

professor, trying to comprehend what she heard.

"He tells me you are his homekeeper, and have not had much opportunity to carry on your music. He regrets this, it seems. He thinks in time you may be freer of home cares. But it is a grand thing, Miss Milly, to be of importance in a home, is it not? The world would be better if there were more of our girls homekeepers."

Milly walked home with her heart full of exaltation that the hope of her life was about to be realized. But sweeter was the knowledge that her father, whom she had always thought so indifferent to her and all that concerned her, sympathized with her longings and had planned this beautiful surprise.

As she walked she grew radiantly happy. She felt pity for all the girls she met, that they could not share her happiness, though some of them were richly dressed and rolled by in carriages.

"I have father—home—music—everything!" she exclaimed as she paused at her own door. "Oh, as Mrs. Payne says, how much life grows to mean when we love our work and do our best by it!"

#### HARRY'S BOAT.

Brother Harry had got a piece of wood, and was busy cutting it with his pocket knife. He was trying to make a boat, but, sad to tell, he cut his finger.

He cried very much, for he thought that mamma would not let him finish the boat.

Dear mamma washed the poor finger, and bound it up, then she said:

"Harry, if you are careful how you hold the knife you may try again."

And so Harry did, and made his boat look lovely.

The next day mamma gave him a piece of calico to make a sail; when it was finished, we all went together to float it on the lake in the park.

Mamma said she thought that Harry had been very clever, for it sailed grandly.

#### PLEASANT THOUGHTS.

How careful we should be to guard our thoughts. If they are pleasant, we will have pleasant face and kind ways. We will gain treasures for days of adversity, upon which we can draw when other sources of enjoyment fail. Old age will be happy through them, for they will be used as material from which to build homes of refuge wherein we find comfort and delight when the windows are darkened and we are forced to keep company most of our time with what is within us. When stormed at by the outward things of this life, or when weakness forbids the use of what made up the happiness of active life, we can retire to the soul, and, finding it full of pleasant thoughts of God and immortality, therein be safe and happy. By the will which God has given you, and which He stands pledged to strengthen if you will use its power from day to day, you can have divine help in the control of your thoughts, as

#### YOU CAN INTEREST HIM.

Any Man Over Fifty.

You can interest any man over fifty years of age in anything that will make him feel better, because while he may not as yet have any positive organic disease he no longer feels the buoyancy and vigor of twenty-five nor the freedom from aches and pains he enjoyed in earlier years, and he very naturally examines with interest any proposition looking to the improvement and preservation of his health.

He will notice among other things that the stomach of fifty is a very different one from the stomach he possessed at twenty-five. That greatest care must be exercised as to what is eaten and how much of it, and even with the best of care, there will be increasing digestive weakness with advancing years.

A proposition to perfect or improve the digestion and assimilation of food is one which interests not only every man of fifty, but every man, woman and child of any age, because the whole secret of good health, good blood, strong nerves, is to have a stomach which will promptly and thoroughly digest wholesome food because blood, nerves, brain tissue and every other constituent of the body are entirely the product of digestion, and no medicine or "health" food can possibly create pure blood or restore shaky nerves when a weak stomach is replenishing the daily wear and tear of the body from a mass of fermenting half-digested food.

No; the stomach itself wants help and in no round-about way, either; it wants direct, unmistakable assistance, such as is given by one or two Stuart's Dyspepsia Tablets after each meal.

These tablets cure stomach trouble because their use gives the stomach a chance to rest and recuperate; one of Stuart's Dyspepsia Tablets contains digestive elements sufficient to digest 3,000 grains of ordinary food, such as bread, meat, eggs, etc.

The plan of dieting is simply another name for starvation, and the use of prepared foods and new-fangled breakfast foods simply makes matters worse, as any dyspeptic who has tried, then knows.

As Dr. Bennett says: "The only reason I can imagine why Stuart's Dyspepsia Tablets are not universally used by everybody who is troubled in any way with poor digestion is because many people seem to think that because a medicine is advertised or is sold in drug stores or is protected by a trade mark must be a humbug, whereas as a matter of truth any druggist who is observant knows that Stuart's Dyspepsia Tablets have cured more people of indigestion, heartburn, heart trouble, nervous prostration and run-down condition generally than all the patent medicines and doctors' prescriptions for stomach trouble combined."

in everything else which relates to being and doing. Let God dwell in your thoughts and be at home in them, and then they must be pleasant. If God is only of use to you in what you are pleased to call your troubles, and your only acquaintance with Him is when you are brought to the end of your ability to manage for yourself, then you will know very little of Him, and is it

any wonder you are misunderstanding His nature and purpose?—Presbyterian Journal.

