

Children's Department.

Candymentown.

A wonderful place is Candymentown;
Its streets are paved with joy,
And on the corner, wherever you turn,
Stands a beautiful sugar toy.

A peaceful place is Candymentown;
There is never a street brawl there,
And, strange to say, the peppermint lamb
Lies down with the cinnamon bear.

The cats that live in Candymentown
Are made of sugar and spice;
And they never think of such a thing
As eating the chocolate mice.

The dogs that live in Candymentown
Are as good as good can be,
For they, like the sweet natured cats,
Are made
Of sugar and spice, you see.

There are lions and tigers in Candymentown,
Rabbits and elephants too;
They live together in houses of glass,
And are happy the whole year through.

A wonderful place is Candymentown
With its beautiful sugar toys;
And it was built to please the hearts
Of little girls and boys.

Promptness.

Along this same line there is another thing we wish to say. The trouble with many young people is their disposition to put off making decisions for a more convenient season. At no period of life is there more danger of procrastination. Young people think they have so much time still before them that they can afford to waste the present. They will choose their life work next month or next year. Just now they mean to have a good time. So it often happens that people wake up to discover their best chances gone and their lives fixed for them by the sternest necessities. Like the foolish virgins, they

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.

Sumford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

find themselves too late to enter the door which their own folly closed against them.

"Never put off till to-morrow what you can do to-day" is an old saw, but a wise one. The prompt are the winners in life's race. They who stop to pluck flowers by the wayside fail to reach the place of safety before the night falls. To-day's duties cannot be carried over into to-morrow. "Who grasps the moment as it flies, he is the real man."

Are You One

Of those unhappy people who are suffering with weak nerves, starting at every slight sound, unable to endure any unusual disturbance, finding it impossible to sleep? Avoid opiate and nerve compounds. Feed the nerves upon blood made pure and nourishing by the great blood purifier and true nerve tonic, Hood's Sarsaparilla.

Hood's Pills are the best after-dinner pills, assist digestion, prevent constipation. 25c.

The Courteous Spirit.

Courtesy is the external manifestation of a right spirit toward others. Its basis is in an unselfish and a fitting regard for the rights and feelings of those with whom one is brought into intercourse; but the principles of its expression must be a matter of wise study on the part of those who have had experience in the ways of the world, and who would give the benefit of their experience to those who come after them.

Courtesy is not merely a surface finish of manners; although courtesy is sure to show itself in a finished surface of manners. Good breeding, politeness, and fine manners are all included in the term "courtesy;" but these are all its expression rather than its essence and inspiration. "Good breeding," says one, "is made up of a multitude of petty sacrifices." "True politeness," says another, "is the spirit of benevolence showing itself in a refined way. It is the expression of good-will and kindness."

Out of weakness comes strength when the blood has been purified, enriched and vitalized by Hood's Sarsaparilla.

Planning and Performing.

"Don't waste your vacation, girls," was the good-bye caution of an earnest Sunday-school teacher to a trio of her class on pleasure bent, and just leaving home.

"Mrs. Marshall must think queer things of us," said Celia Norris. "Let us surprise her, when we come home, by telling her a host of good things done while away. We can easily show her that her teachings are not forgotten, nor our good resolutions of last winter."

"I am sure we all intend to do something besides enjoy ourselves," said Louise Mason. "We will have any number of chances to help other people and do good while we are together at Lindon Hill. There are the little children at the mill, for one thing. Not half of them go to Sunday-school. We might gather a class apiece and teach the little folks. We know enough for that."

Ah, Louise, how very little you know or you would not make such a self-satisfied remark as this.

But the young girls, fairly started upon their journey, actually spent the first part of it planning extensively for the good works they meant to accomplish during vacation days. It was easy to plan, sitting in the parlor car at leisure, and looking forward to long summer weeks before them.

But when the opportunity came—ah, the hindrances. It was surprising to find that the plans made could not be carried out without much further planning and contriving, involving actual self-denial. Then, they were discouraged at the outset by the multitude of things they had promised themselves to undertake.

"We must wait till we have time for everything," they said.

So the swift days passed, and they did almost nothing. It is so easy to plan and promise. It takes courage and the grace of continuance to perform.

