## * This and That *

## attracting success

The truth in Christian Science, mixed up with a deal of crude philesophy and broken-backed logic, is that in thls world things have a way of harmoniztng with mental attitudes. If you are blue, despondent and hopeless you will be apt to find hat the happenings of vour life accord with that inood, and accentuate it; while, the other hand if you are cheerful, confident and optimistic, you will find that ircumstances, through some mysterious aw of association, chime in with that mood. Successful men almost always have a dash of the sanguine temperament. They attract good fortune as the bright, old-tipped rod-attracts the electricity Chings come their way. Their habitual mental mood has made a channel for blessings. Instead of cursivg your luck, and growling that evervthing is against you, go inside your own soal and readjust your mental operations to success and hap piness, andyous to so changed that they become the willing servitors of your fortune. The parable of Jucob's ladder is constantly verified in experience. The ladder is represented as his desire for heaven, and along it angels trooped laden with blessings. If his desire had reached toward the pit it would have been an equasily
lacie channel for devils to reach himu with their woes and cu:ses.-The Watch.

## FOR RISING, NOT PASSING

A teacher in a New York public schoo scovered that some of her pupils were eficient in the little amenities of polite ife. and took it upon beraelf
She observed that whenever onie of the ipnased in front of the visitions at the Tathefe faces
he eccret came ont a few dayn leter, "f happening to stand near the vilat Ahie lieard, this boy Jerk out, as he

She hatened to explalu that the differhishoid wod hime to say, nud, "Raking ay. wan wlde enough to jastify farther tu

Oh, my I." exclaimed the dead beat, hin fare, "I've lost my last nickel. I'm No," replied the wise conductor as he
asg the bell to stop, "but you're really better off."-Philadelpbia Press.

## A BLIND WANDERER

## Dida't Know That Food Could Restore Her

well known writer uses Grape-Nuts as tanic when feeling the effects of extra should werk. She wriken regularly, as one wonld a tonic. I eat mine cold in the morning
with hot milk or cream poured over it, and with hot milk or cream poured over it, and
it is delicions, nourishing and strengthenit is delicions, nourishing and strengthen-
ig.
s. who was a great sufferer from dyspepsia and has been an invalid for five years, and
who was a mere akeleton. 'If I had, only known you sooner you need not have suffered all these years, She looked at,
me in surprise and asked me what I would me in surprise and asked me what I would
have done. I should have pnt. you ou Grape Nuts Breakfast Food, I replied it Oh yes she had heard of it but never tried it as she had never bad her attention limed to it especially and had not though
Now,' I sałd, If you will just set about it and try Grape-Nuts for a week, three times a day, I will gaarantee yon will rise up and call me blessed.
She took my advice and followed it
taithfully. When I saw her about a liter she looked like a different person aithough she had only gained two pounds fo welght, but said she felt so much better and stronger and has greatly improved in health and strength slince using the food. She la getting well and you can imagine her delight is unbounded. My own ex. perience and that of others is sufficient
evidence of the evidence of the scientific value of a food that supplies nourishiment to the system
and builds up the brain and nerve centres Name given by Portum Co., Battle Creek, Mleb.

## MAKING THEIR METAPHORS

Few things are more joyons to an audi fuce than the mixed metaphors of an orator. The Irish race is famous for its contributions to merriment in this partic ular. The Academy gives three illnatra thons

You are," said the late Lord Mayor of Dablin, standing on the edge of a prec pice that will be a weight on your neck all the rest of your days.
"The young men of England," remarked an Eagilsh clergyman, "are the back bone of the British Empire What we must do is to train that backbone and bring it to the front.
And this is from a member of Parlia ment said: "Even if you carried these ped bite in the ocean."-Sel.

## ENDURANCE.

A gentleman who attended a lecture delivered by the late Miss Mary Kingsley at the Imperial Institute ralates a very interesting anecdote of her. It brings out strongly the spirit of endurance and sense of hamor, without which this well-known traveller could not have accomplished her various and arduous undertakings.
"I daresay you noticed last evening," said Miss Kingeley, drily, "that I jumping about like a cat on hot bricks.
Shie was assured that no signs of si She was assured that no signs of such actions had been visible, and she went on to explain that something had gone wrong with the heating apparatus under the platform, and tiat for hand ho hot that the sole of both boots were burued through. Yet she showed no sign of pain, and held the attention of the audience throughout this trying time Afterwards she walked home, humorously lamenting the loss of her boots.- Vonth's Companion

## ON FIRE.

Probably the mostj, Intense heat in the world, a heat so futense that many of the mineral aubstances formed in the fiery geologlo ages are almost duplicated, is the heat of the electric furnaces at Niagarm Falls. There are the carbon and the coils. They are nothing, however, but an opportunlty. Not a scintills of heat comes from hem. But lef the powerful currents of lectricty generated at the Falls pass through them and the heat becomes al most immeasureable. At the best we are in ourselves but, carbon and coils. But if we permit the unseen yet mighty forces of
the divine Spirit to possess us we burn with marvelous powe
These are the facts which enable us in a Christians at Thessalonica, "Oqench the the Spirit." There is here a figure of speech, avd it is based upon fire. "To quench - means to extinguish. It is thus as.umed that the Spirit of God is afire. And freely rendered Paul's appeal is this Do not put out the fire of the Spirit of God in vour hearts. Avoid whatever stifles the sacred blazs. Give God the freedom kindle.-R M. Vanghan.

