

Children's Department.

Two Ways of Looking at a Thing.

"How dismal you look!" said a bucket to his companion, as they were going to the well. "Yes," said the other, "I am thinking how useless it is for us to go to the well and get filled, since we always return empty."

"Dear me! how odd you should take it that way," said his brother bucket. "Now, I always reflect that however empty we come, we always go away full, and that makes me happy."

DEAFNESS OF 12 YEARS STANDING.—Protracted Catarrh produces deafness in many cases. Capt. Ben. Connor, of Toronto, Canada, was deaf for 12 years from Catarrh; all treatments failed to relieve. Dr. Agnew's Catarrhal Powder gave him relief in one day, and in a very short while the deafness left him entirely. It will do as much for you.

The Voice of Trifles.

In the middle of England was a village, where were a great many "mills," or manufactories, of cloth and other useful things. The machinery in them was turned by a stream of water, flowing from several huge reservoirs, that were made on purpose to collect very great quantities of water, to supply this stream. The people often noticed that when the water in these reservoirs was very high, it used to run through many small crevices in the thick banks of earth which formed the sides of them.

Some of the people of the village fancied that all was not right; "for," said they, "there ought to be no cracks at all in the embankment; and every drop of water that runs through these crevices makes them deeper and wider."

But others only laughed at them for their fears about such trifles. "Why, if those cracks in the banks would do harm," they declared, "that would have been done long enough ago."

A Tonic

For Brain-Workers, the Weak and Debilitated.

Horsford's Acid Phosphate is without exception, the Best Remedy for relieving Mental and Nervous Exhaustion; and where the system has become debilitated by disease, it acts as a general tonic and vitalizer, affording sustenance to both brain and body.

Dr. E. Cornell Esten, Philadelphia, Pa., says: "I have met with the greatest and most satisfactory results in dyspepsia and general derangement of the cerebral and nervous systems, causing debility and exhaustion."

Descriptive pamphlet free on application to

Rumford Chemical Works, Providence, R. I.

For sale by all druggists.

Beware of Substitutes and Imitations.

Paint'em! The houses, barns, out-buildings, fences, roofs, floors, cupboards, shelves, boxes, furniture, baseboards, window-linings, bath tubs, iron bedsteads, flowerstands, garden tools, children's toys, and in fact everything. That's the way to keep the home bright and attractive; that's the way to double its value as a place to live in or a place to sell. Our booklet, "Paint Points," tells how to paint all these things, and what paints to use for the different surfaces. It tells all about good paint and bad paint. It's a practical, money-saving book. Write to us today for a free copy. Sherwin-Williams' Family Paint is the very best paint for painting baseboards, benches, brackets, flowerstands, and in fact all the little things about the house. It is made for this purpose; these dealers sell Sherwin-Williams' Paints. Not only a special mixture for all surfaces, but a specially prepared paint for each surface. The Sherwin-Williams Co. CLEVELAND CHICAGO NEW YORK MONTREAL ADDRESS FOR BOOKLET 4 St. Genevieve St., Montreal

No other oil and no other medicine has ever been discovered which can take the place of Cod-liver Oil in all conditions of wasting. New remedies come, live their little day and die, but Cod-liver Oil remains the rock on which all hope for recovery must rest. When it is scientifically prepared, as in Scott's Emulsion, it checks the progress of the disease, the congestion and inflammation subside and the process of healing begins. There is the whole truth. Book about it free.

SCOTT & BOWNE, Belleville, Ont.

The others were not satisfied; but they did nothing to stop the crevices, nor to have the banks made sound. And on the 4th of February, in the year 1852, after there had been very heavy rains, and great floods too, in many parts of England, the banks of one of these huge reservoirs gave way, and all the water in it rushed down the stream in a mass, sweeping before it mills, and houses, and bridges, and destroying everything that stood in the way.

Many of the people perished, and those who escaped understood, in a way they never had done before, how terrible a mistake it is to suppose that things which ought not to be may be called "trifles," and thought no more about.

Just as the people might have known that the banks of the reservoir were not sound, by the little streams of water that trickled through them, so can we tell by the little wrong things we do without concern, the great wrong there is in our hearts.

—That tired feeling is due to impoverished blood. Enrich the blood with Hood's Sarsaparilla and be strong and vigorous.

Be Honest.

