

SKIMMING IT.

"If you are going to give a pan of milk don't skim it first," the old grandmother used to say, meaning: If you are going to do a favor don't spoil it by an ungracious word or manner. Haven't we noticed how much of this "skimming" goes on in ordinary family intercourse? asks the Christian Uplook.

"Another errand? I never can go down town without a half a dozen commissions," complains Rob, when his sister asks him to bring a book from the library. He never refuses to oblige her; he does not really count it an inconvenience; he only takes the cream off his kindness.

"Those gloves ripped again!" exclaim Mary, when John wants her to take a few stitches. "It seems to me they always need mending when I am in a hurry with something else." She would be shocked at his going shabby, and distressed if any one thought her unwilling to render such offices, but she makes it a little unpleasant to ask the favor.

The children followed the fashion. Tommy shuts the door at Bridget's request, but he grumbles at having to leave his top Susie goes to the door when she is sent, but she departs with a protest that "it is Tommy's turn." Thus all day long people who love one another, and who at heart are glad to serve one another, skim the sweetness from every service they render.

THE SEER.

Our Lord upbraided the Pharisees of His day because of their blindness. They could not see afar off, nor could they see things nigh at hand. The old prophets were called seers because they could see things which were hidden from others. John Ruskin

WHAT SULPHUR DOES

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic, and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than the crude sulphur.

In recent years research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health: sulphur acts directly on the liver, the excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation, and purify the blood in a way that often, surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers a far safer, more palatable and effective prepara-

says: "The more I think of it I find this conclusion more impressed upon me, that the greatest thing a human soul ever does in this world is to see something and tell what it saw in a plain way. Hundreds of people can talk for one who can think, and thousands can think for one who can see. To see clearly is poetry, prophecy and religion."

According to this authority the thinker is not the greatest man, but the seer. Most men do not see things distinctly even when they are clearly pointed out. The great lack of this age and of every age is spiritual vision. We see through a glass darkly. We look on things which are material, but fail to penetrate the veil and see things spiritual. Because we lack spiritual vision, we lack reverence also. We trifle with serious things because we do not understand them. When we shall be able to see things as they are and see all there is in them we shall see God in everything, and hear a voice saying unto us wherever we go, "The place whereon thou standest is holy ground."

Men are not born with spiritual vision. To see clearly it is necessary to be born again. "Except a man be born again of the Spirit he cannot see the kingdom of God." "Blessed are the pure in heart, for they shall see God." The people of God who are truly born again are all seers. They see God in everything. They understand the value of righteousness and truth. The things of the Spirit of God are no longer foolishness unto them. "They look on things

the things that are seen, but on things which are not seen.—New York Advocate.

What a debt is ours to that old religion which, in the childhood of most of us, still dwelt like a Sabbath morning in the country of New England, teaching privation, self-denial and sorrow! A man was born not for prosperity, but to suffer for the benefit of others, like the noble rock maple which all around our village bleeds, for the service of man. Not praise, not men's acceptance of our doings, but the spirit's holy errand through us, absorbed the thought. How dignified was this. How all that is called talent and success in our noisy capitals, becomes buzz and din before this man-worthiness.—Emerson.

Sir Henry M. Stanley, who found the missionary explorer, Livingstone, once told this story of his conversion:

"In 1871 I went to Africa, prejudiced against religion as the worst infidel in London. To a reporter like myself, who had only to deal with wars, mass meetings and political gatherings, sentimental matters were quite out of my province. But there came to me a long time for reflection. I was out there away from a worldly world. I saw this solitary old man there, and I asked myself, 'Why does he stop here? What is it that inspires him? For months after we met I found myself listening to him, wondering at the old man carrying out the words, 'Leave all and follow me.' But little by little, seeing his piety, his gentleness, his zeal his earnestness, and how he went quietly about his business, I was converted by him, although he had not tried to do it."

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