

## ONE DAY.

We know not when, we know not where,  
We know not what that world will be,  
But this we know; it will be fair  
To see.  
With heart aching and thirsty face,  
We know yet know not, what shall be—  
Christ Jesus bring us of His grace  
To see.  
Christ Jesus bring us of His grace  
Beyond all prayers our hopes can pray,  
One day to see him face to face—  
One day.  
—Christina G. Rossetti.

## A WOMAN'S PRAYER.

O Lord, who knowest every need of mine,  
Help me to bear each cross and not repine;  
Grant me fresh courage every day,  
Help me to do my work alway  
Without complaint!  
O Lord, thou knowest well how dark the  
way,  
Guide thou my footsteps lest they stray,  
Give me fresh faith for every hour,  
Lest I should ever doubt thy power,  
And make complaint!  
Give me a heart, O Lord, strong to endure,  
Help me to keep it simple, pure;  
Make me unselfish, helpful, true,  
In every act, whatever I do,  
And keep content!  
Help me to do my woman's share,  
Make me courageous, strong to bear,  
Sunshine or shadow in my life;  
Sustain me in the daily strife  
To keep content!  
—New York News.

## THE ROOT OF THE MATTER

## He Cured Himself of Serious Stomach Trouble by Getting Down to First Principles.

A man of large affairs in one of our prominent eastern cities, by too close attention to business, too little exercise and too many club dinners, finally began to pay nature's tax, leved in form of chronic stomach trouble, the failure of his digestion brought about a nervous irritability making it impossible to apply himself to his daily business and finally detaching the kidneys and heart.

In his own words he says: "I consulted one physician after another and each one seemed to understand my case, but all the same they each failed to bring about the return of my vigor. For two years I went from pillar to post, from one sanitarium to another, I gave up smoking, I quit coffee and even reduced my daily glass or two of beer, but without any marked improvement. Friends had often advised me to try a well known proprietary medicine, Stuart's Dyspepsia Tablets and I often perused the newspaper advertisements of the remedy but never took any stock in advertised medicines nor could believe a fifty cent patent medicine would ever touch my case.

"To make a long story short I finally bought a couple of packages at the nearest drug store and took two or three tablets after each meal and occasionally a tablet between meals, when I felt any feeling of nausea or discomfort.

"I was surprised at the end of the first week to note a marked improvement in my appetite and general health and before the two packages were gone I was certain that Stuart's Dyspepsia Tablets were going to cure completely and they did not disappoint me. I can eat and sleep and enjoy my coffee and no one would suppose I had ever known the horrors of dyspepsia.

"Out of friendly curiosity I wrote to the proprietors of the remedy asking for information as to what the tablets contained and they replied that the principal ingredients were aseptic pepsin (government test), malt diastase and other natural digestives, which digest food regardless of the condition of the stomach.

The root of this matter is this, the digestive elements contained in Stuart's Dyspepsia Tablets will digest food, give the overworked stomach a chance to recuperate and the nerves and whole system receive the nourishment which can only come from food; stimulents and nerve tonics never give real strength, they give factitious strength, invariably followed by reaction. Every drop of blood, every nerve and tissue is manufactured from our daily food, and if you can insure its prompt action and complete digestion by the regular use of so good and wholesome a remedy as Stuart's Dyspepsia Tablets, you will have no need of nerve tonics and sanitariums.

Although Stuart's Dyspepsia Tablets have been in the market only a few years yet probably every druggist in United States, Canada and Great Britain now sells them and considers them the most popular and successful of any preparation for stomach trouble.

## FORTY DOLLARS WORTH OF TEMPER.

Whoever wishes to hear a solemn, almost tearful, oration on the evils of losing one's temper should apply to a certain scientific gentleman in Washington, of whom the Star tells a tragic story.

He had a Negro servant who exasperated him by his stupidity. One day, when he was more stupid than usual, the angry master of the house threw a book at his head. The Negro ducked and the book flew out of the window.

"Now, go and pick that book up!" ordered the master. The Negro started to obey, but a passerby had saved him the trouble, and had walked off with the book. The scientist thereupon began to wonder what book he had thrown away, and to his horror discovered that it was a quaint and rare little volume on mathematics which he had purchased in London, and paid \$50 for it.

"The next time that I feel that it is absolutely necessary to throw things," he exclaimed in his sorrow, "I'll choose something less expensive than a favorite book."

But his troubles were not over. The weeks went by, and Time, the great healer, had begun to assuage his grief, when strolling into a second-hand book shop, he perceived to his great delight a copy of the book he had lost. He asked the price.

"Well," said the dealer, reflectively, "I guess we can let you have it for \$40. It's a pretty rare book, and I dare say I could get \$75 for it by holding on a while."

The man of science pulled out his wallet and produced the money, delighted at the opportunity of replacing his lost treasure. When he reached home he sat down at the table to gloat over his find, and a card dropped out of the leaves. The card was his own, and further examination showed that he had bought back his own property.

"Forty dollars worth of temper! Hub, I think I shall mend my ways!" he was overheard to say. His daughter, who tells the story with glee, declares that the Negro servant is positively worried over the sunny disposition of her father. He feels that the worthy man must be ill.—Youth's Companion.

