## Our Boys and Girls.

TIMOTHY BROWN.

Oh Timothy Brown was a terrible And lessons he voted a bore!

French, grammar, geography, history, sums, He vowed he'd not learn any more, at the end of a year he knew noth-

About anything under the suning at all French, grammar, geography, his-

He'd forgotten them every one. One day a rich uncle said, "Timothy

I'll ask you a question or two, If I'm forty-five, and you're younger

How much am I older than you? Well, Timothy Brown he thought for

And at last he discovered this fact, That he hadn't a notion how long he'd been born,

And he didn't know how to sub-(Come, when is your birthday? I'll

give you a tip," Said his uncle, and patted his But Timothy Brown he burst into

He couldn't remember the date! tears, That's the end of the story of Timo-

thy Brown-A story that's perfectly true.

And perhaps there's a moral for no one at all, And perhaps there's a moral · for

KIND WORDS. - Kind words may prove pearls of the highest price; soften and turn away wrath; make friendship out of enmity, and build a monument of good that the storms of time cannot destroy. Cherish then, louder, it seemed. dear boys and girls, a kind heart, full of love and sympathy, and loving words will spring to your lips to bless, to help and to comfort all around you. "That which the foun-

the fountain."

HONESTY AND EXAMINATIONS. -As the end of the sholastic year is fast approaching, we would warn the boys and girls to be honest in their written examination papers. Some pupils in order to carry off a valuable prize resort to all manners of dishonest acts, and in the end reeive a gift which is unjustly obtained. Do not forget that you are making enemies in different households: your conscience will oftentimes upbraid you for your foolish, cowardly and mean act; you will be despised by your best friends. and last, but not least, you may be paving for yourself the path to dishonsty in business. Nothing should ever induce a boy or a girl to be so low d degrading as to bring the blush of shame and disgrace even for the ake of the most valuable prize ever offered. Combat this temptation, and throw your little jealousies to the and with a safe conscience

NOTHING LIKE TRYING .- When R task seems hard and you grow depondent about doing it. it is then hat if you make up your mind to do that act, that the greatest result will come from its accomplishment. Pick and muster up a little courage, and you'll be surprised at the good results in the end. Here is an ex-

"It is such a stony little path be-

'And Dick Harvey doesn't lik? it my better when he comes over here," said Frank. "I heard him say he had ot ever so many stone-bruises in hat path. He was grumbling about gesterday.'

Why don't you clear the way beween here and your neighbor's?" grumble:about it."

The boys did try it. There were a Respect and reverence for the aged. was cleared.

tumble should be removed. Small He always has a retort ready." inkindnesses should be confessed and areless ways amended. Trifling lights should be smoothed over and

temper, should be taken back, as far as may be. All these things will make the path of life smoother. It is well worth while to clear the way.

> GOOD OR EVIL .- Our lives are like open books. Each day we are writing a page of life's history, and each day some one is reading (unknown to us) its records of good or evil. When death comes to us, that record will be read, and then put on the shelf of forgetfulness. Try cach day to have each page written in letters of gold by your good life.

BLESSED ARE THE PEACEMAK-ERS .- Everybody liked Marion Fra-

zer. She was a dear child, with such a soft heart that the tears filled her eyes if one even made believe to be

angry. Maybe the boys on that street like to tease, but it was a bit unmanly for four or five of them to plague two small girls.

Marion wasn't one of the girls, oh!

It was going on when she came out and saw those naughty boys, and the girls just ready to cry, or get furious, they hadn't made up their minds which.

It did seem as if the little maid was more than wise. She stood a minute watching, and then she went straight up to them, but not a word did she say, mind you, about the quarrel.

"Dess let me show you some pretty things I tan make," she said. They stopped, they looked, and they circled about her.

"Diss is the snow." She raised her hand and softly, softly, let it fall like gentle flakes.
"What's that?" said Tommy Jones.

as the movement became faster and

"It rains now," was the answer. "Dis is a trumpet," and her chubby fists went up to her lips. as she

"An' dese are soldiers," marched her fingers stifly back and around you. That which again to forth. 'But I don't like soldiers, tain sends forth, returns again to cause they fight.'' Sam Davis grinned, as if he saw

the point. "Dis is most pretty of all." she went on, and tall Billy Andrews craned his neck to see.

Marion placed her dainty hands together, so as to make a cradle, rocking it back and forth, while she sang that sweet cradle hymn.

