## This and That *

NOT TO BE SOLD.
During the Red Cross campaigai in Cube" an offiotr eppeared one dey at the socioty's headquarters, and learned th vee ane intereting fact about the working of itis retiof corpe, Miss Clara Barton tells the stigy in her zecent book on the Red Cross. 2 Sifr says:
The officer was in khali utiorn, sbow fog hard service, and a bandipita handlowchief, hanging from his hat, protected the beck of his heed from the tht, It mas Colonel Roosevelt.
"it beve some sick-men," said he, "who inefuse to leave the regiment. Thay seed such delicacies as you have here, iffl am randy to gry for them out of mivemi' pocilet. Cahl buy them from the Red Cipen ${ }^{r}$
"Not for a million dollarigit wer the anwer.
"But my men noed these thinge. I think "great deal of my men. Inm proed of them."
"And they are proud of yow, Colomel. But mo cin't sell Red Cross supplises"
"Then how can I get them? I must have proper food for my sick men.
"Jast ask for them, colonel.
A brightemile lighted his frow.
"Oh I' said hes, then I do ask for them"
"All right, colonel. What ie your list?
The list included malted militr, condened milk, oat meal, corn-meal, canoed-hruition dried fruits, rice, ten, chocolite, propariof beefituak and vegetibles:
"Loed me a sack," atiid the colonel, med III take them right along.
Then the future President thats the linery sight through tho juing le.

> MAKE SOME SUNSHINE.

When the clouds hang dark an ${ }^{\text {a }}$ dreary, When your feelin' sort ous light;
When your feelin sort o nryy,
Whe you don't how wmict from rig M-
Whan the suns forgot his busines,
Make some artificiat sumstinte
In the place where you are at.
When the skies are most fombodin",
When they're black insteat o' blive,
When they're black insteat' o' blue,
Yhen your heart with gloom'i o
Loue your hold on all your iroubles-.
Stamp your foot an holle 'Scat!'
Make some artificial sunshine
In the place where you are a
It youll like to try the busthese
fwill tell you how to shits
The ingredients and formulas
You Il fivd within your heert;
Bathe yourself in homemader sumatime
Then (Vat necessiry that),
Then juat radiate with brightnens
In the place where you git at
-Chicago Repord-Henald.

## Habits chain

Certain Habits Unconscioualy Fermed and Hard to Breile.
An ingeniour philosopher eatimates thas the amount of will power necpssary to brak a life-long habit would, if it could be trams. formed, lift a weight of mani t tons.
It sometimes requires of thater depree of heroitm to break the chaias of a pernicious habit than to lead a forlormbtpe in a bloody battle. A lady writen fromy an lidiame "T
"From my earlient childhoed I was a lover of coftee. Before I was out of my teme it was a miserable dyspeptic suffering ferribly at times with my stomach.
oI was convinced that it wam collee thet was causing the trouble and yet I could not deny mywelf a cup for breakifast. At the ago of 361 wes in very poor health, indeed. My sister told me I was in danger of bocoming: collee drunkarde
"But I noves could give up drinkings collon for breakfast allhough it kept me constantly ill, until I tried Postum. I leamed to mako t properly according to direetions, and aom ee en herdly do without Pottum tor tivi. tastand care nothing at allfor colliee.
to pot have troubled with dyupeppiet. do not have: spells of luffering with my stomach that used to trouble me so when 1 dranti collie", Name given by Postum Co., Battle Creok, Mich.
Look in each plige for the thaow unte thenk, "The Roed to Wollivile"

Hegerery-Theset a atory romid that coa epthe money to got journill electod. Akdermen-oleet-Nothing of the hind, $x^{1}$ didepond nome monty, 1 won't deny thetr, bet if was andestood that my objoct was to deleet the other hellow, It did defout him; but bocaume that gave the olection to me, the other ouly esididete, amounts to no thing I coulda't inlp it, you lmow.-Boston 'Trameript.'

Tre lad every wometul masom,' said the
Mooperow looling thentrical manager. Wrali, jou ena thank our starn lor that; meplied the seoty leoking manger.-Yon-

Whinting er cliaring with the foet is atelietly proltibitiod, io the atartling ansouneansut placierded on the facide walls of one of the liven helle in the eity-Glas. gow 'Vraning Timeas'
"OI, I wialh I was lilo Richloy, don't you?". "Why, Y" "Secenes the dosen't ; have to -wery ebeet his benk tecoumt rtaning tow." "Wrll, aither do 1 . Tharea't got any."Finiledelphia Proen.
WWo mant a man lor our information Gimas," mid the manager, "but he muat be one whe can anower alli sortio of questions and tot loee lite lient." "That's me," replied the epplicint. "The the father of eight children."- PAiladalyhia Ledger.

A wIAH zasily gratified.
They were appediag the autumn in the Penepivanie moretties, and $=$ shooting espedition had been plenined for the next ley. The tall maturally turned on the pro apecte of verione sorts of game.
"Wo mins the spice of danger that gives aent te hineting te the for Wett," oos of the youagre mamben of the perty began a little pompounty.
like ?" ant it in danger wit your sport you like $7^{\prime \prime}$ earaenty returaed the old German Grimer, who was to act an guide. "Den you limpe alose by me, sit, de lant time I have eperts I choots mine brudir-ia. law in in de leg 1 gledly takee you ento mine own wing," be conelieded.

## TEDDY'S QUERY.

KOne liother was tail and slim,
Toldy mat looking at them one night
Appenatly lout is thought one aigh
4 Nhent he nilod ac lengith,
Whice wituld ous lito the beit-
For lilit whitiom horth to south, like Tom
Or lile Wallio trom test to weet?

## MITATE THE BEE.

Adiones antynes a llower uider the miexvoopt: tolle of its petals, stamen, ovules. ealys, anthen, andyollen. The boo zerely avely the loneg out of it. He cannot tell goe the nanade of ite parte but he known thent it if minkt and matiofies his longinge tho by thinking can find out God? Buit milt, cen find the hooeg in in the Row, by Sherim and the Lily of the Valley.

Fint Motatuiness to (Second Mountaineer in Switnerland) "What a lovely country Hollandin."-Punch.

Mr. Jonee fo manat peddler): "Have you cone boaf" "No ma'amp, I don't never feed my cows na come." - The Times.
Diavitt -bey, oup bucthones are like serial ehries ancere hey!" Thiewit: "Prove it." Dinvil! "Camtipued in our mochs."-London Tit-Bits.

Mrs. Nodd-I aever saw a house so upwet may 1350 of mine whea $I$ returned.
Mr. Todd-What mado it no?
Mrs Nodd-My humband wat putting
uinem to rightion
At a memat fre some ove wat \& telegram to the curner, who wat away, ayingit "Pre-



## * NEW BLACK SUITS

\author{

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}

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$$
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& \text { FOR CANADIAN STOMACHS. }
\end{aligned}
$$

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bles I have known, K. D C. is the best, and seems to be entirely safe for trial by any one."

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## Rev. J. Lelshman

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