A Sure and Simple Protection from Cold.

Good meals and warm clothing are of more value—if you haven't got them—than anything else. World wide fame seems of small account if you are hungry or the wind is whistling through your body. So any new feature which makes comfortable clothing possible for every one is of more real importance to us than the discovery of a new planet. This explains the great popularity of Fibre Chamois, an interlining made from fine spruce fibre, which gives a perfect, healthful warmth without adding weight or bulk. The reason is that it is an absolute non-conductor of either heat or cold. The rawest winds can't get through the clothing lined with it, nor will it let the natural heat of the body escape. So that it ensures comfort in all weather, for a trifling expense.

Too Proud to Take Advice.

Some years ago an English fleet lay at anchor in the roadstead at Spithead, near Portsmouth. The finest ship in that fleet was the *Royal George*; she was the admiral's ship, and carried a hundred guns. Just as everything was on board and she was ready to go to sea, the first lieutenant discovered that the water pipes were out of order. It was not thought necessary to haul her into the dock for repairs, but only to keel her over till the part of her hull where the pipes were was brought above water.

Keeling a ship is making her lean over on one side. A gang of men from the dockyard were sent to help the ship's carpenters. The larboard guns were run out as far as possible. The starboard guns were run over towards the other side; this made the vessel keel down toward the water on one side, and rise high out of the water on the other side. Presently the workmen reached the pipes, and removed the difficulty from them. Just at this moment a lighter came alongside laden with rum. The port-holes on the lower side were nearly even with the water before this vessel came near. But when the men began to take in her casks she keeled over more and more. The sea had grown rougher too since the morning, and the water was rushing in through the lower deck ports.

The carpenter saw the danger, and ran to tell the second lieutenant that the ship must be righted at once. He was a proud young man. He told the carpenter to mind his own business, and he would mind his.

But the danger increased every instant. The man went a second time to the officer, and told him that all would be lost unless the ship was instantly righted.

Now the officer began to see the danger. He ordered the drummer to beat to quarters, or summon every man to his post. But before the drummer had time to give one tap on the drum the vessel had keeled over more and more; the men scrambled down through the hatchway to put the heavy guns back in their places. But, alas! it was too late! too late! The water was rushing in. She was filled up rapidly; and before help or rescue could be thought of, down went the *Royal George*, carrying with her admiral, officers, men—to the number of one thousand souls! That gallant ship was lost, with all on board, because a young man was too proud to take advice.

What Conscience Does.

Conscience is God's scribe, or private secretary. It writes down all that we do, or say, or think, or feel.

During the reign of Queen Mary of England, good Bishop Latimer was brought to trial for conscience' sake. In the room in which the trial took place was a curtain, and behind this curtain a man writing. Whenever the bishop answered a question he heard the sound of this man's pen, as he wrote down each word that was spoken. The bishop said that the sound of that pen made him very careful to say nothing but what was strictly true. This shows us how we should act at all times. Conscience, God's secretary, is writing down everything that we do, "whether it be good, or whether it be evil." And the book in which this is written is "the book of God's remembrance," of which the Bible tells us, and out of which we are to be judged at last.

Courage.

It often takes much more courage to bear than to do.

"What a brave fellow!" is the cry when a boy defends a smaller one, or rushes to help some one in danger, or does perhaps a host of things that may be seen and praised.

But here is a boy who has courage to come to school in shabby clothes and bear the stinging little sneers of his companions, for sake of knowledge; and there is a girl who bears the taunts of her mates, or the severe letting alone, for sake of right, when she has done something that the rest did not like.

Such courage as this is of the strongest kind. It takes far more bravery to keep still sometimes, and to bear ridicule, and to be called names and not "answer back" but go on doing right, than it does to rush upon some enemy or run into danger, or do some one brave thing when everybody is looking.

But this harder courage is worth more—be sure of that. Cultivate it.

Free to Men.

Any man who is weak or nervous, can write to me in perfect confidence and receive free of charge, in a sealed letter, valuable advice and information how to obtain a cure. Address with stamp, F. G. Smith, P. O. Box 388, London, Ont.