

Our Heroes.

Here's a hand to the boy who has courage
To do what he knows to be right;
When he falls in the way of temptation
He has a hard battle to fight.
Who strives against self and his comrades
Will find a most powerful foe;
All honor to him if he conquers,
A cheer for the boy who says, "No!"

There's many a battle fought daily
The world knows nothing about;
There's many a brave little soldier
Whose strength puts a legion to rout,
And he who fights sin single-handed
Is more of a hero, I say,
Than he who leads soldiers to battle,
And conquers by arms in the fray.

Be steadfast, my boy, when you're tempted
And do what you know to be right;
Stand firm by the colors of manhood,
And you will overcome in the fight.
"The Right" be your battle-cry ever
In waging the warfare of life;
And God, who knows who are the heroes,
Will give you the strength for the strife.
—Exchange.

BEAUTIFUL HANDS.

"Oh, dear!" exclaimed Kathleen Gray as she dropped her book. "I wish I were like other girls."
"What a dismal sigh, little daughter," said mother's cheery voice. "And what other girls do you wish you were like, and in what way?"
"Why, the girls you read about, mother—their hands. They always have such beautiful hands, you know. Now here's the girl in this book; it calls her hands 'tiny,' or 'white,' or 'dimpled,' or 'dainty,' or some such thing every time it speaks of them. And didn't I read in one of your housekeeping papers how a lady's hand should be fair and pink-tipped and have oval nails with white half moons at their base, and all that? And just look at my great paws."
"Bring the 'great paws' here and let me see them, Kathie," said her mother.

Kathie threw herself on the floor at her mother's feet, and spread out her hands for inspection.
Her mother studied them. "Well," she said at last, "what is the matter with those hands, dear? I call them beautiful hands."

"Why—Mother—Gray?" Kathie fairly gasped in astonishment. "Beautiful! Why, just look at them."
"I am looking," said her mother. "What is wrong about them?"

"Why, they are big and brown and scratched, and here's a burn, and there's a cut, and there are needle-pricks, and the nails have no half-moons, and, why, mother, how can you say they are beautiful?"

"Beauty is in the eye of the beholder, and in my eyes they are beautiful, daughter. Let us examine them critically. 'Big,' you say. Yes, I am very glad to see that my little girl is framed to grow into a woman of large and noble proportions, and that her hands go symmetrically with such a body. What does a large woman want of 'tiny' hands, Kathie? Far better these, which are large and yet shapely, which have power in them, and remind one that the clothing of the truly gracious woman is strength as well as honor. So much for usefulness, which is true beauty. And you have art in your favor too. The beautiful ideals which the Greeks have given us have generous-sized hands and feet. Just try to imagine the Venus de Milo with 'tiny' hands!"

Kathie began to look a little comforted.
"But see how brown they are," she said.

"I do see, with great pleasure," said her mother. "That brown comes from the kiss of the sun, and the caress of the wind. It tells of out door life, of botanizing expeditions, of nutting and fishing excursions, of the wise garnering of health. To me it is beautiful. The hands are clean and neatly kept, Kathleen, and that is all that any sensible person should ask from a girl of your age. On you, white hands would look sadly out of place, and 'half-moons' are an nonsensical and arbitrary demand of fashion. In some countries, fashion decrees that the nails shall be dyed black; in others they must be trimmed to a sharp point. Is that, then, beauty?"

"Well, but see all these scars and things," persisted Kathleen.
"Beauty spots in my eyes, dear," said her mother, drawing the hands fondly to her lips. "I know that those needle-pricks were put there last night, when you hemmed the sails for Jack's new boat, though you did want to finish that splendid book. That burn is the reminder of the night when Nora had her bad headache, and my helpful daughter got the supper. These scratches—do I not remember how I longed for some wild black-berries, and how a dear girl spent all her half holiday in picking

them for me? And this cut I think came because your skill was not quite equal to your good will, when you helped little Harold transform his shingle into a big ship. You have beautiful, helpful hands, dear daughter, and I thank God for it."