## SPLENDID PLUCK

William H. Platt, an elevator-boy of Philadelphia, has earned distinction by his bravery in the performance of duty in a time of great peril.

May 4, 1gor, at ten minutes past eleven in the forenoon, be noticed a crack in the side wall of the five-story office building at 18 South Broad Street, which had been undermined by excavations. He promptly: notified the trustee of the endangered property, who at once consulted the foreman of the gang of excavating laborers.

No danger," returned the foreman.
But the trustee was not satisfied, an notified the chief of the, City Bureau Building Inspection. Then, says the Philadelphia Press, the trustee and the elevator-boy visited each of the tenants, twenty in number, and warned them that the building was unsafe. Five minute later there came a crash! The bulk window on the firat floor had fallen streetward.

Run for your lives !" shouted Platt and in a second the elevator was full of people.

I'll come up again for you !" he cried reassuringly, to those who were left, and the car shot downward.
Twice more he made the ascent, and brought people down. Then, just as he again started upward, a big crath came. The building had collapsed. The boy never faltered. The elevator-shaft was independent of the main building, afd he pushed the lever to the left
shot toward the fourth floor.

## bot toward the fourth floor.

Platt helped them into were there, and Bricks and mortar were falling about them and the car in its descent at express speed swayed frightfully from side to side. As it passed the second story a big piece or timber atruck it with shattering force, but glanced off. Not one of its occupants car landed with a thump in the basement and they made their way to the street faint from excitement and terror, but sbsolutely unhurt.
At half past eleven, just twenty-minutes after Platt had seen the danger, the buildligg collapaed. In that brief period he had saved twenty lives. A fine exploit, which needs no further comfrent.-Youth's
Companion. Companion

## SPARKLES.

Mrs, Hifly: "Is Mrs. Swagger at Servant : "No, ma'am ; she went out call on you
Mrs. Hífy How very fortunate for as both. "-Boston Post, 3 Minister : s yoar father at home, William: matism so bad Xes, but he's got the rhenIndisnapolis News.

Magistrate (to prisoner): "Have you y visible means of suppor Prisoner: "Yes, sir, your honor." (To his wife. a laundress) : "Bridget, stand up so that the coourt kin see yez."-Tit Bits.

I don't like to get postal cards," said
Why not ?" asked he.
Because I can't spend half an hour turning it over and over and wondering
who it is from. Elincinnati Commercial Tribuue.


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The Spring season is the time for blood cleanaing and blood renewing. Blood
troubles are many-and dangerons-and troubles are many-and dangerons-and and offensive ways, such as scrofula, ec zema, boils and pimples. The impurities hat get into the blood pursue their poison ons way all over the body and are responsible for a large proportion of all diseases various in their nature hut dangerous in he extreme. To have pure blood and plenty of it, you need a tonic and blood equal Dr. Williams' Pink Pills for Pale equal Dr. Winliams Pink Pills for Pale people. These pills cure all diseases due cleansing and freeing the blood from all poisonous and offensive matter. If your
blood is thin or insufficient; if you suffer blood is thin or insufficient ; if you suffer rom exhaustion at the lesst exertion; it you are pale, easily get out of breath, and Dr. Williams' Pink Pills will cure you by Dr. Williams your veiss with new, rich, red B. C says. - 4 Before I beyan using Dr Williams' Pink Pills, my blood was in a very impure state, and as a result, pim ples, which were very itchy, broke outt all over my body. My appetite was fickle and I was easily, tired. J tried severa medicines, but they did not help me
Then my wife urged me to try Dr. WilThen my wife urged me to try Dr. Wink Pills. I got a half dozen liams Pink Pills. Ime got a used them I was completely restored to health, and my skin was smooth and clear. I shall alwaye speak a good word for these pill when opportunity offers.'
It is because these pills make rich, red blood that they cure such troubles as palpitation of the heart, rheumatism, ery sipelas, St. Vitus' dance, and the function al ailments that make the Hyes of so many women a source of constant misery. The genuine pills always bear the full name, "Dr, Williams' Pink Pills for Pale People," on the wrapper ou every box. Sold by all dealers, or sent by mall at 50 cents box, or six boxes for $\$: 50$, by address Brockville, Ont.


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