

Little Stitches
with a
Paint Brush

AT TUCH here and there with a paint brush will keep a home clean, bright and attractive. It will add 10 per cent. to its selling value. Our booklet "Paint Points" tells how to use paints—what kinds to use for different surfaces. Write us to-day to send a free copy.

The Sherwin-Williams Paints

will make buildings ornaments—not eyesores. It's made for outdoor wear. Ready to use—just open can, stir paint, and dip brush.

The Sherwin-Williams Paints are the best paints manufactured. Different and special paints for different surfaces. Sold by 10,000 dealers.

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PERHAPS

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GERMAN
BAKING
POWDER.

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HAVE FURNISHED 25,000
CHURCH SCHOOLS & OTHER
MENEELY & CO. (INCORPORATED)
WEST-TROY, N.Y. BELL-METAL
CHIMES, ETC. CATALOGUE & PRICES FREE.

The Home

The Fairy Sisters.

There was once a little maiden,
And she had a mirror bright;
It was rimmed about with silver;
'T was her pride and her delight.
But she found two fairy sister
Lived within this pretty glass,
And very different faces showed,
To greet the little lass.

If she was sweet and sunny,
Why, it was sure to be
The smiling sister who looked out
Her happy face to see.
But if everything went criss-cross,
And she wore a frown or pout,
Alas! alas! within the glass
The frowning one looked out.

Now this little maiden loved so much
The smiling face to see,
That she resolved with all her heart
A happy child to be.
To grow more sweet and loving,
She tried with might and main,
Till the frowning sister went away,
And ne'er came back again.

But if she's looking for a home,
As doubtless is the case,
She'll try to find a little girl
Who has a gloomy face.
So be very, very careful,
If you own a mirror too,
That the frowning sister doesn't come
And make her home with you.

Helen Standish Perkins, in St. Nicholas.

How to Train a Dog.

The first step in training your dog is to attach him to your person, to make him very fond of you, so that the slightest cross word you may speak will be punishment enough, without resorting to a stick. In training a dog it is never necessary to strike him; he is more affected by a scolding than is a child, and consequently does not need a slipper. You should never scold a dog "for fun" to see how "sorry" he will look; reserve your scolding as a punishment, or you will lose all authority over him. Never be afraid of encouraging him; let him know when he has done right, and he will be anxious to do it again.

To teach him to jump, place a stick in a doorway, where he cannot crawl around it; at first place it very low, so that he can walk over it, and when he understands you can raise it gradually. If he doesn't understand at first, jump the stick yourself to show him, and he will follow your lead.

"Begging" is easy, as it is natural for a dog to want food; but if he snaps at it to soon, cuff his nose and he will soon learn the proper way. By practice he will get his balance on his hind legs, and be even taught to walk on them by following the morsel about.

When he has mastered this he can be taught to "sit up." When standing on his hind legs you must take one paw in each of your hands and gently press him into a sitting posture, saying, "Steady! Sit up!" The words "Stand up!" "Walk!" "Sit up!" should be constantly repeated so that the commands will become familiar with the actions.

To "shake hands" when he is "sitting" give him a slight cut under the right side of his nose; this will make him lose his balance so that he will raise his right paw, which you must shake, saying, "Shake hands!" When he becomes familiar with the words in connection with his actions, he will readily obey alone. Practice is the principal thing.

To make him "go lame" keep tapping one leg till he holds it up, saying at the same time, "Lame, lame."

In order to make him creep you must hold him to the floor with your hand pressed gently on his head, and walk slowly backward, making him follow you, cry-

ing "Creep, creep!" By holding him in this way and saying "Down, down!" you prepare him for learning to "die." From the "down" position push him over on his side, and if he does not straighten his limbs, do it for him, telling him he is "Dead, dead." By the time he has learned all of these tricks he will be quite an accomplished dog, and ready for harder tasks which will exercise his intelligence to a greater extent.—Katherine N. Bird-sall, in "Little Men and Women" in Home Queen.

Guided by Love's Songs.

I have read of the fishermen on some lonely coasts, this pleasant fact: The men go out in their boats to fish, while the women stay at home. Then sometimes, while the boats are out, fogs and vapors gather, hiding sun or stars, so that the men do not know which way to pull their boats to get homeward. At such times the women and children come down close to the shore and sing their household songs. Far away on the waters, bewildered and perplexed, not knowing which way to turn to find their home, the husbands, fathers and brothers hear the music as it floats out to the sea. All their bewilderment instantly vanishes. They know now where home is, and taking up their oars, they ply them with vigor, answering back mean while in songs of their own, which tell their loved ones on the shore that they are coming.

Is not something like this true of many lives on earth? They do not know which way to go. But they have loved ones at home in glory; and these seem to speak out of the silence and sing their songs on heaven's coasts, while their friends on earth move in the mists. They would help guide you in safety home. Oh, fathers and mothers of children in heaven; you children of parents in heaven, all who have loved ones there, listen, and you will hear voices calling you to glory.—Sel.

Sick Headache.

The radical, permanent cure for sick headache in weak, nervous women must combine the following: A general toning up of the system. Regularity of habits. Plenty of sleep at the right time. A powerful exercise of the will to keep up a cheerful, quiet, easy frame of mind. As to immediate relief their is nothing better than menthol. Get your druggist to make for you a strong solution, thus: Menthol, half ounce; alcohol, one fluid ounce. Mix. For external application use this tincture, full strength. Paint it right over the pain. Then take half a glass of hot water and add from three to ten drops of the tincture, inhale the fumes until it cools off so that you can drink it, and remember that it should be taken as hot as possible. There is another headache which comes from unusual exhaustion, and is terribly acute. It is the headache of the brain-worker. It can always be stopped, however by taking a fair dose, say ten grains of quinine at bed-time, and a good night's sleep. Then, too, we have the traveler's headache; even this may be avoided. First, do not work yourself up into a nervous frenzy of hurry by trying to do a thousand and one things, and then rush to catch a train. Do not worry all the way to the station about things you have left undone. Do not go to long without eating; when your regular lunch time or dinner time or tea time comes, eat something, if it be only a cracker. An excellent plan is to take a few raisins in your pocket, and eat them when you feel tired or relaxed. Raisins are peculiar, and while I would not advise you to eat many on ordinary occasions—they are indigestible—still they will give an empty stomach plenty of work, and their stimulant effect upon a tired, exhausted person is quick, effective and pronounced.

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No. 12.

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INVIGORATING
THE BEST CATHARTIC SYRUP.

Lagrippe Conquered.

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I am willing to make oath to the truthfulness of the above statement.
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PACIFIC RY.
B.Y.P.U.
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JULY 15-18, 1897.

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An extension of time till August 15th will be granted to those who deposit their tickets with agent of line in Chatanooga before July 15th. Route is Canadian Pacific, St. John to Detroit; Big Four to Cincinnati; Louis and Nash. to Nashville, and Chat. Nash. and St. L. to Chattanooga returning same way.

Further particulars of Ticket Agents or of D. McNICOLL, A. H. NORMAN, Pass. Traffic Mgr., Dist. Pass. Agent, Montreal, St. John, N. B.

Adapted

Les

REVIEW OF

This gospel preached in all to all nations

LESSON HYMN

What grace Around
What patience
Thy life
Thy foes
Thy friends
Unwearied
Thy heart
O Give us
Like thee
Far more
The wrong

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