

## Children's Department.

### Such a Fright.

'Twas only a little grey-coated mouse  
That pattered across the floor,  
Which Gredel had swept on that very  
morn,  
And scrubbed for an hour or more.

It was only a bright-eyed mouse, I say,  
A creature so small and weak;  
But two little girls gave such a jump,  
And you ought to have heard them  
shriek,

"A mouse, a mouse! oh, what shall we  
do?"

It was really absurd, you know,  
For the poor wee thing was as scared as  
they,  
And hardly knew where to go.

They climbed upon chairs, those little  
Dutch girls,  
Their wooden shoes went clack clack,  
While the mouse ran here and the mouse  
ran there,  
And at last to its hole ran back.

Oh, little Dutch maids, one might have  
thought  
It was some great terrible beast,  
Who would gobble you up without stop-  
ping to think—  
A lion or tiger at least.

What brave little people you are, my  
dears,  
To be left to take care of the house,  
While your mother is out, when you  
shiver and shriek  
At the sight of a harmless mouse!  
—Sheila.

### A Wonderful Story.

One day a wonderful bird tapped at  
the window of Mrs. Nansen's home at  
Christiania. Instantly the window  
was opened, and the wife of the fam-  
ous arctic explorer in another moment  
covered the little messenger with kisses  
and caresses.

The carrier-pigeon had been away  
from the cottage thirty long months,  
but it had not forgotten the way home.  
It brought a note from Nansen, stating

## 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.

that all was going well with him and  
his expedition in the polar regions.  
Nansen had fastened a message to  
the bird and turned it loose.

The frail courier darted out into the  
blizzard air. It flew like an arrow  
over a thousand miles of frozen waste,  
and then sped forward over another  
thousand miles of ocean and plains and  
forests, and one morning entered  
the window of the waiting mistress,  
and delivered the message which she  
had been waiting so anxiously.

We boast of human pluck, sagacity,  
and endurance; but this lovely little  
carrier-pigeon, in its homeward flight,  
after an absence of thirty months, ac-  
complished a feat so wonderful that we  
can only give ourselves up to the amaze-  
ment and admiration which must over-  
whelm every one when the marvellous  
story is told. Mrs. Nansen's pigeon is  
one of the wonders of the world.

### The Best Way to Cure

Disease is to establish health. Pure,  
rich blood means good health. Hood's  
Sarsaparilla is the One True Blood  
Purifier. It tones up the whole system,  
gives appetite and strength and causes  
weakness, nervousness and pain to dis-  
appear. No other medicine has such  
a record of wonderful cures as Hood's  
Sarsaparilla.

—Hood's Pills are the best after  
dinner pill; assist digestion, prevent  
constipation. 25 cents.

### How to be Happy.

Yesterday a young friend visited a  
lady past eighty-five years of age.  
Much good talk they enjoyed together,  
and when the time came for saying  
good-by, the aged friend said,—

"My dear, if you would be happy,  
make yourself useful as the days go by:  
a life of usefulness is the keynote to  
happiness!"

Dear girls, pause a little to consider  
this thought—a life of usefulness is the  
keynote to happiness!

A lady was once asked the object of  
her little girl's life in the world to her-  
self, meaning the child.

"Oh, to be happy," she answered;  
then quickly added, "and to be use-  
ful."

Wise mother! the second clause in-  
cludes the first, for I believe no one is  
happy unless useful.

In being useful we bless not alone  
ourselves. A busy life touches all  
with whom it comes in contact, and is  
often an inspiration in its influence.

In a rural village of my acquaintance  
a city family make their summer home.  
Early in the season they come, and  
busy workers they are, especially the  
daughter of the household—methodical  
and thrifty are her ways.

A neighbor's daughter, somewhat  
inclined to idleness and indolence,  
noticed the cheerful face and bright  
activity of her city friend. It seemed  
to her that every minute was turned to  
account.

The outcome was a new influence  
in her own life. As she sought to be  
useful brighter days dawned. Her  
friends noticed the change, and the  
city girl, her example and influence,  
was the impetus that started the stag-  
nant current. So do we build better  
than we know, and help or hinder  
those about us.

