

OUR YOUNG FOLKS.

Sleepy-Time.

Four o' clock upon a limb sitting in a row.
Four little maidens stood looking just below.
"You ought to be ashamed," said they,
"You lay low, to sleep all day!"

Four little maidens with round frightened eyes,
Four girls upon the pillow, with their feet
"Is your mother coming, it seems polite,
"To say you really sleep all night!"

—*S. Nicholas.*

Better than a Bat or Bread.

(By BESSIE FEEDER.)

Sally Groves was very fond of gay dress. When her father brought her a pretty pair of red shoes with red strings she was greatly pleased. "But then," she said to herself, "how much prettier they would be with yellow strings! I wonder papa didn't think of it."

Sally had a few pennies in her money-box. She ran to the shop and got some bright yellow ribbon for strings for her new shoes. When she came home they looked gay enough. They were too gay her mother thought.

Sally had been taught to obey her father and mother without fretting or pouting. When her mother brought her a new rubber and prettier red strings looked in red shoes, she drew them out with a little sigh.

While she was holding them in her hand, the door-bell rang. Sally ran to the door. A poor old man with a wooden leg was standing on the step.

"My dear little miss, will you please give me a piece of bread? I have walked a long way this morning, and have had no breakfast."

"Oh, I'm so sorry for you," said Sally. "But take these pretty strings. They are much better than a bit of bread. Mamma says I am not old enough to wear them. I'm sure you are. Do take them."

"Pushing them into the man's hand, she shut the door. He winked at her as he put them into his pocket, he thought he would rather have had something to eat.

The roads were very muddy. At the next crossing he saw a lady holding one of her shoes in her hand. The string had broken, and she was wondering how she could cross the muddy road.

The old man hobbled up to her as fast as he could. "Can't I help you, madam? I have these yellow strings, they will serve you as well as a little girl just now."

"Thank you my good man. I shall be very glad of them."

Laying down his crutch, the old man put the string into her shoe, and then tied it firm on her foot.

While he was doing it, the lady looked at him. His clothes were poor, but were neat and clean. She thanked him, and put a shilling into his hand. She told him where she lived, and asked him to call the next day. With the shilling he got a good breakfast. As she thought of the little girl who had given him the stockings, he said to himself, "Yes, indeed, they were better than a bit of bread."

He had reached home many years to think of little Sally Groves, and the yellow stockings. The kind lady he had helped to cross the muddy road gave him constant work about her house and garden. She had a nice room fitted up for him, and he lived there as long as he lived. The old man had a good home and good friends.

You may be sure he didn't forget to call and tell Sally Groves of his good fortune.—*Our Little Ones.*

THROUGH THE MIDLANDS.

A ride through the midland counties of Ontario, by the Midland Railway, is not the least charming of the many pleasant trips one may take by rail to reach the new and wild regions of the province. No more picturesque scenery can be beheld from a railway carriage in Ontario at least—than on the way from Port Hope to Peterboro. From the marine character of the landscape at the Port, with its quiet lagoon lying sluggish and dull on one side of the town, and the broad, blue and billowy Ontario on the other, the passenger has a fine view as the waters are lost to view, and rugged dunes, sweeping hills and secluded valleys are presented in that variety which is so pleasing to the eye of a citizen weaned from the monotony of modern city architecture, and the sameness of city scenes. There in all events, nothing repellent about the dwellings—"humble though they be"—which one meets with in these lovely mountain vales. See, as the train winds along the foot of the hills, the farmer's little cottage on the cleared slope of the gentle hill across that stream. On the mountain above the little farm rises the

STATELY PINES AND CEDARS AND MAPLES that give the air its ravishing fragrance, and below, cluster the winding ridge of sunnich, birch, and wild willow, through whose branches the mountain stream glitters, as it leaps away down the defile. With what grace the infant orchard sets off the waving fields of grain; and as one's view is constricted the cottage itself, what romance is brought into association with the scene. The white-haired old lady is hanging upon the line the clothes which she has washed in the stream. Up the winding road, a farmer is plowing the hillside, the cattle to be seen behind the house the inevitable pig has lifted his hideous head—the only object in the whole spectacle that is really unlovely.

