

Children's Department.

Troubled.

Nobody saw me do it,
Nobody came that way,
When I found the box on the closet shelf
Where the cakes for supper lay.

Nobody told me not to,
Nobody knows but myself;
But, O! I wish that cake I took
Was back again on the shelf.

Nobody knows my trouble,
Nobody ever would guess,
That a cake would cause a little girl
So much unhappiness.

Nobody can tell mother
Who took it from the shelf—
But I know, before I go to sleep,
I'll have to tell her myself!

Passing It On.

There is many a kindness neglected
and lost, not because we do not wish
to be kind, but because we are afraid
and timid about offering what we think
may not prove acceptable. If only we
were to remember that it does no harm
to ask, and sometimes it may do good
and afford pleasure if we seek to pass
on to others the pleasures we ourselves
have enjoyed, we should be kinder in
this respect than we are.

Diana laid her book down with a
sigh. "It is such a beautiful, beauti-
ful story, mamma," she said. "I am
glad you gave it to me on my birth-
day."

"And I am pleased that you have
enjoyed reading it, dear. Suppose you
let some one else read it. Ask Miss
Norfolk if she would like to do so."

"Perhaps she doesn't care for little
girls' stories," Diana said hesitantly.
"She may. I would take the book
over and ask her; she will appreciate
the offer even if she does not accept
it," Mrs. Carleton answered.

So Diana went across the road to
Miss Norfolk's cottage, and how the
dear old lady's face brightened when
she learned the reason of her small
neighbour's call!

Exhaustion

Horsford's Acid Phosphate.

Overworked men and wo-
men, the nervous, weak and
debilitated, will find in the
Acid Phosphate a most agree-
able, grateful and harmless
stimulant, giving renewed
strength and vigor to the en-
tire system.

Dr. Edwin F. Vose, Portland, Maine
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.

"It is more than good of you to
offer your birthday-book to me," she
said delightedly. "I am teaching my
maid Betty how to knit, and I was
wishing only this morning that I had
a nice story to read aloud in the after-
noons. Thank you, my dear, for pass-
ing your pleasure on to me."

And Diana ran home with a hop,
skip and a jump, to tell her mother
how glad she was she had loaned her
book to their neighbour.

Blood is Life.

It is the medium which carries to
every nerve, muscle, organ and fibre
its nourishment and strength. If the
blood is pure, rich and healthy you
will be well; if impure, disease will
soon overtake you. Hood's Sarsapar-
illa has power to keep you in health
by making your blood rich and pure.

—Hood's pills are easy to take, easy
to operate. Cure indigestion, bilious-
ness. 25c.

Be Cheerful.

Don't sit in a corner and mope be-
cause things are not going as you
would like. A disagreeable face will
not alter a disagreeable fact. Try to
extract some grain of comfort out of
your adversities. Never despair.
Under whatever circumstances, be
cheerful and hope on. There is noth-
ing so philosophical as a smile. A
merry heart is the height of wisdom.

The greater part of our griefs will
disappear when viewed through the
lenses of cheerfulness. Let the dark
past sink out of sight. Look toward
the sunrise. Shout with merriment
as if you saw the dawn kissing the
hills. Fill your soul with the visions
of morning and the song of the lark.
Then all will become suffused with
daylight—all the gloomy places will
pulse with sunshine, the clammy rocks
will glisten with dew.

Would you like to know the key to
unlock the door to a happy life? It
is cheerfulness.

—Others have found health, vigor
and vitality in Hood's Sarsaparilla,
and it surely has power to help you
also. Why not try it?

The Worth of Knowing How.

A little girl of eight who had been
trained what to do in case of fire, was
so unfortunate as to drop a match on
her cotton apron. Almost immedi-
ately the blaze flashed up in her face.
Without a cry or pause she threw her-
self face downward on the carpet,
clapped her hands over her mouth and
nose, closed her eyes and rolled over
and over on the thick woolen rug.
Hearing the unusual noise, her father
hurried upstairs in time to put out the
smoldering fire. The child's apron
was in ashes, the front of her dress
badly scorched; but beyond a few
slight burns on her hands, the brave
girl was uninjured.

