

But what is a haven? A place of safety. A refuge from storms.

Yes, this dear old murmuring sea has its storms—storms of temptation. But not a sailor need be lost. We have God's warrant that for every temptation there is a way of escape.

Of course there is, for "All places that the eye of Heaven visits are to a wise man ports and happy havens."

The Habit of Doing Kindnesses.

Most young people are willing to do trifling acts of courtesy and kindness when they are asked for. Even when it is at the cost of some sacrifice on their part, they generally make the sacrifice with agreeable promptness. But there is a special grace given to the favor which is done before it is asked for, or without any previous knowledge on the part of the recipient. It is such a pleasure to find things done without having to beg some one to do them, that the timely thought of somebody is gratefully appreciated; and although the thought in time may not be easy to give at first, it soon gets much easier by practice.

Suppose when some tired old person entered the room where our good-hearted and feather-headed young person sat, the most comfortable chair in the room was found already vacated, the relief of not having turned some one else out would add greatly to the zest of occupying it. Suppose the eyes that find it harder to thread needles than they used to do, found half a dozen needles of all sizes for different kinds of work ready threaded in the work-basket, the owner of the eyes would give such a sigh of relief as would do the benevolent heart good to hear. Suppose the parlor that was waiting to be dusted was discovered neatly done, what a delightful surprise that would be! Suppose the stockings—that night-mare to the busy mother—were suddenly seen to be sorted, folded, and put away; those to be mended laid in order, although the invisible worker might not be able to darn well enough to darn the "holy ones." Suppose heaps of such little things, of the sort which are always waiting to be seen and done by folks with sharp eyes and nimble fingers, were silently accomplished, with a loving wish for the comfort of somebody's body and mind!

Dolly's Jumbles.

Dolly was fond of jumbles; and next to eating them was the pleasure of seeing Sarah make them.

Her mamma left her one morning, while she went to call on a sick neighbour. Dolly did not know what to do with herself. She would like to watch Sarah in the kitchen. She knew she was always welcome when Sarah was good-natured; but sometimes Sarah was cross and then Dolly had to keep out of her way.

She went quietly to the kitchen door and looked in, but no Sarah was to be seen. There was a hot fire in the range, and on the cooking table were boxes and packages. Dolly knew what it meant. She caught sight of a basin and mixing spoon; and standing on tip-toes she saw a mixture that made her blue eyes sparkle.

"Sarah's making jumbles, I do believe. She never puts in sugar enough, and I am just going to," she said, climbing into a chair and tugging at the cover of a large wooden box. There were two boxes just alike, standing side by side, with black letters on the out-

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Makes the hair soft and glossy.

"I have used Ayer's Hair Vigor for nearly five years, and my hair is moist, glossy, and in an excellent state of preservation. I am forty years old, and have ridden the plains for twenty five years." —Wm. Henry Ott, alias "Mustang Bill," Newcastle, Wyo.

Ayer's Hair Vigor

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"A number of years ago, by recommendation of a friend, I began to use Ayer's Hair Vigor to stop the hair from falling out and prevent its turning gray. The first effects were most satisfactory. Occasional applications since have kept my hair thick and of a natural color." —H. E. Basham, McKinney, Texas.

Ayer's Hair Vigor

Restores hair after fevers.

"Over a year ago I had a severe fever, and when I recovered my hair began to fall out, and what little remained turned gray. I tried various remedies, but without success, till at last I began to use Ayer's Hair Vigor, and now my hair is growing rapidly and is restored to its original color." —Mrs. A. Collins, Dighton, Mass.

Ayer's Hair Vigor

Prevents hair from turning gray.

"My hair was rapidly turning gray and falling out; one bottle of Ayer's Hair Vigor has remedied the trouble, and my hair is now its original color and fullness." —B. Onkrupa, Cleveland, O.

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side; but Dolly was only five, and could not read.

She dipped up a cupful, and turned it into a basin. It made her little arm ache to stir it all in, but she kept at it till all the sugar was hidden in the dough. Then she sat down to wait for Sarah. She came in a moment with a pan of green peas. Seeing Dolly so quietly seated, she praised her for not touching anything, and promised her one of the first jumbles she cooked. Dolly did not feel very comfortable, but she said nothing. She watched Sarah's quick fingers mix, mould, and cut the dough.

"Now, Dolly, this is yours," she said, cutting out a pretty shaped leaf, and sprinkling it freely with sugar.

Dolly soon had her jumble in a napkin waiting for it to cool. As soon as she could she took a large bite. Oh, dear, what was the matter?

She spit, and sputtered, and made such a face that Sarah thought she must have burned her mouth.

"You foolish child! Why didn't you wait till it had cooled?"

"It didn't burn, Sarah; but oh, it tastes just awful. I guess I put in too much sugar," and Dolly began to cry.

Sarah took the jumble, broke off a piece, and tasted it. It was her turn to make a wry face; and it was a very cross Sarah who sent Dolly out of the room.

Dolly had used a cup of salt to sweeten her jumbles.

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