Kathie looked at her hands soberly and humbly, but with a happy light in her eyes.

"You've got tip-top hands, Kate and you needn't run 'em down," broke in Jack, who had come in unnoticed. "I always say that, for a girl, commend me to you, because you aren't always afraid of spoiling your hands, like some girls that won't go anywhere or do anything."

That night Kathie found pinned on to her cushion a slip from newspaper. "Just like mother," she smiled. "She always finds something to fit in." And this is what mother had found, in a very old paper, to "fit in":

"I saw a pair of hands,—beautiful hands, the world called them. Small and shapely and fair, with nestling dimples and taper fingers. Hands too delicate to bear any burden heavier than flashing jewels. 'Beautiful hands' whispered gentlemen, as they bent over them in courtly gallantry. 'Beautiful hands,' pouted ladies, as they envied their possessor. But they were hands that were never lifted to help bear another's load; that were never raised to wipe away the mourner's tear; that were unroughened by any work performed for others; that were never folded together in prayer; that daintily held the dress aside, lest it touch a beggar in the street. Beautiful hands, the world called them. God and the angels called them ugly."

"I saw another pair of hands,—ugly hands the world called them. Not small nor comely nor white, and wearing no jewels but tears from grateful hearts whose loads they had lightened. Hands the possessor of which none would envy; over which no one would bend, calling them beautiful. But they were hands often folded in humble devotion; hands which had carried blessings to many a home; which had smoothed many a dying pillow, and wiped away many a fallen tear; which were never lifted to push away the children or brush away the poor; which were weary, misshapen, and hard with toiling and doing for others. Ugly hands the world called them. God and the angels called them beautiful."
—Lucy White Palmer, in *Christian at Work*.

DO IT NOW.

This is for you, boys and girls. It is a bad habit, of putting off. If you have something that you are to do, do it now; then it will be done. That is one advantage. If you put it off, very likely you will forget it and not do it at all; or else—what for you is almost as bad—you will not forget, but keep thinking of it and dreading it, and so, as it were, be doing it all the time. "The valiant never taste death but once;" never but once do the alert and active have their work to do.

I once read of a boy who drooped so in health that his mother thought she must have the doctor to see him. The doctor could find nothing the matter with him. But there the fact was; he was pining away, losing his appetite, creeping about languidly, and his mother was distressed.

The doctor was nonplussed: "What does your son do? Has he any work?"
"No; he has only to bring a pail of water every day from the spring, but that he dreads all day long, and does not bring it until just before dark."

"Have him bring it the first thing in the morning," was the doctor's prescription.

The mother tried it, and the boy got well. Putting it off made his task prey on the boy's mind. "Do it now," relieved him.

Boys and girls, "do it now."

What a Bartender Said.

One day a lad of sixteen came in for liquor. I remembered what I had been at sixteen, and how liquor had been my ruin, and I said, "Out of this! We're not allowed to sell to minors."

The owner of the saloon swore at me and said, "Give the fellow his drink; his money is as good as if he was forty."

I poured it out mechanically, but as I handed it over, I caught the boy's eye. I could not do it, I said. "Boy, that accursed stuff has ruined me. It has destroyed my health, my honor, eaten up my little property, broken my sister's heart, disgraced my dead mother. It will sink your soul to hell. Never touch a drop of it, so help you God!"

With that the boss flew at me with a great oath, and ordered me to leave; so I picked up my portmanteau and two dollars that were due me, and the boy and I went out together.

Not so Fast.

"O, mamma, I heard such a tale about Edith. I did not think she could be so naughty." "My dear, before you tell it, let the story pass the three sieves?"

"In the first place, is your story true?" I got it from Miss White. She is a friend of Edith's. "Does she show her friendship by telling tales of her?"

"Next, though true, is it kind?" "I did not mean to be unkind, but I am afraid it was. I would not like Edith to speak of me as I have of her."

