

# FRY IT in Cottolene

Fry your food in Cottolene instead of lard and it will be free from that greasiness and "richness" so distressing to dyspeptics; the flavor will be delicious instead of rancid, and your food will *do you good*. Put it in a cold pan, heating it with the pan. Cottolene reaches the cooking point much quicker than lard—care should therefore be taken not to overheat it. Follow these instructions—you will never use lard again.

Genuine Cottolene has trade-marks—"Cottolene" and steer's head in cotton-plant wreath—on every tin.

THE N. K. FAIRBANK COMPANY, Wellington and Ann Sts., MONTREAL.

## Children's Department.

### The Child's Face.

There's nothing more pure in heaven,  
And nothing on earth more mild,  
More full of the light that is all divine,  
Than the smile of a little child.

The sinless lips, half parted  
With breath as sweet as the air,  
And the light that seems so glad to shine  
In the gold of the sunny hair.

O little one, smile and bless me!  
For somehow—I know not why—  
I feel in my soul, when children smile,  
That angels are passing by.

I feel that the gates of Heaven  
Are nearer than I knew.  
That the light and the hope of that  
sweeter world,  
Like the dawn, are breaking through.

If you would always be healthy,  
Keep your blood pure with Hood's  
Sarsaparilla, the one true blood puri-  
fier.

## Headache

### Horsford's Acid Phosphate.

This preparation, by its action in promoting digestion, and as a nerve food, tends to prevent and alleviate the headache arising from a disordered stomach, or that of a nervous origin.

DR. F. A. ROBERTS, Waterville, Maine, says: "Have found it of great benefit in nervous headache, nervous dyspepsia and neuralgia; and think it is giving great satisfaction when it is thoroughly tried."

Descriptive pamphlet free on application to

Rumford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

For sale by all Druggists.

### The Sunshine of Religion.

Our Lord when on earth was not a friend only for dark days. He could stand by the grave of Lazarus and weep with the sorrowing sisters, but could as well be present at the wedding at Cana of Galilee, an honoured and welcome guest. In our deep realization of the solemn mission of our Lord to this sinful world, we are too apt to forget that He came as an image and expression and embodiment of the God of Love. The morose reformer is not likely to be bidden to feasts where his presence is only a gloomy shadow and his countenance as a threatening cloud. We may be sure that even in His holy purity this was not the impression made by Him whose "compassions are new every morning." There was sunshine about Him, or the mothers would not have thronged around Him with their little ones, the despised sufferers would not have looked trustfully to Him for help, the outcast sinner would not have turned to Him for pardon. We seem to fancy that God made our eyes for tears, and that from some other power came their glad twinkle of merriment, or their expression of innocent joy, in the midst of social converse. Who wreathed the mouth with smiles that answer to smiles? Who made the dimples in the baby's face? Who lit the glad loving light in its eyes, as it begins to be aware of the tender care of its mother? Why will we not remember that joy is as much the gift of God as sorrow, and to be as freely accepted as His present?

### The Truth Ought to be Known.

The Rev. T. Dunlop, Alliston, Ont.: "Your K.D.C. has done all it claims to do. Two members of my family have been wonderfully helped, though, so far, they have used but one package. This is the first testimonial I have given to any remedy, but the truth ought to be known."

Old men and women, young men and maidens, should test our wonderful remedies. They prevent indigestion and cure dyspepsia. Samples free to any address. K.D.C. Co., Ltd., New Glasgow, N. S., and 127 State street, Boston, Mass.

### Our Puppies.

Four puppies made their home in our barn one Spring, and they had so much to eat that they were nearly as wide as they were long. But this only made them all the "cunninger;" and much fun was reaped by all of our family at the little fellows' expense.

Just behind the barn were a series of terraces, which the pups seemed very anxious to climb. Every day or two they would try anew to scale them to the inaccessible heights; and just as often they failed.

