the house of the Lord, everything was put aside for the purpose of worship. God is the same God now as then; He sees into the inmost depths of the heart, as well as the outward conduct.

How much God be grieved at the painful irreverence, inattention—not to say blasphemy—of many of our choir boys and young men of to-day!

This worship of our God demands the best that we can render; let therefore each one who takes part in it, especially those who lead in "psalms,

Women

Who are nervous, weak, worn out with local troubles find pure blood, nerve strength, and perfect health in Hood's Sarsaparilla.

We do not say the above to raise false hope. It has been the experience of many, very many women in those intensely trying periods which demand and consume so much

Nervous

force—those special physical trials we delicately indicate by merely using the words—Maid, Mother, Matron.

Like a confidential friend we suggest the use of Hood's Sarsaparilla, a reliable blood purifier and tonic; it has helped many others and will help you.

"I was in poor health five years, broken down in strength, and appetite all gone. Local troubles and other weaknesses intensified my misery. Nervous sick

Headaches

dizziness, heartburn and pains in my back made me think I should never be well again. A friend prevailed upon me to try Hood's Sarsaparilla. I soon began to improve and in six months it restored me to better health than for years. I have found Hood's Sarsaparilla a grand medicine for all troubles peculiar to

My Sex

I am now strong and healthy and can do a good day's work. I stand by Hood's Sarsaparilla, for it cured me after other medicines failed." MRS. LUE DIER, Carlinville, Illinois.

This and many similar cures prove that

Hood's Sarsaparilla

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

Hood's Pills are purely vegetable, carefully prepared. 25 cents.

and hymns, and spiritual songs," do so in a calm, reverent spirit, with thoughtful countenance, and devotional manner, remembering that our songs and worship here are but the prelude to the heavenly Anthems with which we hope to praise God forever.

Hood's Pills are easy to buy, easy to take, easy to operate. Cure all liver ills. 25c.

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.