"And is it necessary?" "No, there was no need of me to mention it." As we put flour in sieves to get the good apart from the bad, so let us ask, when we are going to say something about others, "Is it true?" "Is it necessary?"

TWO KINDS OF GIRLS.

There are two kinds of girls. One is the kind that appears well abroad—the girls that are good for parties, rides, visits, balls, etc., and whose chief delight is in all such things; the other is a kind which appears best at home—the girls that are useful and cheerful in the dining-room, the sick-room and all the precincts of home. They differ widely in character. One is frequently a torment at home; the other is a blessing. One is a moth, consuming everything about her; the other is a sunbeam, inspiring life and gladness all along her pathway. Which will you strive to be?

THE BEST FRIENDS.

"I wish I had some good friends to help me on in life!" said lazy Dennis. "Good friends? Why, you have ten," replied his master. "I'm sure I haven't half so many; and those I have are too poor to help me." "Count your fingers, my boy," said his master. "I have; there are ten," said the lad. "Then never say you have not ten good friends able to help you on in life. Try what those ten friends can do before you go to grumbling and fretting because you do not get help from others."

Farm Hints.

An experienced poultry raiser advises to reduce the stock of fowls as soon as the year's hatch is well provided for, but hold on to old turkeys and old geese; they get used to the ways of the farm, are worth much more as breeders than young ones. Ducks also are good until three years old. A turkey is in her prime at five, a goose at twenty years of age.

WEIGHTS OF BUSHELS OF VARIOUS ARTICLES.—Wheat, beans, potatoes, clover seed, 60 pounds; corn, rye, flaxseed, onions, 56; corn on cob, 70; buckwheat, 52; barley, 48; hemp seed, 44; timothy seed, 45; castor beans, 49; oats, 35; bran, 20; blue grass seed, 14. A barrel of potatoes contains 2½ bushels as sold in New York; one barrel of flour, 196 pounds; pork and beef, 200 pounds.

TO DETERMINE THE WEIGHT OF LIVE CATTLE.—Measure in inches girth around breast just behind shoulder blade, and the length of back from tail to fore part of shoulder blade. Multiply girth by length and divide by 144. If girth is less than three feet, multiply quotient by 11; if between three and five by 16; between five and seven, by 23; between seven and nine, by 31. If animal is lean, deduct one-twentieth from results; or, take girth and length in feet, multiply square of girth by length, and multiply product by 3.36. Live weight multiplied by 605 gives net weight—nearly.

LIVE STOCK IN WINTER.—No animal does as well as it should that is not comfortable. Study the comfort of live stock. Regular feeding, wholesome feed, pure water, and comfortable huts are essential. Horses need fresh air, without draughts, and light. These are less important for neat stock. Sheep require fresh air, but light is less important, and darkness is favorable for the quiet and rapid fattening of ruminating animals. Warmth is especially important for all kinds of stock which have been fed for slaughter, and which are being held for better market prospects.

RICH APPLESAUCE.—Pare, quarter and core some tart apples; stew in enough water to cover. Do not let get too soft, skim out carefully. Put into the liquor the cores, seeds and skins; stew until skins are soft, strain out the liquor, add a half pint of sugar to one pint of juice, let it boil and skim off the scum that rises, then put back the apples, let boil up a minute, remove apples carefully to dish. When syrup is cool pour over the apples; if flavouring is desired add slices of lemon to juice as soon as it has been skimmed, before the apples are put in.

Young Folks' Column.

Conducted by C. E. BLACK,
CARE SETTLEMENT, KINGS CO., N. Y.

PUZZLE DEPARTMENT.

The Mystery Solved.

(No. 5).

No. 34.—Isaiah 54:14.

No. 35.—1. Samuel. 2. Micah. 3. Adam.

No. 36.—H
H O R
H O R E B
R E D
B

No. 37.—Pyramids of Egypt.

No. 38.—G L E N
L O V E
E V I L
N E L L

No. 39.—Proverbs 8:17.