"Hush, my dear; lie still and slum-

It was like magic. Every face was pleasant as they glanced at each other. No more quarrels that day. No more teasing of girls ever, for at least one boy who didn't forget, and just because dear Marion made peace without seeming to try.

I think Marion was like the little child who was asked what it meant to be a Christian.

"It means to be just what Jesus would be if He were a little child and lived in my home," was the anyour vacation days will be pleasant

Can you think of a better one?

USEFUL THINGS. - Never Forget-That women are made out of girls, and that men are made out of boys. That if you are a worthless girl, you will be a worthless woman and if you are a worthless boy, you will be a worthless man. That the best educated men and women once did not know "A B C." That all the things which you are learning had to be learned by them.

Ween here and Mrs. Harvey's that I forts spent in making others happy will in some way add to your own will in some way add to your own will in some way add to your own to be learned by them. That the efhappiness. That a life of usefulness and helpfulness is worth many times more than a life of pleasure.

REVERENCE FOR AGE, ETC. -Children should carefully cultivate reverence for the aged, and courtesy to strangers. Remember the hand of asked Mr. Morris. "You would much old age will be with you in the fubetter do that than to take time to ture, and as you have treated others, you'll be treated the same yourself "Why, we could never get all the Don't fail to be obliging to persons stones out of that path," cried Jem. Who may be visiting your city or "Not all in one day, nor by taking town, for such kindness is often reull the stones at once," said the fawarded at a time when least expectther. "but if each of the boys who ed. This example, will illustrate cross there would take a stone out more clearly the meaning of that virginial the control of the contr of the war every time he goes, the tue, which is unfortunately neglected work would be done. Try it."

pall dozen young lads who used the path, and each one helped to clear the civil war, who is slightly lame. by doing a little every time he was crossing the porch of the hotel went that way. By this means the vesterday, when two or three boys tones were cast out, and the path racing and shouting, ran against him and threw him violently to one This is exactly the way to make it side. He staggered to his feet, and Pasier and pleasanter for others in said, gently, 'You should be more the world. Let each one make it his careful, boys.' 'Oh,' replied one of pusiness, as he goes through life, to the lads, when people are too old to take some little hindrance out of the keep out of the way, they ought to way whenever he can Little faults leave the hotel. The mother of the hould be cured, and little temptaions that caused unwary feet to and remarked: 'Jack is so bright!

The mother who failed to reproach her boy for such inexcusable rudeness was more blameworthy than the sauharp words, dropped in fits of ill- cy and unmannerly boy.

away any food that could be warmed over-some things are better for their second cooking. Don't leave wooden or painted buckets near the stove to be ruined. Don't scrape kettles with good knives or with silver spoons. Don't let rust get so thick on your knife blades that brick-dust won't remove it. Don't let cream stand around in cups or the like to sour and mold. Don't forget to put the cork back in the molasses jug, or to cover the sugar keg. Don't omit to scald your milk pans and pitchers well once a day. Don't keep vinegar in tin, for both vinegar and tin to be spoiled. Don't keep garbage on hand until it sends its death warn-

little tarts for tea. Don't throw

ing through the house. Don't let vinegar weaken on your pickles and don't let it eat them up. Don't let perfectly well and strong. cheese mold—throw it out if you The Hon. T. P. O'Conne cannot use it up when fresh. let bread grow musty-make it up before it grows past using into puddings and bread cakes. Don't throw out a bag of stale, soft crackers. Put them in a big, shallow pan and let them get crisp again in a moderate oven. Don't burn old bones- make soup of them. Don't throw away your wood ashes-make lye to make soap of. Don't put your clothes on the line and leave them to the mercy of the winds. Don't dig with one side of your broom until it looks

freakish, or use your best broom to scrub with. Don't kill yourself washing when a little washing powder or ammonia will help you so willingly. Don't use napkins or tablecloths to wipe dishes with—don't. Don't let the ashes choke up your grate, and so burn it out; don't keep

up a big fire in the range when you've no need of it. I have had domestics who kept a blazing fire from meal to meal with no use for it during the interim, because they were too lazy to build another fire; whole dollars fell into the bottomless pit in the buying of coal to keep up those fires. I'm wiser now.