And there are many ways of work-  
ing—avenues opening on all sides, if  
one is looking for them. The church  
with its Sabbath-school and societies

will give mission work in abundance.  
Getting outside of oneself and work-  
ing for others is a good thing even for  
those who have regular work and a  
livelihood to earn.

"Give, give! O give," said the little  
streamlet, and everything in nature an-  
swers this call with like request.  
"Give, give! O give," and the supply  
never ceases because the work never  
ceases.

So, my dear girls, with the aged lady  
let me urge, "Give of yourselves, and  
give yourselves to usefulness," so shall  
you bless and be blessed.

Habits formed in early years are  
those that cling. A life dedicated to  
usefulness will bring lasting satisfac-  
tion and blessing.

A life with worthy purpose will bring  
a glow to the cheek and lustre to the  
eye that time does not efface.

—Prevent sickness and save doctors'  
bills at this season by keeping your  
blood rich and pure with Hood's Sar-  
saparilla.

### Jamie's Post.

"Oh! he's tip-top at starting things,  
but you can't tell how long he will  
hold out," said Ralph, doubtfully.

"He seems interested enough now,"  
answered Rob.

"Yes; but by the time he gets the  
rest of us into it he may have lost his  
interest and have forgotten all his fine  
promises. He means all right, I sup-  
pose, but he doesn't do to tie to."

Both boys laughed, and little Jamie,  
sitting on the gate, looked soberly  
from one to the other. He waited un-  
til Ralph walked away, and then slowly  
questioned his brother.

"Wobert, what does a to-tie-to  
mean?"

"A—what?" asked Rob, suddenly  
becoming aware of the small presence.

"That boy," declared Jamie, point-  
ing one plump finger after the retreating  
Ralph, "said another boy didn't  
be a to-tie-to."

"Oh! Jimsey, what a wretched  
'little pitcher' you are!" groaned Rob.  
"No; he said the other boy wouldn't  
do to tie to—to tie to, you understand?  
It isn't all one word."

"What kind of a boy does it mean,  
Wobby?"

"Mean? Why, when you say a fel-  
low won't do to tie to, you mean that  
you can't exactly trust him. He isn't!"

—Rob hesitated, realizing that some  
common phrases that seem to convey  
to one a very clear meaning, are, after  
all, not easy to explain. "It's this  
way, Jimsey. If you were going to tie  
a horse somewhere, would you find a  
good strong post that would hold him  
where you wanted him to stand, or

## Sour

Stomach, sometimes called waterbrash,  
and burning pain, distress, nausea,  
dyspepsia, are cured by Hood's Sarsa-  
parilla. This it accomplishes because  
with its wonderful power as a blood  
purifier, Hood's Sarsaparilla gently  
tones and strengthens the stomach and  
digestive organs, invigorates the liver,  
creates an appetite, gives refreshing  
sleep, and raises the health tone. In  
cases of dyspepsia and indigestion it  
seems to have "a magic touch."

"For over 12 years I suffered from sour

## Stomach

with severe pains across my shoulders,  
and great distress. I had violent nausea  
which would leave me very weak and  
faint, difficult to get my breath. These  
spells came oftener and more severe. I  
did not receive any lasting benefit from  
physicians, but found such happy effects  
from a trial of Hood's Sarsaparilla, that I  
took several bottles and mean to always  
keep it in the house. I am now able to  
do all my own work, which for six years  
I have been unable to do. My husband  
and son have also been greatly bene-  
fited by Hood's Sarsaparilla—for pains in  
the back, and after the grip. I gladly  
recommend this grand blood medicine."  
MRS. PETER BURBY, Leominster, Mass.

## Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1.

Hood's Pills cure all Liver Ills and Sick Headaches. 25 cents.

There are thousands of  
sickly school-girls all over  
this broad land that are  
dragging their way through  
school-life who might enjoy  
that abundant life which be-  
longs to youth by simple at-  
tention to hygienic laws and  
a proper course of treatment  
with Scott's Emulsion. This  
would make the blood rich,  
the heart-beat strong; check  
that tendency to exhaustion  
and quicken the appetite by  
strengthening the digestion.  
Our book tells more about  
it. Sent free.

SCOTT & BOWNE, Belleville, Ont.

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