When questioned about her conduct,
she said, "Mamma has told me over
and over to lie down on the blaze, and
stop my mouth, so as not to swallow
the smoke should I catch fire. I knew
I should be burned up if I started to
run."

A patient in the dental chair failed
to rally from the depressing effects of
chloroform, and the physician, who
was hastily summoned, with the help

of the attendant, dragged him to the
door and began dashing snow in his
face. The weakened action of the
heart gave out and the patient lay
back limp and apparently lifeless in
their hands.

"Stand him on his head; that's
what father does, when they don't
come round right," said a young lad
who had been attracted to the door by
the unusual stir. So the man was
turned upside down until signs of re-
turning life were manifest. By that
time the boy's father, who was one of
the leading physicians of the place, ar-
rived, and his son's timely direction
was followed by proper medical treat-
ment.

It pays to know what to do in an
emergency.

Use Your Present Talents.

Young Christians, make the very
best use of the talents you have.
Don't sit down and bemoan the fact
that you know so little and can do so
little; for while you are wishing you
were better equipped, and building
castles in the air about what you
would do if you were richer and wiser,
the things you could do are being left
undone.

When the Holy Spirit touched your
heart, and you decided to leave all
and follow Christ, the Saviour knew
your abilities, He had a special place
in His vineyard that you, and you
alone, could fill, and He does not ex-
pect more from you than you are able to
perform. God hath chosen the foolish
things of the world to confound the
wise, and God hath chosen the weak
things of the world to confound the
things which are mighty; and in this
blessed assurance there is great en-
couragement for the one and two-tal-
ent Christians. The world was not
revolutionized from paganism to
Christianity by great men alone, but
by the millions of small but persistent
efforts put forth by the weak ones.

Beautiful Lives.

Every one feels instinctively that all
the beautiful sentiments in the world
weigh less than one lovely action, and
that while tenderness of feeling and
susceptibility of generous emotions are
accidents of life, permanent goodness
is an achievement and a quality of the
life. "Fine words," says one homely
old proverb, "butter no parsnips;"
and if the question be how to render
these vegetables palatable, an ounce
of butter would be worth more than
all the orations of Cicero. The only
conclusive evidence of a man's sincer-
ity is that he gives himself for a prin-
ciple. Words, money, all things else,

X-Rays

Of severest trial and test prove
in regard to Hood's Sarsaparilla

1st, Greatest Merit

Secured by a peculiar combina-
tion, Proportion and Process
unknown to others— which
naturally and actually produces

2d, Greatest Cures

Shown by thousands of honest,
voluntary testimonials— which
naturally and actually produce

3d, Greatest Sales

According to the statements of
druggists all over the country.
In these three points Hood's
Sarsaparilla is peculiar to itself.

Hood's Sarsaparilla

Is the best— It is the One True Blood Purifier.
are the only pills to take
with Hood's Sarsaparilla.

thinness

The diseases of thinness
are scrofula in children,
consumption in grown
people, poverty of blood in
either. They thrive on
leanness. Fat is the best
means of overcoming them.
Everybody knows cod-liver
oil makes the healthiest fat.

In **Scott's Emulsion** of
cod-liver oil the taste is
hidden, the oil is digested,
it is ready to make fat.

When you ask for Scott's Emulsion and
your druggist gives you a package in a
salmon-colored wrapper with the pic-
ture of the man and fish on it—you can
trust that man!

50 cents and \$1.00

Scott & Bowne, Chemists, Belleville, Ont.

are comparatively easy to give away;
but when a man makes a gift of his
daily life and practice, it is plain that
the truth, whatever it may be, has
taken possession of him. From that
sincerity his words gain the force and
pertinency of deeds, and his money is
no longer the pale drudge 'twixt man
and man, but, by a beautiful magic,
what erewhile bore the image and
superscription of Caesar seems now to
bear the image and superscription of
God.

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.

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