## THE ART OF FORGIVENESS.

Washington, the first President of the United States, learned early in life to control his temper. Soon after he had reached his majority, he had a heated discussion with a Mr. Payne, in which he uttered something very offensive, and Payne immediately knocked the young officer down.

Washington next day sent for him. Payne expected a challenge or something like it. But Washington came up to him. "Mr. Payne," he said, "to err is natural; to rectify error is glory. I believe I was wrong yesterday. You have already had some satisfaction, and, if you deem that sufficient, here is my hand; let us be friends."

Payne accepted the hand of reconciliation. Many years after, when Washington had become the first man in America, Payne, passing by, stopped at Mount Vernon, though feeling somewhat anxious as to his reception. Washington cordially received him, and introduced him to Mrs. Washington with some playful reminder of the past.

It is, indeed, the glory of a man to rectify his own error. One may be sensitive and be easily provoked; yet he is a heroic man, and governed by a Divine impulse, if he restrains his indignation and forgives injuries.

## GOT A NEW LANGUAGE.

A few years since there came into my congregation a man who had recently been converted, says the Rev. C. E. Pettis. Though a stalwart specimen of rugged manhood, he had been a drinker and awfully profane. One of his neighbors—a Christian man—asked me to have special care of him, as he feared for his stability on account of his lack of religious training and his fiery temper. So I drove out to the farm of which he had charge to see him frequently.

One day when I had driven out I found him absent. Calling on the Christian neighbor, I inquired about him; and, in reply, he said: "O, he is doing grand. Yesterday he was ploughing in the field adjoining the one in which I was working, and his horses got to acting so badly that I trembled, fearing that the old habit of swearing would prove too strong for him. Finally he opened his mouth, and I braced myself for the shock, when I heard him utter fervently, 'Bless the Lord!'"

His was a changed heart, and it found a new language.—Sel.

## THE CANADIAN NORTH-WEST.

## HOMESTEAD REGULATIONS.

Any even numbered section of Dominion Lands in Manitoba or the North-west Territories, excepting 8 and 26, which has not been homesteaded, or reserved to provide wood lots for settlers, or for other purposes, may be homesteaded upon by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less.

## ENTRY.

Entry may be made personally at the local land office for the District in which the land to be taken is situate, or if the homesteader desires he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the Local Agent for the district in which the land is situate, receive authority for some one to make entry for him. A fee of \$10 is charged for a homestead entry.

## HOMESTEAD DUTIES.

A settler who has been granted an entry for a homestead is required by the provisions of the Dominion Lands Act and the amendments, thereto to perform the conditions connected therewith, under one of the following plans:—

(1) At least six months' residence upon and cultivation of the land in each year during the term of three years.

(2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with the father or mother.

(3) If a settler has obtained a patent for his homestead, or a certificate for the issue of such patent countersigned in the manner prescribed by this Act, and has obtained entry for a second homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by residence upon the first homestead if the second homestead is in the vicinity of the first homestead.

(4) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon said land.

The term "vicinity" used above is meant to indicate the same township or an adjoining or cornering township.

A settler who avails himself of the provisions of Clauses (2) (3) or (4) must cultivate 30 acres of his homestead, or substitute 20 head of stock, with buildings for their accommodation, and have besides 80 acres substantially fenced.

Every homesteader who fails to comply with the requirements of the homestead law is liable to have his entry cancelled, and the land may again be thrown open for entry.

## APPLICATION FOR PATENT

Should be made at the end of the three years, before the Local Agent, Sub-Agent or the Homestead Inspector. Before making application for patent, the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa of his intention to do so.

## INFORMATION.

Newly arrived immigrants will receive at the Immigration Office in Winnipeg, or at any Dominion Lands Office in Manitoba or the North-west Territories information as to the lands that are open for entry, and from the officers in charge, free of expense, advice and assistance in securing lands to suit them. Full information respecting the land, timber, coal and mineral laws, as well as respecting Dominion Lands in the Railway Belt in British Columbia, may be obtained upon application to the Secretary of the Department of the Interior, Ottawa; the Commissioner of Immigration, Winnipeg, Manitoba; or to any of the Dominion Lands Agents in Manitoba or the North-west Territories.

## JAMES A. SMART,

Deputy Minister of the Interior.

N. B. In addition to Free Grant Lands, for which the Regulations above stated refer, thousands of acres of most desirable lands are available for lease or purchase from Railroad and other corporations and private firms in Western Canada.

The BREAD of  
the PEOPLE.

A few years ago only the well-to-do thought it necessary to buy Ogilvie's Flour, but to-day everybody who appreciates a first-class loaf of bread is willing to pay the extra cost and get Ogilvie's. Of course it is but fair to say that while the price of Ogilvie's is higher than ordinary brands, the flour itself goes so much farther that it is really the cheapest flour on the market. Dealers should never hesitate to recommend Ogilvie's to all classes of trade, as it combines economy and quality, two things most essential in an article of such general use.

To Housekeepers

Woodills

German Baking Powder.

Use it!

It is reliable.