Stretching of fine farm lands break upon the vision every now and then, and at every station there are

showing how new and wild the country still is. A handsome town is Peterboro, whose cheerful streets show a considerable bustle on market days, and whose citizens seem to be very energetic in industry.

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Regulating the Bowels.

It is best that the bowels should act every morning after breakfast; therefore quietly remain in the house, and promptly attend to the final inclination. If time passes, do not eat an atom until they do act; at least not until breakfast next day, and then do not take anything except a single cup of weak coffee or tea, and some porridge or mush made from oatmeal or cracked wheat. Some fresh, ripe fruit, particularly apples, would be of advantage afterwards.

Meanwhile, arrange to walk or work moderately, for an hour or two, each forenoon, and after, to the extent of keeping up a moisture on the skin, drinking as freely as desired as much cold water as will satisfy the thirst, taking especially care to stand in front of a washing store, or of obligingly to a place entirely sheltered from any draft of air, so as to cool off very slowly indeed, and thus avoid taking cold or feeling a "sore throat."

Remember, that without a regular daily healthy action of the bowels, it is impossible to maintain health, or to regain it if lost. The coarser the food, such as Irish bread, coarse meal, hominy, wheat grits, boiled turnips, grapes, dried figs, stewed tamarinds, apple sauce, stewed prunes, and pears, etc., the more freely will the bowels act.

A handful of two boiled or raw chestnuts eaten during the day; a tablespoonful, more or less, three or four times a day of white mustard swallow whole, in water or otherwise; eating freely of parched corn; taking, on rising, a tumblerful of sweet or cold water, a half tumbler of cold or hot water, or a tumbler of water, taken before breakfast, are means which are sometimes successful in keeping the bowels acting freely one day, without the necessity of taking medicine.

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PIOUS SMILES.

David slew Goliath with a sling. This proves the Philistine was not a temperance man.

A Virginia girl has been under lock and key for twenty-two months to prevent her from marrying a preacher.

Even a man who has had both legs amputated, when he opens his mouth to tell some startling stories of the war, will occasionally ally put his foot in it.

An Elyria, O., woman fainted away the first time she heard a hand play. She thought Gabriel had begun to toot, and she hadn't quite finished her ironing.

Dude—We do not think that complaining to the police will do any good. The best way is to be careful hereafter not to stand in front of a washing store, or of obligingly to a place entirely sheltered from any draft of air, so as to cool off very slowly indeed, and thus avoid taking cold or feeling a "sore throat."

Bowles was not a conceived man, but a very absent-minded one, and he differed materially from some of the infants of today, who make a noise about their bowels.

He represented a Bible to Mrs. Moore and wrote her name on the title page, adding, "From the author."

A Maine man has will \$2,000 to the Methodist church of his native town on condition that it give up subsidies. Any man who has a large estate and a wife month after month to the church sociable would have had feelings about it that he could not well keep down, even at the near approach of death.

Editorializing is the editor of a newspaper and pastor of a church at Carthage, Mo., manages another newspaper and preaches for another church at Carthage, Mo., and still another church at Webb City, and is now leading a camp meeting by way of recreation.

When he is asked why he does not do something to help the poor, he says, "I am a hard-shelled Baptist."

A backwoods preacher once elucidated as follows in connection with the parable of the virgins: "In ancient times, my beloved hearers, it was the custom, after a couple had been married, for ten, fifteen, or twenty, with lighted lamps and vest on, on the way home, five of these virgins being males and five females."

"My friend, are you prepared to die?" said a ministerial-looking man to a gentleman sitting at a table in a restaurant. "Good gracious, no!" exclaimed the gentleman, "I'm sorry to hear of your death."

The condition of the market: "Ah, my dear friend, you are just what I want to see," said old Pat; "how's the market going to be?" "I tell you as a friend, everything is going to be good. This little fellow will be over in a few days and there'll be a good crop of crops."

