

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 humors 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.
CANADIAN HOUSE, 6 Hospital St., Montreal.