

herself! No; no rain today. You'll see the parade right enough; all the barometers say so!

"I don't see how you can tell from the hens!" and Harold looked incredulously at the flock before him.

"They're not oiling themselves," explained grandpa. "Haven't you seen hens rub their bills over their feathers sometimes? Each one has an oil-sack and when it is about to rain, they take oil on their bills from their sacks and rub it over the feathers,

so they'll shed water. You see, that's why I call them my barometers."

"But do their weather predictions always come true, grandpa?" for Harold was still doubtful.

"Not always; but I'd give more for what my feathered barometers tell me than for many a new-fangled weather indicator that you buy."

"I guess, grandpa, the hens are weather prophets this morning. See the sun's coming out!"

"And so will the parade,—see if it doesn't," laughed grandpa, gaily.

And it did. And, strange as it may seem, Harold's thoughts all that forenoon were divided between columns of marching soldiers and the strange hen-barometers at home. — S. S. Times.



DON'TS FOR THE EYES.

Don't use the eyes before breakfast.

Don't read in a reclining attitude, or in bed.

Don't use the eyes when they are tired or weak from illness.

Don't bathe eyes that are inflamed with cold water. Use warm water.

Don't wear a veil with black dots, or one woven with double threads.

Don't open the eyes under water when bathing, especially in salt water.

Don't neglect to bathe the eyes occasionally in salt water. A weak solution is best.

Don't look too steadily from a car window at objects that are constantly flying past.

Don't sleep opposite a window, or where a strong light will strike the eyes on awakening.

Don't work longer than two hours without closing the eyes and resting for five minutes.

Don't expose the eyes at any time to a strong light such as sunshine or gas or lamp light.

Don't sit facing a strong light. If possible, let the light fall on the work of book from over the shoulder.

Don't have colored shades on the lamps. Use white or ground glass. If you must have a colored shade, let it be green.

Don't rub the eyes by outward motion, but toward the nose, which rounds the ball and preserves the normal shape.

Don't fail to consult an oculist if you find that your eyesight is growing dim, or hesitate to wear glasses, if you need them.

Don't try to get cinders out of your eyes by rubbing. Dip a tiny camel's hair brush in oil and draw gently across the eyeball.

Don't fail to wash the eyes every night before retiring, so as to remove any dust that may have gathered on the lids during the day.—St. Louis Globe-Democrat.



A visitor to a glass factory once saw a man moulding clay into the great pots which were to be used in shaping the glass. Noticing that all the moulding was done by hand, he said to the workman, "Why don't you use a tool to help you shape the clay?" The workman replied, "There is no tool that can do this work. We have tried different ones, but somehow it needs the human touch." To mould men and women we need the "Divine touch." God has given us this gospel mould to prepare us for service in the church and a home in heaven.

RIDDLES.

What is it we often tell others to do and cannot do ourselves? Stop a minute.

Why are teeth like verbs? Because they are regular, irregular, and defective.

Why is a spider a good correspondent? Because he drops a line at every post.

What is that which the more you take from it the larger it grows? A hole.

Why were gloves never meant to sell? Because they were always meant to be kept on hand.

Why is a poor friend better than a rich one? Because a friend in need is a friend indeed.

Which is the only way a leopard can change his spots? By going from one spot to another.

Why is the Danish coast a bad place to go for a quiet holiday? Because of the sound which is there.



SLEEPLESS BABIES.

When a little one is sleepless and cross it is the surest sign in the world that it is suffering from some derangement of the stomach and bowels—the seat of nine-tenths of all baby ailments. In cases of this kind Baby's Own Tablets act like magic. They sweeten the sour little stomach, relax the distended little bowels, cool the parched, fevered mouth, and bring natural, health-giving sleep. An experienced mother, Mrs. Ed. Godin, Griffith, Ont., says: "I have used Baby's Own Tablets for many ailments peculiar to babyhood, such as fevers, indigestion, diarrhoea, etc., and I have found them the most effective medicine I have ever tried. I can only add I would not be without them in the house, so much do I think of them."

Other mothers who wish health for their little ones cannot do better than follow Mrs. Godin's example. You can get the Tablets from all medicine dealers or they will be sent by mail at 25 cents a box by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.



HOT WATER.

Cold-blooded people, who have little thirst, will do well to make it a business of drinking a certain amount of hot water every day throughout the winter season. It lessens the tendency to take cold, improves the circulation, and benefits coughs and insomnia.

Before going to bed is a very good time for this practice, as it warms up and relaxes the system, thus preparing the way for a good night's sleep.

Many cases of indigestion, headache, neuralgia, cold hands and feet, can be cured in half an hour by drinking slowly one or two pints of water so hot that it almost burns the throat.—Medical Brief.



At ten years of age a boy thinks his father knows a great deal; at fifteen he knows as much as his father; at twenty he knows twice as much; at thirty he is willing to take his advice; at forty he begins to think his father knows something, after all; at fifty he begins to seek his advice, and at sixty, after his father is dead, he thinks he was the smartest man that ever lived.

WHY CROUP IS FATAL.

When croup attacks your child you must be ready for it. It comes as an accompaniment to an ordinary cough, or it may attack without warning. All ills of children develop quickly, and when any kind of cough appears there should be something at hand to stop it with promptness. Many a child has choked to death with croup because the right remedy was not convenient. Every one should know that the right safeguard for a child's cough or any cough is Adamson's Botanic Cough Balsam. With this soothing compound in the house, croup is always easily checked and relieved.

To give a child a cough mixture containing a narcotic is a very serious matter, yet most preparations contain something of this kind. Adamson's Botanic Cough Balsam is prepared from the purest extracts of barks and roots and gums of trees, and is health-giving in every component part of it. Wherever it touches an inflamed surface it heals and soothes it. Nothing ever compounded for cough is so harmless, and nothing so efficacious. Adamson's Balsam is an old remedy and it has never lost a friend through failure to help. Keep it in the house. Try it on your own cough and do your child a good turn by being ready for any emergency. Price 25 cents at any druggists.

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Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills. Cuticura Ointment and Cuticura Soap are sold throughout the world. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Australia, R. Towns & Co.; Sydney, Boston, 137 Columbus Ave. Foster Drug & Chemical Corp., Sole Proprietors.

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