"Yes, indeed, my season begins in Chicago on the 16th of July. From there I go to San Francisco and then play the remainder of the season through the eastern and western states."

"Are you confident your health will permit such an undertaking?" A ringing laugh was the first reply to this question, after which he said: "Certainly. It is true that I have been ill the past two years, but now I am wholly recovered. Few people can have any idea of the strain a conscientious actor undergoes in essaying an emotional part. It is necessary to put one's whole soul into the work in order to rightly portray its character. This necessitates an utter abandonment of one's personality and an assumption of the character portrayed. If this is an emotional part it is necessary to feel the emotion the part is supposed to feel. I have had many a night in certain passages of a part I was playing. The audience considered it art. Probably it was, but those were none the less real tears and the effect was none the less trying upon me."

One energetic woman did the work of a mob at Michigan City, Ind. She dashed into the saloon in which her husband had become a drunkard, used a lamp in lieu of a club, and smashed every bottle.

Mental depression, headache and nervous debility, are speedily remedied by that excellent blood-purifying tonic, Burdock Blood Bitters. The Editor of this paper states that he was cured of biliousness, liver derangement, and sick headache by the use of this medicine. (26)

A QUEEN OF THE STAGE.

"Her Second Love," and the Important Secret She Reveals for the Benefit of Women.

Several years ago the American public were aroused by the entire upon the stage of a little lady who had been previously but little announced. She was one of an innumerable number of aspirants for public favor and had no instrumental, aside from her own talents to cause recognition. In spite of this fact, however, she quickly achieved a warm place in the heart of the public which she had continued to hold ever since. When it was announced, therefore, that Miss Maude Granger would star in the coming season in the play "Her Second Love," written by Mr. John A. Stevens, it was very natural that interest should be manifested not only in theatrical circles, but in other branches of the community. This was specially the case, as it was known that Miss Granger had, for the past year, been in excellent delicate health, and the determination to star in a strong emotional play was the more surprising. One of the staff of this paper was accordingly deputized to see the popular lady and verify the rumor or announce its inaccuracy.

Miss Granger's countenance is familiar to nearly every one in the United States. It is a face one never seems to be forgotten. Features remarkable in their outline and configurations are surmounted by a pair of large deep eyes indicative of the greatest soul power. She is a woman of rare intellect, and the ability to portray characters of the most emotional nature. She possesses within herself the elements of feeling without which no emotion can be conveyed to an audience.

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A fire at Friedrichstadt, Russia, on the River Duna, has destroyed fifty buildings, including the post-office.

The Rev. A. H. Miller of Rock River says there is living in his charge Seal Reynolds, 84 years old, who has always been a member of his church for forty years ago after a severe sickness, he began to give more time to it, having since then read it 200 times, an average of once every twenty-five days.

Important. When you visit or leave New York City, stop at the Grand Union Hotel, opposite Grand Central Depot. It is a magnificent hotel, with upwards of four European, American and other restaurants, and has a grand view of the city. Families can live here for less than any other first-class hotel in the city.

The watering places in Germany are all well attended this season. Baden, which has nearly 4,000 visitors, Carlsbad, 10,000, and Ems, Teplitz, and Marienbad about 3,000 each.

Catarrah—A New Treatment whereby Permanent Cure is effected in from one to three applications. Particulars and treatise free on receipt of stamp. Geo. W. Dixon & Son, 305 King Street, West, Toronto, Canada.

A Wonderful Change. Rev. W. E. Gifford, while pastor of M. E. Church, Bothwell, suffered from chronic dyspepsia so badly as to render his life almost a burden. Three bottles of Burdock Blood Bitters cured him. (27)

The French Minister to Chicago has received fresh instructions regarding the Tonquin question.

MOLLIEN'S Picture Frames, Mirrors, and Picture Findings generally. Trade supplied. MATTHEWS BROS. & Co., Toronto.

ROOFING MATERIALS, CARPENTERS' AND BUILDERS' SUPPLIES. Wholesale and Retail, at low prices, at HODGE & WILLIAMS, 41 Adelaide St. East, Toronto.