At last one day, while we were watching them, Jip, the spryest of the lot, actually gained the top. His success seemed to fire the others with renewed energy, and two reached the second embankment after innumerable tumbles; but Pug, the fattest of all, tried again and again without success.

At last, just as his little round body seemed to be balanced on the edge, over he went rolling quite to the bottom, where he lay for some moments too much chagrined to try to gain his feet. He never, tried to mount the terraces again.

### The Bird's Little Mother.

It was a bitterly cold winter, the snow was frozen hard and long icicles hung everywhere from the windows and palings. What would the poor birds have done if a brave, kind little girl had not looked after them and carefully fed them every morning? Little Mary Bright was the daughter of a farmer; a happy, busy little maiden, who was a veritable sunbeam in her home. She loved all the dumb animals about the place, regarding them really as friends; and all through the winter she made the care of the birds her special charge. "There goes the little mother of the birds," the women in the cottages said to each other as Mary came along every morning with her basket of bread crumbs and scraps from the table. At each cottage she stopped and picked up the little wooden pail, full of odds and ends, that was always waiting for her, and when she had emptied it into her own basket she passed on to the next. In this way she made up quite a large basket of provisions for her feathered pets, and the scraps that once found their way into the fire helped to keep the birds from dying of starvation. The women at the various cottages were quite ready to do this little service for one who always greeted them with a bright smile and a kind word, and was willing and glad to do anything she could for them. All through the cold weather Mary looked after the birds; and when the spring came, and the air was full of their sweet songs, everybody said, "We must thank the Little Mother for providing us with this delightful music of the poor, for if she had not fed the pretty creatures during the frost and snow they would all have died." But Mary wanted no thanks for what she had done, and was well rewarded for all her trouble in listening to her dear songsters, who

## Merit

Is what gives Hood's Sarsaparilla its great popularity and constantly increasing sales. It perfectly and permanently cures catarrh, rheumatism, scrofula, salt rheum, in fact all blood diseases.

"Before my husband began using Hood's Sarsaparilla he was nervous and had scarcely any appetite, but when he had taken it a week he felt better, and by the time he had taken one bottle he was entirely well." MRS. G. A. PARKINSON, Mendon, Mass. Remember

## Hood's Sarsaparilla

Is the One True Blood Purifier. \$1; 6 for \$5.

Hood's Pills cure all Liver Ills. 25 cents.

## your child

You note the difference in children. Some have nearly every ailment, even with the best of care. Others far more exposed pass through unharmed. Weak children will have continuous colds in winter, poor digestion in summer. They are without power to resist disease, they have no reserve strength. **Scott's Emulsion** of cod-liver oil, with hypophosphites, is cod-liver oil partly digested and adapted to the weaker digestions of children.

SCOTT & BOWNE, Belleville, Ont. 50c. and \$1.00

**WANTED 5000 MORE BOOK AGENTS**  
men and women, for the fastest selling book of the times  
**DARKNESS & DAYLIGHT IN NEW YORK**  
With 250 new illustrations from flash-light photographs.  
Introduction **By Rev. Lyman Abbott.**  
A Christian woman's thrilling story of years of rescue work "In His Name," alive with intense interest, touching pathos, humor and story. Most splendidly illustrated. 50th thousand in press. Bishops, Ministers, etc., say "God speed it." Eminent women endorse it. It sells at night, and pays Agents from \$5.00 to \$10.00 a month. **(\$7.50 Per Prepaid to all points, Give Credit, Bare Terms, Premium Copies, and Free Outfit. We also pay all duties for our Canadian agents. Write for terms and specimen engravings to BARTFORD PUBLISHING CO., Hartford, Conn.**

always seemed to sing their best in the garden of her home in gratitude for her kindness to them during the winter.

### Expect not Praise.

Expect not praise without envy until you are dead. Honours bestowed on the illustrious dead have in them no admixture of envy, for the living pity the dead, and pity and envy, like oil and vinegar, assimilate not.

## 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.  
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