

Our Boys and Girls.

LOOK UP. Look up! cried the seaman, with nerves like steel.

As skyward his glance he cast, And beheld his own son grow giddy, and reel.

On the point of the tapering mast, Look up! and the bold boy lifted his face.

And banished his brief arms, Fell down at once from his perilous perch.

Look up! we cry to the sorely oppressed, Who seem from all comfort shut.

Who had better look up to the mountain crest, Than down to the precipice foot.

The one offers heights ye may hope to gain, Pure ether, and freedom and room;

Look up! meek soul, by affection bent, Nor daily with dull despair.

Look up, with faith, to the firmament, For Heaven and mercy are there.

Look up, great crowd, who are foremost set, In the cheerful battle of life.

Look up, and beyond, there's a question there, For the humble and pure of heart.

Look up, large spirit, by Heaven inspired, Thou rare and expansive soul!

Look up, with endeavor and zeal untried, And strive for the loftiest goal.

Look up, and encourage the kindred throng, Who toil up the slopes behind.

Look up, and hail with triumphant cheer, The holier regions of mind!

FRIENDSHIP. To make friends is easy enough, but to keep them is much more difficult.

EARLY RISING. The young should accustom themselves to early rising as a vast amount of good can be done thereby.

THE BOY FOR BUSINESS. The merchant had arrived at his office early in the morning.

AN IDEAL HOME. Let home stand first before all other things. No matter how high your ambition may transcend its duties.

NOTHING LIKE ATTENTION. Attention to studies means attention to business, and that means success.

INDIGESTION, resulting from weakness of the stomach, is relieved by Hood's Sarsaparilla.

Inattention in youth means the same and worse in age, as Swift said: "I never knew of any man cured of inattention."

A STREET CAR INCIDENT. The car remained at a standstill for so long a time that every one wondered if something were wrong.

The latter seated himself so that he could look out of the window, and every few minutes he waved his hand at some one on the street.

"Who is that?" asked a lady of the same boy. "Why, that's Jim!" was the proud response.

"See! What is this?" the lady said. With eyes big with delight, the child caught up a five-cent piece that had miraculously appeared in his torn little cap.

A CURE FOR FORGETFULNESS. A successful business man said that there were two things which he learned when he was eighteen.

But I say you must not happen to. I shall make no provision for such an occurrence. You must not lose it.

"I once had an intelligent young man in my employ who deemed it sufficient excuse for having neglected an important task to say, 'I forgot.'"

"He worked for me three years, and during the last year of the three he was utterly changed in this respect. He did not forget a thing.

At the end of two minutes he coughed slightly and spoke. "Excuse me, sir," he said, "but I'm in a hurry."

"What do you want?" he asked. "I want a job if you've got one for me."

"Oh, do you?" snorted the merchant. "Well, what are you in such a hurry about?"

"I've got to be, that's why," was the sharp response. "I left school yesterday afternoon to go to work, and I haven't got a place yet, and I can't afford to be wasting time.

"When can you come?" he asked. "I don't have to come," replied the youngster. "I'm here now, and I'd been at work before this if you'd said so."

Half an hour later he was at it, and he's likely to have a job as long as he wants one.

THE JEWS AND EDUCATION. Catholics may have a "pull" in our public schools, as our critics declare,

but the Jews certainly have most of the "push." Here are two sentences from the New York "Sun" that ought to be read very carefully.

A French proverb, which describes a lady as still young and beautiful, says: "She still tosses salad with her fingers."

A lettuce salad is improved, or at least varied, by being sprinkled with two teaspoonfuls of minced chives.

Would cause great discomfort and loss, but fortunately it is seldom known. A vast amount of misery is unappreciated blood, poor appetite and general debility.

A thing of beauty is joy forever, and all the beauties that adorn humanity, there is nothing like a fine head of hair.

HOUSEHOLD NOTES. A HOT WEATHER PUDDING. Take half a pound of any kind of stale sweet cakes, cut them in slices, if large, and dip each for a second in milk.

RHUBARB PUDDING. This seasonal pudding is excellent for children, and a great favorite in English nurseries.

RASPBERRY SAUCE. A very good pudding sauce is made by simply whipping together until very light half a pint each of cream and raspberry juice.

CHEESE RAMEKINS. The ingredients for this simple little dish may be found in almost any larder.

BEEFSTEAK WITH HORSERADISH SAUCE. This roast is credited with great remedial powers against humors of the blood.

SMALL HORSES. Many years ago, when the question as to the best type of horse to carry a weight was being discussed by a party of experts.

Billiousness is cured by Hood's Pills. One comfort is that great men, taken up any way, are profitable company.

FOOD SUPPLIES THE SUBSTANCE FOR REPAIRING THE WASTES OF THE BODY, AND GIVES STRENGTH.

ST. ANN'S YOUNG MEN'S SOCIETY organized 1885. Meets in its hall, 157 Ottawa street, on the first Sunday of each month.

ST. ANN'S T. A. & B. SOCIETY, established 1863. Rev. Director, John Killfeather, Secretary, James Brady.

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of small, stout, and hardy horses in war, and Sir Walter Gilbey has written an article on the subject.

FREEZING WEATHER IN JULY. Would cause great discomfort and loss, but fortunately it is seldom known.

SEED VITALITY. The statement is frequently made in the popular press, says Professor L. H. Pamphel, government botanist.

ELECTRICITY. Germany is in the van in the use of electricity for agricultural purposes.

EATING AND SLEEPING. Food supplies the substance for repairing the wastes of the body.

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FREE CURE For St. Vitus Dance, Epilepsy, Falling Sickness, Spasms or Convulsions.

To all persons answering this advertisement we will send a full size bottle of NEURONAL, for the cure of Epilepsy, Fits, etc., FREE OF COST.

Society Directory. LADIES' AUXILIARY to the Ancient Order of Hibernians, Division No. 1.

A. O. H.—DIVISION NO. 2.—Meets in lower vestry of St. Gabriel New Church corner Centre and Laprairie streets.

A. O. H.—DIVISION NO. 3.—Meets on the first and third Wednesday of each month at No. 1863 Notre Dame street.

A. O. H.—DIVISION NO. 9.—President, Wm. J. Clarke, 208 St. Antoine street.

G.M.B.A. OF CANADA, BRANCH 26.—(Organized) 13th November, 1883.—Branch 26 meets at St. Patrick's Hall, 92 St. Alexander Street.

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For pure blood, A bright eye and A clear complexion, A keen appetite, An easy digestion And refreshing sleep. TAKE Bristol's Sarsaparilla. It arouses the Liver, Quickens the circulation, Brightens the spirits and Generally, makes life worth living.

BUCKEY BELL FOUNDRY THE E. W. VANUZER CO., Cincinnati, O. MENEELY BELL COMPANY TROY, N. Y., and 177 BROADWAY, NEW YORK CITY. Manufacture Superior Church Bells.