

There is nothing so good for you these days, to keep stomach right and Liver active, as

Abbey's Effervescent Salt

Of course, you know that. This is just to remind you if you are not feeling "up to the mark."

25¢ AND 50¢ A BOTTLE AT ALL DRUGGISTS.

their heads just to see how he'd tear round in the mornin'. But 'f I should die 'fore I wake, why—I didn't want him to find 'em that way, so I had to go down and fix 'em right. There's lots of things that seem funny if you're goin' to keep on livin', but you don't want 'em that way if you should die 'fore you wake."

"That was right, dear; it was right," commended the voice with its tender quaver. "A good many of our prayers wouldn't be hurt by stopping in the middle of them to undo a wrong."

GOOD ENOUGH FOR HOME.

"Lydia, why do you put on that forlorn old dress?" asked Emily Manners of her cousin, after she had spent the night at Lydia's house.

The dress in question was a spotted, faded old summer silk, which only looked the more forlorn for its once fashionable trimmings, now crumpled and faded.

"Oh, anything is good enough for home!" said Lydia, hastily pinning on a soiled collar; and twisting her hair in a knot, she went to breakfast.

"Your hair is coming down," said Emily.

"Oh, never mind; it's good enough for home," said Lydia, carelessly. Lydia had been visiting at Emily's home and had always appeared in the prettiest morning dresses, and with neat hair and dainty collar and cuffs; but now that she was back at home again she seemed to think that anything would answer, and went about untidy and in soiled finery. At her uncle's she had been pleasant and polite, and had won golden opinions from all; but with her own family her manners were as careless as her dress. She seemed to think that courtesy and kindness were too expensive for home wear, and that anything would do for home.

There are too many people who, like Lydia, seem to think that anything will do for home; whereas effort to keep one's self neat, and to treat father, mother, sister, brother and servant kindly and courteously is as much a duty as to keep from falsehood and stealing.

STAMMERERS

The **Arnott Method** is the only logical method for the cure of Stammering. It treats the **Cause**, not merely the **Habit**, and insures natural speech. Pamphlet, particulars and references sent on request. Address

THE ARNOTT INSTITUTE
BERLIN, ONT., CAN.

THE DISHWASHING GAME.

On Monday, before I go to school, I wash the dishes—it's mother's rule, So Bridget can sort the clo'es. To help me get them quickly done, I've made up a game that's lot of fun, And here is the way it goes:

The forks are voyagers, and their wives Are the tablespoons and the silver knives;

The teaspoons are babies wee; Each platter, saucer and cup's a boat In which from the dish-pan port they float— They're shipwrecked when out at sea.

The soap-sud breakers dash fierce and high, But all hands are saved, and rubbed till dry;

The wrecks are towed in to shore; In closet harbor they safely stay Till sailing date on another day, They bravely embark once more.

And washing dishes in this way Is nothing but fun. And I always say—

And mother agrees with me— "If work's on hand it's a splendid plan

To do it the jolliest way you can." Just try it yourself and see.

—Good Housekeeping.

THE LITTLE LIGHTHOUSE GIRL.

Sailors who navigate the seas on the Atlantic Coast are always glad when they near the harbor of Savannah, for that means that they will pass within saluting distance of the "little lighthouse girl." This is the officially accepted title of Florence Martus, who has for the last eleven years waved a friendly signal to every craft passing between the city and the sea. It is a hobby of this young girl to greet the ships that go and wish them a safe return, and greet the ships that come and congratulate them in their voyage. She says that the ships are her world. She hasn't much world outside of the marine houses, to be sure, for she lives with her brother and her mother on the bleakest, most uninhabited island imaginable on the southern bank of the Savannah River, ten miles from town.

The Martus dwelling is the only habitation on Elba Island. There is no landing wharf, and visitors arrive on an average once a year. George Martus attends to the range of lights which keeps the pilots in the right part of the most tortuous channel in that part of the ocean. Beside the lighthouse is the cottage where these three persons spend their lives. The barks, the steamers, and the various other craft never get near enough for an exchange of greetings other than that most expressive form of good will, the waving of a handkerchief by day and of a lantern by night. And as the girl sends out her welcome the seamen, who know all about her, and who would resent the elimination of the ceremony which she has so popularized, send back an answering salute, three "toots" of the steam whistle. Then Miss Martus is as happy as a belle at a debutante party.

It is her desire that no vessel shall pass the lighthouse without receiving a salute. She never overlooks a sail in the daytime, and her handkerchief is ever ready for its service of cordiality. At night she seems to feel intuitively the approach of her ships,



BRASS RAILINGS

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This is one design of our brass altar railings. We have many others; write for prices and designs of our church metal work.

Dennis Wire & Iron Works Co., Ltd.
22-26 Dundas St., London, Ont.

IMPERIAL MAPLE SYRUP

ALWAYS SATISFACTORY

Ask your dealer for Imperial Maple Syrup. Do not allow him to substitute an inferior article because it is cheaper.

for she has frequently made ready the lantern before the expected boat hove in sight. She says it is her ambition to signal every ship that touches Savannah. She was asked her reason for signalling the passing sea throng.

"I do it," she said, "because they are my friends, almost the only friends I have. I love to see them come and go, and when they go, I always pray for their safe return."

DOGS THAT WEAR SHOES.

In Alaska even the dogs wear shoes—at least part of the time. It is not on account of the cold, for a shaggy Eskimo dog will live and be frisky when a man will freeze to death. The dog does all the work of dragging and carrying, which in this country falls to the horses, and in trotting over the rough ice of the mountain passes his feet soon become bruised and sore. Then his driver makes him soft little moccasins of buckskin or reindeer skin, and ties them on with stout thongs of leather. In this way he will travel easily until his feet are thoroughly healed up. Then he bites and tears his shoes with his sharp wolf-like teeth and eats them up.

Wonderful animals are these dogs of Alaska! Although they are only little fellows—not more than half the size of a big Newfoundland, they sell for from \$75 to \$200 each—more than an ordinary horse will sell for in this country. They will draw two hundred pounds each on a sled, and they are usually driven in teams of six. They need no lines to guide them; for they readily obey the sound of their master's voice, turning or stopping at a word.

But the Eskimo dogs have their faults. Like many boys, they are overfond of having good things to eat. Consequently they have to be watched closely, or they will attack and devour stores left in their way, especially bacon, which must be hung

out of their reach. At night, when camp is pitched, the moment a blanket is thrown upon the ground, they will run into it and curl up, and neither cuffs nor kicks suffice to budge them. They lie as close to the men who own them as possible, and the miner cannot wrap himself so close that they won't get under the blanket with him. They are human, too, in their disinclination to get out in the morning.—New England Farmer.

—The nearer a soul is to us, the greater the responsibility for it.—Dr. Cuyler.

—Whatever God calls you to do He can enable you to accomplish.

The Skin Troubles of Babyhood.

Your family doctor will explain to you, if you ask him, the mission of the pores of the skin, and will tell you of the dangers of using pore-clogging powders for the chafings and irritations to which babies are subject.

Any mother who has used Dr. Chase's Ointment for this purpose will tell you of how beautifully soft and smooth it has kept the skin, and of how quickly it has cured the chafing or irritation.

Especially during the teething period children are likely to suffer from eczema, and unless it is promptly checked there is danger of its spreading to other parts of the body and becoming chronic.

There is no rival to Dr. Chase's Ointment as a cure for baby eczema, as it is usually called, and it can be used with positive assurance that it will not injure the most delicate skin, but on the contrary, keep it soft and smooth.

Dr. Chase's Ointment is a necessity in every home where its merits are known, and is indispensable in the nursery; 60 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.