No. 40.—H
B A G
H A G A R
G A Y
R

No. 41.—

"To do to others as I would
That they should do to me,
Will make me honest kind and good,
As children ought to be."

The Mystery—No. 8.

No. 60.—BIBLE QUERY.
What king against the tribes of Israel fought,
Because a passage through his land they sought?

"FLORENCE."

Lakeview, Queens.

No. 61.—DIAMOND.

* * * * * A letter.

* * * * * An article.

* * * * * A number.

* * * * * A fish.

* * * * * In the earth.

* * * * * EDGAR DRAKE.

Grand Har., Grand Manor.

No. 62.—NUMERICAL ENIGMA.

My whole, composed of 16 letters,
names a place where an Israelitish king
went to war against the Philistines.My 1, 5, 11, 8 a son of Noah; my
9, 7, 14, 1 a Biblical Book; my 5, 6, 8,
7, 15, 16 is found in the Bible; my 12,
3, 11, 6 is a girl's name; and my 1, 10,
4, 13, 2 is to make a communion.

W. S. LEWIN.

Grafton.

No. 63.—STEP LADDER PUZZLE.

* * * * * 1st Round.—A bird.

* * * * * 2nd Round.—To excel.

* * * * * 3rd Round.—An appeal.

* * * * * 4th Round.—At rest.

* * * * * 5th Round.—In Asia.

* * * * *

Right hand upright.—A king of Judah.

Left hand upright.—Where Abraham dwelt.

HELEN R.

St. John.

No. 64.—ANAGRAM.

Klithn out sabuce hte yeesi girrlh
Dan misels rea aginlghu eehr,
Het erhta atht tseba lenthw eehr,
Nad eref mfor napi nra race.
A whlsb yma giute teh sadetkr ducl
Ree sduha selc ansbe taperd,
Dym nedulathner eth sermmism slime,
Ayn riklu het dadseeharet.

L. R. STEEVES.

St. John.

No. 65.—ANAGRAM.

(One word.) A RAG MAN.

Ed.

Kings.

No. 66.—NUMERICAL ENIGMA.

I am composed of 13 letters.

My 5, 11, 9, 12, 13 is old.

My 10, 12, 6, 1 is not fast.

My 4, 2, 3 is an uproar.

My 8, 7, 9, 4, 12, 13 is found in many homes.

My whole is the residence of a noted person.

"MAYFLOWER."

Barrington, N. S.

No. 67.—RHOMBUS.

O O O O Across.—A man's name.

O O O O A stud.

O O O O A snout.

O O O O Large lakes.

Down.—A consonate; a proposition;

of a hog; silly; fiction; a note in music;

a letter.

HELEN R.

St. John.

(The Mystery solved in three weeks).

Our Mystic Corps.

"FLORENCE," Lakeview, Queens,

has our hearty thanks for the two

puzzles sent. Do write often, and in-

vite others to join with you! All are

welcome.

Professional Cards.

G. H. COBURN, M. D.

Physician and Surgeon.

143 KING ST.,—BELOW YORK,

FREDERICTON, - - - - N. B.

MORRISON & FREEZE,

—GENERAL—

INSURANCE AGENTS,

OFFICE:

Queen Street, Fredericton, N. B.

FRANK I. MORRISON. J. ARTHUR FREEZE.

J. ARTHUR FREEZE,

BARRISTER-AT-LAW,

Notary Public, Conveyancer, &c.

—FREDERICTON, N. B.—

Accounts collected and Loans negotiated

on good securities.

OFFICE—WITH MORRISON & FREEZE.

D. M'LEOD VINCE,

BARRISTER-AT-LAW

NOTARY PUBLIC, etc.,

Office—Connell's Wooden Block, Queen

Street, Woodstock.

J. A. & W. VANWART,

BARRISTERS, &c.,

Offices—Opposite City Hall, Fred-

ericton, N. B.

Persons who have been troubled

by their nervous system, or who are

suffering from indigestion, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above

nervous system, or who are

suffering from any of the above