

Children's Department.

The Girlie and the Cows.

"Oh, tell me what's the matter?"  
A little maiden cried  
To some meditative oxen  
Who were standing side by side.

"I've come to see you every day,  
Whenever nurse allows,  
And yet you look unhappy;  
You melancholy cows.

"I've fed you with the buttercups,  
The largest I could find,  
And yet you look offended.  
Have you something on your mind?"

"Oh, no, no, little maiden,  
We know you're kind and good;  
You've talked to us and petted us—  
Done everything you could.

"But you would look offended,  
And 'twould surely cause you grief  
If you knew that on the morrow  
You were turning into beef."

—Seventy million people know  
Hood's Sarsaparilla purifies the blood,  
strengthens the system and gives good  
health.

—In Southern California, in the  
County of San Luis Obispo, there is  
situated one of the most remarkable  
prehistoric monuments known to the  
archaeologists. From a distance it  
looks like an immense rock rising from  
the plains of Carissa, but upon nearer  
approach it is seen to be a temple of  
extraordinary dimensions and of un-  
known antiquity. The inner court  
has a level floor 225 feet long and 125  
feet wide, and the ceiling is from 60 to  
100 feet high, according to situation.  
The building was evidently used by  
prehistoric man, but for what purpose  
and how long since no one knows. It  
has been suggested, however, that it  
was either a temple of worship or the  
capitol of some ancient government.  
The walls and portions of the ceiling  
are beautifully decorated with paintings,  
in colors red, white and black, many

A Tonic

For Brain-Workers, the Weak and  
Debilitated.

Horsford's Acid Phosphate  
is without exception, the Best  
Remedy for relieving Mental  
and Nervous Exhaustion; and  
where the system has become  
debilitated by disease, it acts  
as a general tonic and vitalizer,  
affording sustenance to both  
brain and body.

Dr. E. Cornell Esten, Philadelphia,  
Pa., says: "I have met with the greatest  
and most satisfactory results in dyspepsia  
and general derangement of the cerebral  
and nervous systems, causing debility and  
exhaustion."

Descriptive pamphlet free on application  
to

Rumford Chemical Works, Providence, R. I.  
For sale by all druggists.

Beware of Substitutes and Imitations.



Half a cent buys enough  
SHERWIN-WILLIAMS PAINT  
for Two Coats on one  
square foot of surface.

A few cents spent in paint  
will make a heap of difference  
around the home.—Try it.

Get our booklet, "Paint Points,"—it tells  
all about paints—Its free.



THE SHERWIN-WILLIAMS CO.

Cleveland  
Chicago  
New York  
Montreal

Address for booklet, 4 St. Genevieve St., Montreal.

One loaf of bread may be  
light, sweet and digestible.  
You may use the same ma-  
terials for another and have it  
heavy, sour and soggy. The  
knack is in putting the in-  
gredients together just right.  
A substitute for Scott's Emul-  
sion may have the same in-  
gredients and yet not be a  
perfect substitute, for no one  
knows how to put the parts  
together as we do. The se-  
cret of "how" is our busi-  
ness—twenty-five years of  
experience has taught us  
the best way.

Two sizes, 50 cts. and \$1.00.  
SCOTT & BOWNE, Belleville, Ont.

of them supposed to have some sym-  
bolic meaning. Holcomb, who visited  
the site of this wonderful edifice in  
1893, and who put in several days try-  
ing to find evidences of human sacrifice  
among the various scenes depicted on  
the walls, says that the colors are ap-  
parently as bright as when first laid  
on. The Indians of that locality are  
said to have no traditions concerning  
the building of this temple, yet they  
all regard it with superstitious rever-  
ence.

The Right Time.

"You must have been at work early  
this morning, Sandy," said Mr. How-  
land, coming upon his gardener, busily  
weeding, having already cleared a  
large bed.

"Aye, sir. I had to be. Ye see  
we had yon fine rain last night, and  
weeds come up easy after a rain.  
Then's the time to pull them, sir. If  
ye don't, they grows the faster when  
the sun comes out."

Sandy had no thought of preaching.  
He was only practising a good rule of  
his own. But he gave his master a  
thought worth having, as people may,  
without knowing.

It was a season of special religious  
interest, and Mr. Howland had been  
at the service the night before and had  
been deeply impressed.