You cannot afford not to be honest. The great necessity of your nature is not that you should be rich or loaded down with empty and doubtful honors, but that you should be a man. And to be a man means to be pure, honest, upright, generous, and everything the Creator designed you should be. A man cannot afford to be dishonest, for the moment he commences to be so, that moment he ceases to be a man. The moment you declare with all your heart and soul your intention to be honest, that moment God comes to your aid and assistance.

Truth in a Nutshell.

Impure blood is the natural result of close confinement in house, school room or shop.

Blood is purified by Hood's Sarsaparilla, and all the disagreeable results of impure blood disappear with the use of this medicine.

If you wish to feel well, keep your blood pure with Hood's Sarsaparilla.

Hood's Pills are the best family cathartic and liver medicine. Gentle, reliable, sure.

Bird's-Nesting.

It was Wednesday afternoon, and the boys at Elm Lodge College had a half-holiday. Two of the boys—day scholars—walked together from the school towards their separate homes. The elder of the two—a dark-haired, pale-faced boy of thirteen—said to the other—a fair ruddy boy, a year or two younger—"I say, Maxwell, what are you going to do this afternoon to amuse yourself?"

"Oh, I don't know!" answered Maxwell; "perhaps go out on my tricycle, or take Molly for a country walk." "More fool you, if you do that," said Smithson. "Fancy wasting a half holiday in taking one's sister out for a walk. Let's go into the fields and get some birds' nests—I know there are plenty to be found in the hedges in the five-acre field that belongs to your father."

"That may be," replied Maxwell; "But you know my father has desired that I never take birds' nests, and he would be precious angry if he found out that I did so."

"Oh, he won't know anything about it!" cried the other. And accordingly, the two boys spent that afternoon in the five-acre field, stealing many a nest, and making many a poor little mother bird miserable. It was a very unsatisfactory afternoon to at least one of the boys, for Jack Maxwell would far rather have been taking a harmless

My

Nerves are weak, many people say, and yet they do not seem to know that they are literally starving their nerves. Weak, pale, thin blood cannot give proper sustenance—that is why you are nervous, tired, exhausted. The cure for this condition is to purify, vitalize and enrich your blood. Take Hood's Sarsaparilla fairly and faithfully, and the rich, red blood, which it makes, will soon feed the nerves the elements of true strength they require; they will cease their agitation and will resume their proper place—being under the control instead of controlling the brain and body. Read Miss Bartley's letter:

"I want to express my gratitude for what Hood's Sarsaparilla has done for me. My health has been very poor for three years, due to trouble with my

Kidneys

I was nervous, had pains in my back. I cannot tell what I suffered. My eyesight became affected and I was so despondent I did not have any interest in life. I had two physicians, but my complaints became worse. I was told that I was affected with Bright's disease. A relative urged me to try Hood's Sarsaparilla. I did so and in a short time I began to notice a change in my condition. Things began to appear brighter, my eyes improved and

My Back

did not trouble me so severely. My appetite returned and I gained strength every day. I am now able to do my own work, and feel perfectly well. I cannot find words to express my gratitude for what Hood's Sarsaparilla has done for me and I gladly recommend it." Miss ELLA BARTLEY, 213 1/2 S. Grant Ave., Columbus, Ohio.

Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1. Prepared only by C. I. Hood & Co., Lowell, Mass.

Hood's Pills cure Liver Ills; easy to take, easy to operate. 25c.

walk with his sister than have spent his time in cruelty. However, he was afraid to say so, and so did wrong, as I am afraid many boys do, from sheer cowardice. At last they found a nest with seven young birds in it, and cruel Smithson was just going to take the poor little things out of their warm home, when the boys heard a sweet little voice near calling, "Jack! Jack! Where are you?"

Walter Baker & Co., Limited.

Dorchester, Mass., U. S. A.

The Oldest and Largest Manufacturers of

PURE, HIGH GRADE Cocoas and Chocolates



on this Continent. No Chemicals are used in their manufactures. Their Breakfast Cocoa is absolutely pure, delicious, nutritious, and costs less than one cent a cup. Their Premium No. 1 Chocolate is the best plain chocolate in the market for family use. Their German Sweet Chocolate is good to eat and good to drink. It is palatable, nutritious and healthful; a great favorite with children. Consumers should ask for and be sure that they get the genuine Walter Baker & Co.'s goods, made at Dorchester, Mass., U. S. A. CANADIAN HOUSE, 6 Hospital St., Montreal.