BY E. M. DAUGLISH. **5**, "You want to know how it was I became foreman of these works! Well, "I tell you. It was all along of a cup of milk !" There was a slight laugh among the men who sat round George Rolsson as he said these words, but they knew he was "fond of his joke," as they expressed it, so they waited to hear what was coming next. He was a fine tall fellow, this foreman, and as he stood amid his men he over-top-ped most of them. His hair was grizzled, and his face marked with lines that told of an accomplished purpose and struggles over-come.

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" i should think it was, I said, 'too good for the likes of me.' " Nay, lad, nothing's too good for one of the Saviour's sheep." " What do you mean, missis ? said I, though a faint idea of what she meant began

come. It was the dinner-hour, and as the men's homes were in many cases distant they "Well, you may laugh," went on Robson, "well, you may laugh," went on Robson, "well, tell us the story," said one of the men. "Well, but about Goody's milk-jug," "the cares for you.? "A said to give you a cupful for he cares for you.? "I hardly understood a word of what she cared old Goody did too-cared enough to stream and hardboard a young yelling a provent on the foreman. "I was a load some about years ago, and I was a lad somewhere about the road hardboard a young yelling a hong with a hardboard a word or what she stream and a hardboard a young yelling a hong with a hardboard a word or what she and looking carnet you a cupful for he cares for you.? "I hardly understood a word of what she cared old Goody did too-cared enough to the road hardboard a young yelling a hong way who had meant to rob her hen hy the story of yay went on and he milk

first abe had taken an interest in me for ms sake. "But it was your cup of milk that first made me want to be better, Goody,' I said; 'and now with God's help, tDi be a help to you for the rest of your days.' "Well (Goorge, 'said Goody, softly, 'you "Eignin's Progress' an know a cup of cold water given for the 'teacher as a most perfect sake of the Lord shall not losse its reward, in sure mine far exceeds what I deserve. I never thought the Lord would let you be inst, but I di not feel sure he'd let me know all about it as he has."

In even tronger the Lord would let you be lost, but I did not feel sure he'd let me know all about it as he has." "I did not go back to sea again. I lodged with Go. Jy and got work on the railway. She was glad to have me lead her about and be a comfort to her in her declining days. I gradually improved my position, and she took a delight in every fresh step I made, till she was called home a few years ago. "That's the story, mates. It's a very simple one, but it is quite wonderful what a little act of kindness can do for one who is in need." The great bell rang and called the men back to their work ; but the hour had not been lost, for the foreman's story made its mark, even though the good seed did not immediately shoot up and bear fruit.—Tem-perance Chronicle.

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ILLUSTRATIVE.

ILLUSTRATIVE. The experience of Christian in Bunyan's "Pilgrim's Progress" can be used by the teacher as a most perfect series of illustra-tions of the various points in this story of the Christian's life. The horrible pit and miry clay can be seen in Christian's feelings which prompted his escape from the City of Destruction, in the Slough of Despond, and in the dangeons of Doubting Castle. His conversion and joy at the sight of the cross and the Palace Beautiful illustrate the first trais and troubles and experience of God's care and love, are repeated. It will add much interest if during the week previous the scholars are directed to Pilgrim's Pro-gress, and set to work at finding the corre-pondence between Christian's experience and that of David.

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GOODY'S CUP OF MILK.

BY E. M. DAUGLISH.

It was the dinner-hour, and as the men'