

Children's Department.

Only One.

Who knows of the steps it takes To keep the home together? Who knows of the worst it makes? Only one—the mother.

Who listens to childish woes, Which kisses only smother? Who's pained by naughty blows? Only one—the mother.

Who knows of the untiring care Bestowed on baby brother? Who knows of the tender prayer? Only one—the mother.

Who knows of the lesson taught Of loving one another? Who knows of patience sought? Only one—the mother.

Who knows of the anxious fears Lest darling may not weather The storm of life in after years? Only one—the mother.

Who kneels at the throne above To thank the Heavenly Father For the sweetest gift—a mother's love? Only one—the mother.

A Curious Chinese Legend.

When the bell tower of Pekin was built the Emperor Yung-lo, of the Ming dynasty, ordered a great mandarin, named Kuan-yu, to cast a bell big enough for such a noble edifice, says Pearson's Weekly. Time after time, Kuan-yu and the expert workmen in the country tried to cast a bell and failed; the casting was always honeycombed, and the Emperor said that if there was one more failure Kuan-yu's head should pay the forfeit for it. Now, Kuan-yu had a daughter, a beautiful girl of sixteen, named Ko-ia; she went to a certain astrologer and asked the cause of her father's failure. Some demon, she was informed, required the blood of a maiden to be mixed with the metal, and unless

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regulates my bowels, stimulates my appetite, and helps me to sleep well. I doubt if a preparation ever was made so well suited to the wants of old people." L. B. HAMLEN, Elm Street, Augusta, Me., Sept. 26, 1891

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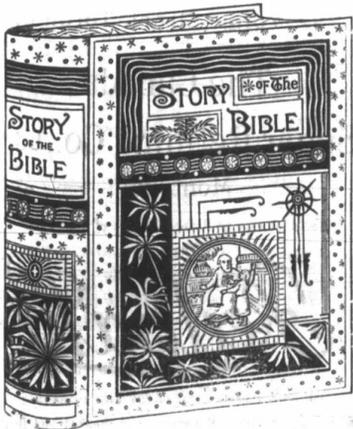
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this was done the next casting would fail like the previous ones. Ko-ai got permission from her father to be present at the casting, and amid the dead silence which prevailed when the taps were drawn and the molten stream poured down into the mold, a shriek was heard, and, crying out "For my father!" Ko-ai threw herself into the seething metal. One of the workmen tried to seize her, but succeeded in getting hold only of a shoe. The father was taken home a raving madman, but the bell was perfect in make and tone, and when struck, its sonorous boom is to this day followed by a low wailing sound like the cry of a woman in agony, and when people hear it they say: "There's Ko-ai calling for her shoe."

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The best pudding thin unbleached scalded with boil- sible before using, after it has been uring the pudding lding the corners a piece of strong, puddmg may be pudding mould; the mixture into white note paper, e it in a kettle of uite fast for four e allowance must l. If boiled in a ot, three-quarters hich put your ater for a second e by keeping the boiling water for e pot closely, and e pot for four or five it to stop boiling r labor have been tea kettle boiling, dd to the pot in s under no con-) boil dry. When dding, remove it , untie the cloth, ot dish. It should id dark in color. d sugar, stick a send to the table e.

together a tea- half a cupful of egg and the juice Have ready in a water which has spoonful of corn- add to this your y until the sauce ot to allow it to 3.

ir to a cream one pulverized sugar, a couple of tea- e grated nutmeg. oad-bladed knife, il the pudding is

he yolks of six r, half a pound of ers of a pound of r to a cream, add r the flour, and a Roll the mixture, the purpose, be-) cakes the shape ad of icing before en. These cakes y good to eat, but

men,—My mother l had no appetite. til one day, while bottle of B.B.B. they used it for, I nd when I went d try it; she said d objected to try on I went in the tle, but it was in could induce her getting worse all i, and on taking ng her. Another e, saved her life. ow. It is such a ll. e St. Montreal.

-Dear Sirs,—My La Grippe, which agyard's Pectoral Copleston, Ont.