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MY MOTTO—DO SOMETHING

Do something for somebody somewhere
While jogging along life's road;
Help someone to carry his burden
And lighter will grow your load.

Do something for somebody gladly;
It will sweeten your every care;
In sharing the sorrows of others,
Your own are less hard to bear.

Do something for somebody, striving
To help where the way seems long.

To be patient is not always easy.
To be cheerful is much harder still;
But, at least, we can always be pleasant
If we make up our minds that we will.
And it pays every time to be kindly.
Although you feel worried and blue;
If you smile at the world and look cheerful
The world will soon smile back at you.
So try and brace up and look pleasant
No matter how low you are down
Good humour is always contagious,
But you banish your friends when you frown.

A WELCOME WILLING WORKER.

Dear Marie:—I have for a long time been an interested reader of your progressive club. I have at last decided to join. I will do all I can to help you and also try to establish a club around my own home.

I will try to be an attentive worker in your field and will any time send things which I think will be of use to you. If I find my work not prosperous here I will willingly send my quarterly offering with which some of the more prominent Sunshiners may be able to make better use of.

There are quite a number of young



Going to bed in the International Sunshine Cottage

And the homeless boards that languish
Cheer up with a little song.

Do something for somebody always,
Whatever may be your creed—
There's nothing on earth can help you
So much as a kindly deed.

—Sunshine Mollie.

My dear Friends:—Let me counsel you never to lose hope. It is sometimes hard to believe that beyond the clouds of trial the sun is shining. But it is blessedly true that hope's brightest ray is kindled by trust. Because we believe in God's love we believe also when clouds hover thick around us that better times are coming. We may not understand the meaning of the dark today but we believe at last the pattern will be beautiful and complete. The testing may be severe but it will refine the gold and make it shine in matchless purity at last.

We cannot, of course, all be handsome
And it's hard for us all to be good;
We are sure, now and then, to be lonely
And we don't always do as we should.

girls here about my own age who I will try to make members. I will now close, hoping through some of the letters I will find out more about the work of the club. I will correspond with anyone who will write to me.

HAZEL McNEESH

Stockton, Man. (Age 14.)

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