Don't make beds too carly in the morning. I'd rather be a little slow with bed-making than too smart. Don't sleep in a room without good ventilation. Don't expect dishes to and get them out of the way before it's time to set the table again. Don't neglect to put water into wash-tubs, pails, etc., between Mondays. Pon't make yourself iron the day after you have washed. Rest for a day.

Don't awaken anyone with loud scolding or sudden pushings. Call softly and bring the wandering spirit back to its earthly tenement with caressing little pats and gentle tones. Don't find fault with anybody at meal time. Don't spoil this pleasant vantage-ground, where good humor should preside, where joke and jests and merry gibes should rout all thought of anything unpleasant, where discord should find no foothold, and the dinner of herbs taste sweeter than the grumbler's stalled whole world to accept your viewsdon't be so idiotic as that - and don't borrow trouble.

we take the following Times

For pure blood.

A bright eye and

A keen appetite,

An easy digestion

A clear complexion,

And refreshing sleep.

touching the food with the hands. to take our between-meal doses of Long ago, we thought that if our water with them? It seems to me hands were washed once in a while that it will be a little monotonous, they were clean, but in these days, that we shall long for a little wickwhen we have learned that the air ed meat, deadly bread, unhealthy is filled with microbes, we realize eggs and cheese and unprofitable that our hands are not clean and fruit. that they should never be put into It is our mouths nor touch food except law for others. Personal preference when necessity compels.

I know a man, a well-known writlife that the Almighty gave.

The Hon. T. P. O'Connor a year Don't or two ago made an elaborate argument against the use of bread. stead of its being the "staff of life." even now prolong our weakened lives. and that had we and our parents heredity. Nowadays they say there and theirs never eaten bread, we is not, that we are each independent should have kept living indefinitely.

Mrs. Rorer, who is trusted by all cooks, says that potatoes have very little food value, and that the race would be better without them, that they supply bulk and weaken the digestive organs in ridding the system of their useless presence. I suppose there are peasants in Ireland, hearty, healthy men and women, who would disagree with her, who would tell her of life having been well sustained for a long time on the worthless potato.

All over the land are physicians of five years who had never tasted and typhoid. Nine adult stomachs out wash themselves—jump right at them poured into one is instantly separatcurds and water. Milk should be cookare not acid. Rice is said to be one of the causes for the low grade of intelligence of the Malays, and kindred nations. Eggs, although strengthening, contain so much sulphur that rheumatism is likely to follow their use. Butter and cheese cannot be eaten in large quantities, as they are too rich in quality. Fruit and vegetables remain. Analysis find that these foods are nothing but water, more or less acid, and wood fibre. About beverages, tea destroys the nerves and liver-although it tastes good and is refreshing- and ox. Don't think you can bring the coffee invites apoplexy. What shall

We must eat, we must have food or die. What shall it be? We look at the proscribed list and find that From the "Catholic Union and we have been eating to our own defor a barmless struction; we search of peculiar comments: Sir Benjamin food, and all that is left to us is Richardson in his lecture of "How to make the most of life," says alcooking this one innocent gift or cohol is "the devil in solution," and must we take it plain and raw? announces that he believes total ab- Doctors say drink three pints — or stinence to be the secret of longe- three quarts is it?—every day bevity. There are those who disagree tween meals. But if our meals must with him. He warns also against be restricted to water, will it not do

Hard Workers,

Busy people gather more than honey in life. There are stings which come to those, who, in their search for wealth or fame, neglect their health. Enjoy the honey and avoid the stings. Keep in good health and success is easier. It's so casy to be healthful. The daily use of ABBEY'S SALT will positively keep you in good health. To those suffering from overwork sleep comes but slowly at times—the digestion may be impaired—there is no pleasure in work or recreation because the system is run down.

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will change all this. It is Nature's own remedy—the salts extracted from the juices of fresh fruits. It tones up the stomach, dissipates the bile, gives a natural and regular movement of the bowels and purifies the blood. Headaches are unknown where Abbey's is used.

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If you need a Spring cleansing, take Abbey's Salt. If

If you need a Spring cleansing, take ABBEY'S SALT. If you took ABBEY'S SALT regularly you would not need a Spring cleansing. Think this over carefully—it concerns your daily health! All Druggists.

asc. and ooc. per bottle.

You Need A Tonic!