"It is easier now to come to Christ  
and to renounce evil and uproot bad  
habits," pleaded the preacher, "for the  
Spirit of God is here."

These words came back to the mas-  
ter's mind as his servant unwittingly  
fitted an illustration to them. "Thou  
visitest the earth and waterest it.  
Thou makest it soft with showers."  
"As the rain cometh down, so shall  
My Word be." The familiar Scrip-  
ture came to mind easily. But it had  
seemed particularly hard at this time  
to renounce wrong doing and uproot  
self-indulgence—could it be really eas-  
ier, after all? Would sin grow more  
rank when the season should pass?

Mr. Howland returned to his room  
to think out the possibilities to some  
purpose.

It is true that any thoughtfulness  
upon spiritual matters is due to  
"showers of blessing" from above,  
which soften the heart, making it pos-  
sible to pluck out evil by the roots.  
Then there is room for new and Di-  
vinely-planted growths if the oppor-  
tunity is but embraced, and, as David  
says, "Thou blessest the springing  
thereof."

Lock the Door

Before the horse is stolen. Purify,  
enrich and vitalize your blood and  
build up your physical system before  
disease attacks you and serious sick-  
ness comes. Hood's Sarsaparilla will  
make you strong and vigorous and will  
expel from your blood all impurities  
and germs of disease. Take Hood's  
Sarsaparilla now.

—Hood's Pills are the favorite family  
cathartic. Easy to take, gentle, mild.  
25 cents.

—Keen insight will be increased and  
sharpened by love. Love will make us  
try to find out the good points in an-  
other, to see what their troubles are in  
order to be able to help them. Love  
is generally quick in perception, it per-  
ceives how matters stand by a subtle  
chord of sympathy, so that love may  
be said to develop keen insight in some  
cases. Of course I do not refer to that  
love, falsely so-called, that blinds the  
eye to the faults of the loved one.

APoplexy.—Dr. Agnew's Cure for  
the Heart is equally effective in apo-  
plectic symptoms. If you have un-  
pleasant dizziness, lightness, or sud-  
den rush of blood to the head, take  
precautions against a recurrence. This  
great remedy will remove the cause.  
The press of the land has daily a long  
list of sudden deaths which would not  
be chronicled if Dr. Agnew's Cure for  
the Heart were used.

Spring  
Medicine

Your blood in Spring is almost certain to  
be full of impurities—the accumula-  
tion of the winter months. Bad ven-  
tilation of sleeping rooms, impure air  
in dwellings, factories and shops, over-  
eating, heavy, improper foods, failure  
of the kidneys and liver properly to do  
extra work thus thrust upon them, are  
the prime causes of this condition. It  
is of the utmost importance that you

Purify  
Your Blood

Now, as when warmer weather comes and  
the tonic effect of cold bracing air is  
gone, your weak, thin, impure blood  
will not furnish necessary strength.  
That tired feeling, loss of appetite, will  
open the way for serious disease, ruined  
health, or breaking out of humor and  
impurities. To make pure, rich, red  
blood Hood's Sarsaparilla stands un-  
equalled. Thousands testify to its  
merits. Millions take it as their  
Spring Medicine. Get Hood's, because

Hood's  
Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1.  
Prepared only by C. I. Hood & Co., Lowell, Mass.

Hood's Pills are the only pills to take  
with Hood's Sarsaparilla.

Bearing the Cross.

Every shade of self-denial, from the  
pettiest denial of our appetites to the  
martyr's mangled and scored human  
form, is all included in bearing the  
cross, the least because He has com-  
manded it, and He, for His own love's  
sake, accepts it. All crosses are pre-  
parations for heaven; for though we  
know not its unspeakable joys or  
wherein they consist, this we know:  
that we must learn to do His will on  
earth as it is done in heaven, to be  
like the blessed spirits who do His  
pleasure, swift and instant as the  
lightning, to count nothing labour,  
toil, or cross, which is to do His will.  
This portion of the cross has a blessed  
privilege, in that it is taken willingly  
in obedience, not simply borne willing-  
ly, as the chastisement of disobedience;  
it is taken in order, in what little way  
regenerate man is capable of, to be like  
his Maker; it is taken out of love to  
Him and to do His commandments.

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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