white of one Add the ugar, yeast, hite of the the hand. ing roll into other form.

stood one

may find out does by ask. rely fails in constipation, of the stom-

ound toma-Put them m in halves nd rub to a n or tongue. crumbs, one saltspoonful ient melted s with the 1, and bake

lemon jelly. bottom and slowly, that n ice water use a small, anas on the en hard, put etween, and elly, enough and, when and scatter

al pain from d body were urdock Blood pain, but I tles I became nost powerful dge, Nicolet,

our rice in a to one cup of e it will be absorbed all und of dried Boil it in a with sugar d to the rice

een bothered id face since remedies. A Blood Bitters, ant relief, and iglis, Breden-

ge beet and one and one e half pounds lemon; boil and add one o the rule to this instance The sauce is pretty rosehe sugar may r this. One s not enough

tcake can be wberry shortpint of flour, -powder, one with milk. three to one orange rind, lit the freshly the prepared n beaten stiff in egg can be flavor added.

Children's Department.

Little Voices.

Little voices, soft, uncertain, Yet distinctly heard, Gently, reverently reading God's most holy Word.

August 18th, 1891.]

Little voices, pleading slowly, In a childish prayer, Hushed in simple, deep devotion, Knowing God is there.

Little voices, little heeded 'Mid the din of earth; But the tender Heavenly Father Knows their priceless worth.

For those little pleading voices Come from little hearts, Whence the current of life's river Quick, impulsive, starts.

And if little hearts are opened Towards God's throne above, Pouring out their tiny steamlet Towards the King of Love,

We shall see the river guided By the streamlet's bent, And the strong man's heart will follow Where the child's heart went.

Two Sides.

A few hundred years ago there lived many people called "Knights-errant." These men thought themselves very gallant. They bound themselves to be very polite to ladies. They always carried swords, whether in times of peace or war. They rode up and down the country hunting for some others like themselves who wished to fight.

We think that way of living is very foolish; but these knights-errant felt very proud of themselves.

met and had a fight. They met at a guide post on the road. On the post hung a shield. The knights greeted each other. To have something to say, one said to the other:

"How this golden shield glistens in the sun!"

Exhaustion

HORSFORD'S

PHOSPHATE

The phosphates of the system are consumed with every effort, and exhaustion usually indicates a lack of supply. The Acid Phosphate supplies the phosphates, thereby relieving exhaustion, and increasing the capacity for labor. Pleasant to the taste

Dr. A. N. Krout, Van Wert, O., says: "Decidedly beneficial in nervous exhaus-

Dr. S. T. Newman, St. Louis, Mo., says: "A remedy of great service in many forms of exhaustion."

Descriptive pamphlet free.

Rumford Chemical Works, Providence, R. 1

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"Gold!" says the other, "you must be blind. It is not gold, but silver.'

This was enough for each knight. They bristled up and went to fighting. They fought until both fell fainting. In the tussle they had changed places.

With gasping breath the one who had contended that the shield was gold, looked up and saw a silver shield, and he said: "Oh, the shield is silver." The other looked up and the sunlight gleamed upon a golden shield. "Oh," he said, "the shield is gold."

There are two sides to the shieldone was gold, the other was silver. The old sign-post creaked and seemed to say, "Oh, foolish men, now bleed and die. Why did you not look on both sides of the shield?"

Did you know that every quarrel starts over something with two sides? Katie looks at one side and Susie at the other, and the quarrel begins; and the way the two angry girls use those small, sharp swords which they carry in their mouths! If Katie would put herself in Susie's place and Susie in Katie's place, they would never quarrel. The best way of all is not to answer back. One person will not quarrel long if no one answers him. When the insulting mob spit on Jesus, He did not say a word. Try to be like Him.

A Doll's Letter.

(To her little mother in the country.)