It is impossible to lay down the has a good deal to do with the matter, but some undiscovered idiosyner of scientific and philosophical cracy of constitution has more influworks, who never eats meat. He ab- ence. An infant, without experience stains from its use as a matter of will turn in loathing from food conscience, as a protest against the which her brother demands. If it is brutality of the shambles, and be- forced upon her, the little stomach cause he doubts his right to take the rejects it, and if its use is persisted He in, the child sickens and dies. So it knows of thousands who, like him, is with older ones. I know one worefuse meat on principle. Right here man who cannot eat any article of mention should be made that he is food containing the slightest quantity of egg. She has caten it unbeknown to herself, been fooled by someone who pooh-poohed her objection to it, and in an hour has been prostrated by fever, followed by an he called it the "staff of death." He eruption on the skin. Her father and claimed to have discovered proofs sisters cat eggs, so it is not an that by bread comes death, and that hereditary idiosyncracy of appetite by reforming from its use we could which affects her. That is, I hasten to say, if there be such a thing as of all mankind, standing alone in our tastes, habits, diseases, without any excuse as to ancestors or any responsibility as to descendants.

OLD AGE.

Old age as it comes in the orderly process of Nature is a beautiful and majestic thing. The very shadow of eclipse which threatens it, makes it the more prized. It stands for experience, knowledge, wisdom and counsel. That is old age as it should be. who forbid cereals. The paste formed But old age as it so often is means on the walls of the stomach by the nothing but a second childhood of sticky mass, paralyzes the glands mind and body. What makes the difand prevents their work. And yet I ference? Very largely the care of the have seen a healthy, beautiful child stomach. In youth and the full strength of manhood it doesn't seem any food other than oatmeal and to matter how we treat the stomach. milk. Milk, that used to be counted We abuse it, overwork it, injure it. harmless, now gives us consumption We don't suffer from it "much." But when age comes the stomach is worn of ten are acid, and a glass of milk out. It can't prepare and distribute the needed nourishment to the body ed into hard, white, indigestible and the body, unnourished, falls into senile decay. Dr. Pierce's Golden ed-sterilized is the word, or it Medical Discovery is a wonderful meshould be let alone. Babies thrive on divine for old people whose stom-Medical Discovery is a wonderful meit because they are fated to thrive achs are "weak" and whose diges-or because their new little stomachs tions are "poor." Its invigorating effects are felt by mind as well as body. It takes the sting from old age, and makes old people strong.

> Man is born to expend every particle of strength that Almighty God has given him, in doing the work he finds he is fit for-to stand it out to the last breath of life, and do his best. We are called upon to do that; and the reward we all get which we are perfectly sure of, if we have merited it, is that we have got the work done, or, at least, that we have tried to do the work, for that is a great blessing in itself; and I should say that there is not very much more reward than that going in this

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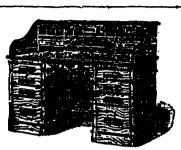
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HARD ON LAWYERS .- George F. Bloss, evidently had an inherent dislike for lawyers. In his will, which was filed for probabte yesterday in the Surrogate's office, New York, and which he drafted himself, he says that he expects persons of ordinary intelligence to understand it. but doubts if it will be understood by lawyers, idiots and imbeciles.

Sixty seven years trial have proved it to be beyond question, An Irish attorney said to a client, "Did you present your bill to the defendant?" "I did sir." "And what did he say?" "He told me to go to the most reliable BLOOD purifier known. All the leading Druggists sell BRISTOL'S SARSAPARILLA. the devil." . "What did you do then?" Don't forget that pennies make use it; instead of that make some "I came to you, sir."

It arouses the Liver,

Quickens the circulation,

Brightens the spirits and

Generally, makes life worth living.

# Random Notes For Busy Households. Bristol

ints from an old housekeeper will ake life casier. bon't, to begin with, be extrava-

ant. Wasting one's strength is the forst sort of extravagance. Be a ttle luzy whenever you can. Pon't forget to be careful in little ings. There's no one for whom I

tune by the year's end.

A little attention to the following dimes and dimes dollars, and that by carefulness you can save a little for-

Don't let soap lie in the water; don't leave dish towels for mice to destroy; don't throw out water in which you had cooked meat without skimming off the grease for soap; don't throw out nice bits of meat sorrier than the hard working bread crumbs and an onion; don't that could be minced or fried with an whose wife keeps dropping his leave the bread pan with the bread-arnings into the leaky well of ex- sticking to it; don't let the piecrust