#### ONE DAY AT A TIME.

By Helen Hunt Jackson.  
One day at a time! That's all it can be;

No faster than that is the hardest fate;  
And days have their limits, however we  
Begin them too early and stretch them too late.

One day at a time!  
It's a wholesome rhyme!  
A good one to live by,  
A day at a time.

One day at a time! Every heart that aches,  
Knowing only too well how long they can seem;  
But it's never to-day which the spirit breaks—  
It's the darkened future without a gleam.

One day at a time! When joy is at height—  
Such joy as the heart can never forget—  
And pulses are throbbing with wild delight,  
How hard to remember that suns must set.

One day at a time; But a single day,  
Whatever its load, whatever its length;  
And there's a bit of precious Scripture to say  
That according to each, shall be our strength.

One day at a time! 'Tis the whole of life;  
All sorrow, all joy, are assured therein;  
The bound of our purpose, our noblest strife  
The one only countersign sure to win!

One day at a time!  
It's a wholesome rhyme!  
A good one to live by,  
A day at a time.

#### GOD'S WILL THE BRIGHTEST THING IN OUR LIVES.

God's will is not so much a thing to which we must submit as a thing in which we should glory. It is not a rod beneath which we must bow, but a flag which we may follow. It is the one hopeful, glad and glorious thing in this world. We are too apt to think of the petition: "Thy will be done," as one only to be placed on tombstones and mingled with sobs, when it is rather our battle-cry of freedom, our cheer for hope and progress. There is no glad, good thing in all the world, in any day of any single life, but that is the will of God being done. The triumphs, the successes, the hopes, the joys—these are the will of God. There is, indeed, a sense in which these are far more the will of God than the burdens, the tears, the failures, in which are mingled much of the fruit of the

feeble, frail and faulty will of man. Let this prayer, then, ring in our anthems; let us shout it in our praises, let us cherish it in our hearts as our exceeding confidence and our great joy: "Thy will, O God, be done."

#### HOW TO TRAIN MY GIRLS.

Years ago, before Ella Wheeler Wilcox gained her reputation she won a prize for the question, "What shall we do with our girls?" Here is the pith of her essay:

"The foundation of society rests on its homes. The success of our homes rests on our wives. Therefore, first of all, let us teach our girls to be successful wives. Begin in their infancy to develop their characters. Teach them that jealousy is an immorality and gossip a vice. Train them to keep the smallest promise sacredly, and to speak of people only as they would speak to them. Teach them to look for the best quality in every one they meet, and to notice other people's faults only to avoid them. Train them to do small things well and to delight in helping others; and instill constantly into their minds the necessity for sacrifice for others' pleasure as a means of true development. Once given a firm foundation of character like this, which the poorest as well as the richest parents can give to their girls, and no matter what necessity occurs, they will be able to rise above it."

## Cold Congests the Kidneys

To Prevent Inflammation set the Kidneys Right by Using

## Dr. Chase's Kidney-Liver Pills

Sitting in a draught, exposure to cold and dampness, sudden changes of temperature are the frequent causes of congestion of the kidneys.

Pains in the back over the kidneys may be your first warning.

Other symptoms are a constant and pressing desire to urinate. The urine is scanty and highly colored and sometimes passed with much pain and smarting.

Then there are headache, loss of appetite and flesh, deposits in the urine, sleeplessness, pains and cramps in the legs, constipation and diarrhoea alternating and general feelings of discomfort and distress.

Dr. Chase's Kidney-Liver Pills bring relief and cure more promptly than any other treatment because of the direct and combined action on kidneys, liver and bowels.

All the excretory organs work in sympathy and can greatly assist one another in carrying off the waste matter.

Hence it follows that when the kidneys liver and bowels are at once invigorated by Dr. Chase's Kidney-Liver Pills relief is prompt and certain.

If neglected congestion of the kidneys is almost sure to result in inflammation and Bright's disease.

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

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