THE BOLT AND IRON CO.

LATE DOMINION BOLT CO.

We predict a high premium for the stock of The Bolt and Iron Co. They are moving into their new works, which cover about an acre of ground, all the men and machinery on the ground floor, so arranged that the best results will be had at a minimum of cost. They pay a ten per cent dividend this year, they will do better next; they carry a large amount over, after payment of dividend, to the credit of profit and loss and will continue to accumulate a large surplus each year from the sale of their lands. Their profits in manufacturing; the business is profitable now and constantly increasing. They withdrew the stock from the market at the beginning of the year. They are now about to offer the unallotted stock to pay for improvements on their lands. This is an opportunity to investors that they cannot often have, an opportunity to become interested in a proved valuable and established business, manufacturing goods that are as stable as the iron from which they are manufactured. The time will come when the stock may be considered cheap at \$200, now the limited amount of unallotted stock may be had at par to those who are first to secure it. No fires can destroy their premises and they are insured against fire. Their location in value, and other projected factors seek location on the surplus land belonging to the Company which will help to multiply its value.

A minister asked some children: "Why do we say 'our Father who art in heaven, since God is everywhere?'" A little drummer boy answered. "Because his head quarters."

The Editor of the Grand River Standard says—"We are usually sparing in our encomiums towards patent medicines, but observe that the preparation of Messrs. T. Milburn & Co., styled 'Burdock Blood Bitters,' as a blood purifying tonic is worthy of the high reputation it has established among the people."

Mrs. Robert Burg, aged 30, of Water Flat, near Jamestown, N.Y., was killed by lightning in the presence of her husband and two children.

Diphtheria—a terrible scourge of the present day—attacks chiefly those whose living in low and closed impure. The evils of impure blood, and saves doctor's bills. Sample bottles 10 cents. (30)

A butcher in Poughkeepsie killed an ox a few days ago, and on opening its paunch found therein a \$500 certificate of stock in the Poughkeepsie bridge.

Never Allow It. Never allow it to remain in a torpid condition, as it leads to serious results, and ill health is sure to follow. Burdock Blood Bitters is the most perfect regulator of the bowels, and the best blood purifier known.

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FOR THE KIDNEYS, LIVER AND URINARY ORGANS THE BEST BLOOD PURIFIER. There is only one way by which any disease can be cured, and that is by removing the cause wherever it may be. The great danger to the health of the body is caused by diseased blood. It is the only way by which health can be secured. Here is where WARREN'S BLOOD PURIFIER acts directly upon the kidneys and liver, drives disease from the system, and by placing blood in a healthy condition, restores health and vitality to the system. For all kidney, liver and urinary troubles, for rheumatism, skin diseases, general debility, and physical troubles generally, this great remedy has no equal. It is sold by all druggists and confectioners and is just as good for the kidneys as it is for the liver. For more particulars see WARREN'S BLOOD PURIFIER.

H. H. WARNER & CO., Toronto, Ont., Rochester, N.Y., London, Eng.

WANTED UPHOLSTERERS, STEADY employment. Apply at once, GEO. L. TICKELL & SONS, Belleville, Ont.

FOR SALE AT A BARGAIN—SASH AND Door and Furniture Factory, and Saw Mill, in the town of Palmerston, contiguous building, well located and fitted up with best machinery. A rare chance for a practical man to invest in valuable property at a low price. Apply to Box D, Palmerston.

LANDS, 30,000 ACRES IN THE Valley, unequalled for stock-raising, dairying, and general farming, with good water and near timber—better land choice than anywhere in the West. For more particulars apply to Box D, Palmerston. Terms, description, etc. address M. G. WILLARD, Mankato, Minn.

THE LILLY. In a perfect gown equal to imported French Corsets, like a glove to the figure; very stylish, elegant in appearance, and approved by the most fastidious. Manufactured only by THE CROMPTON CORSET CO., 78 YORK STREET, TORONTO.

