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JFE ito ABE, aging Director.

August 22, 1901.]

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CANADIAN CHURCHMAN

"You said yesterday you thought it was a shame that our class were not more interested in the heathen."

"What's that to do with this? said Kate, petulantly.

"Oh, nothing, I suppose, only one would seem to be foreign work and the other home; and Miss Little pride about being dared to do any-said that we should not neglect the thing. They feel that they must do one for the other."

The two girls separated, each going her different way, one with a feeling of quiet content, the other of settled discontent. It had not seemed to Kate Shaw, up to the present, that liking or disliking the "new girl" who had drifted into had anything to do with her. But had anything to do with her. But that is really dangerous, or to be now she could not shake herself free afraid of being laughed at? Do you from a troublesome remembrance of certain little remarks she had given to the girls from time to time, free of charge. They did not seem just in keeping, it must be confessed, with her cool indifference towards Sue. A dull unenlightened soul had glided within reach of them. Kate intended to be a conscientious Christian worker, and the suggestions that Rose's words brought forth hurt her, caused her real pain. "I'll never sit by her again and not offer half my book, at any rate,' she muttered, as she closed the gate at her own door.

And surely enough she did not; neither did she pass her by without a nod when next they met at the

grocery store. It was wonderful how many little most frequent cause of kidney ailopportunities, after this, presented ments is costipation and neglect to themselves to make the "little keep the bowels regular and active. heathen" more at home-small With constipation the excretory functhings, to be sure, but, used as Kate tions of the kidneys fails, the con-Shaw used them, they blossomed voluted tubes become choked up, into well-nigh large ones. The and the tissues are gradually wasted other girls, noticing Kate's ways, fell away. The liver cells also are cominto like ones themselves. Rose pressed and destroyed, and the most felt sorry she had ever said that complicated ailments arise. Kate was unkind to Sue Watkins, practice what she preached.

A DANGEROUS " DARE"

The morning newspaper a few

would die. One line in the account

"The children were gathered

about the bonfire, when one of them

did so, but was not quick enough,

caught my eye. It said:

and her thin dress took fire."

There it is, you see, the old, foolish dare," which has been to blame for so many sad accidents. It seems too bad that boys and girls must ever bring it into their play, for a dare nearly always means danger. Some boys and girls have a foolish

it, or else be disgraced and branded

as a coward by their companions. And so they will run great risks to prove that they are not afraid to do what they have been dared to do. And they do it because they are afraid of what their companions will say. Now, which seems to you their class, no one knew from where, better-to be afraid of something

> he Common Dread of Kidney Disease Due to the Sudden and Unex pected Deaths Which Result-Constipation a Frequent Cause—The Unusal Efficacy of Dr. Chase's

Kidney-Liver Pills.

Kidney diseases may last for years, and at times may seem to disappear entirely, but unless radical treatment is taken death is likely to result at some unexpected moment. The

So far as is known, Dr. Chase's and wondered how she could ever Kidney-Liver Pills are the only treathave thought that Kate did not ment that gets at the cause of kidney disease by quickening and regu-Sue was a little heathen; there lating the action of the intestines, as was no denying that. About the well as invigorating and restoring Bible she literally knew nothing, and the kidneys themselves. There must about the Hope of the world, still be some great secret for the phenomless. How one could have grown enal and continual success of Dr. up right there in their midst, and Chase's Kidney-Liver Pills. Graduknow so little concerning such ally the demand for them has inthings, was a perfect mystery. But creased, until now there is no simi-

worked hard, and was off before she seems safe to conclude that much is If boys and girls were not so ready

A SUMMER SUCCESTION.

51



BLACKBERRIES IN SHREDDED WHEAT BISCUIT BASKETS.

One quart blackberries ¾ cup sugar, ½ cup ice water, or chopped ice. 6 Shredded Wheat Biscuit, 4 pint thin cream, powdered sugar. Wash and pick over the berries, crush § of them, Wash and pick over the berries, crush j of them, add the sugar and ice water. set in a cool place 1 hour. Prepared the Biscuit by cutting with a sharp pointed knife, an oblong cavity in the top of the Biscuit, about j inch from sides and ends; carefully remove the top and all inside shreds, making a basket. Fill with the crush-ed berries, letting the syrup saturate the bis-cuit. Put the whole berries, of a uniform size, on fon sprinkle with powdered sugar and cuit. Put the whole berries, of a uniform size, on top: sprinkle with powdered sugar and serve with cream. Raspberries, bueberries or bananas, may be prepared in the same way. Blueberrics may be used without crushing. Pineapple, peaches or cantaloupe may also be used, paring and cutting fine with siver knife, using same proportions of segar and water.

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-by Frederick Denison Maurice: com then, she had had no mother since lar remedy that has anythig like the think the second sort of fear is quite

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- days ago told the story of a little The Mission of the Church; four lectures girl who was so dreadfully burned in delivered in June, 1892-by Charles Gore M.A.; price \$1.00. a bonfire that it was thought she

The Church Teachers, Manual of Chris tian Instruction-by Rev. M. F. Sadler price 75c.



was up in the morning, and came due to the fact that Dr. Chase's to do what is foolhardy or dangerous home dragged out and weary. Per- Kidney-Liver Pills have a direct through this foolish pride and fear haps there are more like Sue in this and combined influence on kidneys, of being laughed at, it would not be world of ours than we have any idea liver and bowels.

scholars, took Sue's case in hand in street, Toronto, says: "I was afflicted to urge upon you all is this: Do earnest; and as to missionary work, severely with kidney disease, stone not, "just for the fun of it," dare there was plenty of it done in that in the bladder, incontinence, deposits your friends and playmates to do

saw her the day she entered Miss was so bad that I had to get up two sense of pride is. Do not try to Little's class, would not doubt it, we or three times in the night, and rouse it by a foolish dare. As we go

great pain".

bed for three weeks, and during that boy and girl who has not the courage time thought I could not possibly to say no to a dare.

endure greater misery." It was then that I began to use Dr. Chase's Kidney-Liver Pills. It is with gratime a well man."

Dr. Chase's Kidney-Liver Pills, Edmanson, Bates & Co., Toronto.

necessary to say anything more of. Miss Little, stimulated by her Mr. William Boyne, of 19 McGee about the dare. But what I want class that summer. And anyone in the urine, severe pains in the anything that has danger about it. seeing Susie Watkins to day, who back, and strains over the loins. I You know yourself how strong that could then only make water with on, day after day, we ought to try to help our friends, in every way we "Though long a sufferer, and un- can, and I am sure that this would able to work, I was confined to my prove a very real help to many a

"He never took a dare," a boy said, over the coffin of his chum, who had been drowned in Lake Michitude that I say that they have freed gan. He said it proudly, but I me of all these symptoms and made wondered how he would have liked to be the boy that gave that last dare the one that led to his death. Let dared Annie to jump over it. She 25 cents a box, at all dealers, or us be very careful how we put such a temptation before another.