DEAR LITTLE MOTHER, I love you so well,

Better than thousands of words can tell, So I write to ask you not to forget But to think sometimes of your little pet. But it's very lonely when you're away, And I lie and think all the dreary day-What is she doing, my little mamma, When from her dear baby she's gone so

far? I want to tell you a story of two who Does she ever wish I was with her there, To roam abroad in the free, fresh air, Where the sun shines brightly all day long,

And the wee birds sing their summer

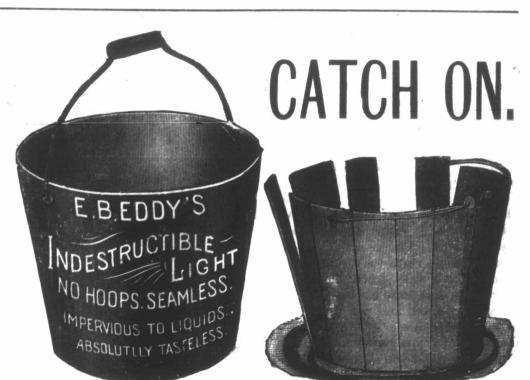
song? And when her head on the pillow lies, Does she ever open her little eyes, And say, in a whisper soft and light, 'I wish my doll was here to-night?" Little mamma, I want you so! Nobody seems to think or to know That Dolly wants loving and kissing too-Nobody cares for me, mother, like you! But I won't be selfish and wish you here: For far away in the sunshine clear I know you are growing rosy and strong, Out in the meadows the whole day long.

I only ask you to think sometimes Of the little Dolly who writes the rhymes Now I must stop with love to all (But most for you), From your loving Doll.

I remain, yours truly, G. A. W. RAINBOW.

What we Owe to Animals.

Those who have read the story of Robinson Crusoe, the sailor who was shipwrecked on an island not inhabited by white men, will remember how he soon made companions of the various animals he found there, and with their aid sustained life until he was rescued. If one of us should be shipwrecked on a desert island where done, or life would actually stop. It no animal lived—no horses to draw us, no ox to toil for us, no cow or goat to give us milk, no sheep to give us wool, no hens to give us eggs, no dog to be night, no cat to lie on the hearth, no tire before night. birds to sing their songs, no living we could dig from the earth, and and splits kindling; he gets up the chores."



E. B. Eddy's Indurated Fibre Pail.

The Old Wooden Bucket.

"Look here upon this picture-and on this, The counterfeit presentment of two (buckets). See what a grace is here"—but here!!

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INDURATED WARE

in Canada, also Sole Wholesale Agents in Canada for the Union Indurated Fibre Co. of the United States.

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nothing to wear but such bark as we could pluck from the tree—we should then know how much we owe to these creatures, which God has mercifully provided for our use. And ever afterwards, if we escaped from such a life, how grateful we should be to God for giving them, and how grateful to them for the service they render us!

It has been said by those who have studied about it that if only the birds were all destroyed, we could not live standing, Inward Tumors, and on the earth; for the insects which the birds eat would destroy all vegetation, and all human life would perish.-Twelve Lessons on Kindness to Animals.

It is quite likely that no country boy needs to be told about the life of a boy on a farm, but he may more truly realize his own importance by reading what Charles Dudley Warner says about him: -

"It is my impression," says Mr. Warner, "that a farm without a boy would soon come to grief. What a boy does is the life of the farm. He is the factotum, always in demand, and always expected to do the thousand and one things that nobody else will do. Upon him fall the odds and ends, the most difficult things. After everybody else is through he is to finish up. His work is like a woman's perpetually waiting on others. Everybody knows how much easier it is to cook a dinner than to wash the dishes afterward.

"Consider what a boy on a farm is required to do—things that must be is understood, in the first place, that he is to do all the errands, to go to the store, to the postoffice, and to carry he is an idle boy who has nothing to all sorts of messages. If he had as our companion and guard us in the many legs as the centipede, they would chores. He would gladly do all the

creature to keep us company, no sound grass as the men cut it; he stows it any boy ever amounted to anything in of any living thing by day or night, away in the barn; he rides the horse to the world, or was of much use as a only solitude and silence everywhere, cultivate the corn up and down the hot, man, who did not enjoy the advantage with nothing to eat but such roots as weary rows; he brings wood and water of a liberal education in the way of

DONALD KENNEDY Of Roxbury, Mass., says

Kennedy's Medical Discovery cures Horrid Old Sores, Deep Seated Ulcers of 40 years every disease of the skin, except Thunder Humor, and Cancer that has taken root. Price \$1.50. Sold by every Druggist in the U.S. and Canada.

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horse and turns out the horse. Whether he is in the house or out of it. there is always something to do. Just before school in the winter he shovels paths; and in the summer he turns the grindstone. And yet, with his mind full of schemes of what he would like to do, and his hands full of occupation, busy himself with but schools and work if somebody else would do all the "He is the one who spreads the chores, he thinks; and yet I doubt if