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For lowest rates and all particulars apply to Sam. Osborne & Co., 40 Yonge Street, Toronto.

Send me your name and Post Office address if you will fill particulars regarding the best of Building Machine and Organ. Agents need not do so, for I sell as cheap as the people desire. I have the price, which is less than half that of any other similar machine in the world. DONALD S. MCKINNON, 8 Adelaide St. East, Toronto.

CHAMPION STUMP AND STONE LIFTER. The Strongest, Lightest, Cheapest and most durable. Look to the work of the St. James and 4thorses. For price etc., Address S. J. SIMBALL, 577 CRAIG STREET, MONTREAL.

WELLS' WINDOW SHADE GLASS. (PATENTED 1874.) Used for holding WINDOW BLIND SHADES without rollers, pins, cords, or any money and no noise. Looks ornate and neat. Send for sample, 20 cents, agents' circulars \$3. Order from WELLS' WINDOW SHADE GLASS CO., TORONTO INDUSTRIAL WORKS CO., 90 Church Street, Toronto.

Dominion Line of Steamships. Running in connection with the Grand Trunk Railway of Canada. Sailing from Quebec every Saturday during the summer months, and from Montreal every Tuesday during the winter months. Sailing dates from Quebec— Toronto, 21st July; Dominion, 11th Aug.; Sarnia, 18th Aug.; Montreal, 15th Sept. Rates of passage: Cabin, Quebec to Liverpool, \$50, \$60, \$80; return, \$90, \$100, \$110, including meals and extras. Return, \$120, \$130, \$140. The saloons and staterooms in steamers marked thus are reserved for first-class passengers. For further particulars apply to any of our Agents, or to our Office, 150 Church Street, Toronto.

BALD'S HEALTH PRESERVING CORSET. SOMETHING ENTIRELY NEW. By a well arranged combination of fine steel and fabric, which yields readily to every movement of the body, and at the same time Perfect Fitting and comfortable cover ever made in history. It is approved by the Best Physicians. For sale by all leading dealers. Price by Mail, \$17.50. MONEY REFUNDED. CLINTON E. REESE & BROS., Toronto, Ont.

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WOLLEN MACHINERY FOR SALE. Four sets of Davis & Farber iron frame and treadle Sewing Machines, with iron stands, twist, and other workable machinery at a bargain. GEO. W. AHOLD, 57 and 59 Queen St. West, Toronto.

ARTIFICIAL LIMBS OF PREPARED Rubber, Elastic, and Leather. Durable, Light, Elastic, and Cheap. First prize at the Provincial Exhibition, 1881. Satisfaction guaranteed. Address, J. DOAN & SON, Drayton, Ont.

BARKER'S SUIVANT HYGIENIC SOAP. The Compound eradicates scale on the body instantly. One fourth the first dose prevents future outbreaks. Put in 25 cent and save 25 per cent. In full. Send for circular to 300 St. Paul Street, Montreal.

SPORTHAND special Holiday Course opened July and August. Spend a few weeks in the city and learn this fascinating and profitable system of shorthand and penmanship. Particulars and circulars apply to W. SPALDING, Palmerston.

PARM POLE SALT, 500 ACRES IN THE Township of Wallace, on the gravel road between Listowel and Palmerston; 250 acres cleared; 50 acres hardwood bush, 200 acres timber, well watered by spring creek, two large barns and frame house; good markets convenient; also schools and churches. The farm adapted either for grain or stock; the growing crop may be purchased with all the terms reasonable. Apply to W. SPALDING, Palmerston.

NORMAN'S Electric Belt INSTITUTION. ESTABLISHED 1847. 4 Queen St., East, TORONTO. Nervous Debility, Rheumatism, Lame Back, Paralysis, General Debility, Rheumatism, and all ailments cured by using these BELTS, BANDS & INSOLVES. Doctors and consultation free.

IT IS A SURE CURE. The Rheumatic Man hold by all druggists. The Rheumatic Man hold by all druggists. The Rheumatic Man hold by all druggists. The Rheumatic Man hold by all druggists.