

wait for me

"If you can't—"

Keep sprightly, and full of pep—you must have something the matter with your physical condition. You are probably—much run-down! Try a bottle of

Dr. Wilson's HERBINE BITTERS

A harmless tonic, made from the principles of Nature's herbs. It has a wonderful, curative power, which tends to relieve those suffering from Kidney or Liver Trouble, Dyspepsia, Constipation, Jaundice, etc. It removes all impurities of the blood, and protects the system against further disorders.

Get a bottle to-day.

50c. a bottle. Family size, 4 times larger, \$1.

The Brayley Drug Co., Limited, St. John, N.B.

Helps For The Rural Teacher
(By Ex-Ruralist)

There will appear in these columns a weekly educational series, particularly designed for the help and instruction of rural teachers, not because they need it more than city or town instructors but because of their remoteness from the help of the Inspector their help in such an important and generous task is very deficient, and their work is made trebly difficult, owing to (1) irregular attendance, (2) lack of interest on part of the pupils or parents (3) poorly equipped and poorly planned buildings (4) the presence of several grades (5) and perhaps the paramount, cause, the teacher's own inexperience and youth.

Any suggestions are welcomed. Plans and devices found valuable in the school room will be gladly considered.

Teachers, make this your column; do not be afraid to ask for help.

Kindly cut out these columns and preserve, either in book or collection form. Address all correspondence to Ex-Ruralist, Guardian office.

Application: Write "lend a hand" on the blackboard for writing copy. Use the phrase when asking children to pass papers, sharpen pencils, etc. In discipline ask, "That isn't a very good way of lending a hand, is it?"

(2)—THE NEW LEAF

I wonder how many kinds of books you children can think of? There are picture books, blank books, story books, poetry books, music, books, and books of every kind. Yes, a great many different kinds, but the book I am going to tell you about this morning is different from all these. It is a fairy book, and it belonged to a little girl named Kate. She wasn't a pleasant little girl to know, I am sorry to say. She was cross and lazy and selfish and unkind, and so she was in trouble most of the time. She did not want to be had, and her trouble came just because she did not stop to think. So that is why the fairy gave her a queer kind of a picture book.

It looked like a blank book with only a lot of clean, white pages in it on which she could write. But it was more than that. You have seen those little pieces of paper which when they are put into water, will have pictures come out on them, haven't you? Well, this book was something like that. The fairy called it a Picture-Taking Book. She told Katie that every day had a page in this book, and at night there would be on that page a picture of what Katie had done during that day. If she were a good girl the picture would be a beautiful one, but if she were a bad girl the picture would be ugly to see. Kate thought that was a fine idea, and she was sure she would remember to have only good pictures in her book. But she had been a cross, selfish girl so long that she could not remember to change all at once. So she soon got into a temper about something and forgot all about her book. At night when it was time for her to go to bed the fairy came to show her the first page in the book. Kate took just one look and then began to cry; for, oh! it was such an awful page! There was a picture of the time she slapped her little sister, and another of the time she looked when she got angry at her brother and broke his cart, and another when she was calling names at a poor old lady who asked her not to pick her flowers, and some more pictures of her in school, a lazy, sly girl troubling the other children and the teacher. And a picture of her when she said, "I won't!" to her mother, and many more. She could not bear to look at them all, for in every picture her face had such a dreadful look on it.

"I'll rub them out!" she cried angrily to the fairy. "I won't have them there." But the fairy said, "You can't do that, but there is one thing you can do, you can turn over the leaf. You may have a nice, new, clean one to begin on tomorrow and perhaps you will remember to keep that page better."

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Finally she got beautiful pictures on the pages, and then she was happy at night when the fairy came to show her the book, and she always was so glad she could "turn over a new leaf" for every day. No matter how bad the page had been one day she could always have a clean page for the next day.

And do you know that is what people say when they are going to try to do better? They say they

FROST FENCE



STRENGTH

Frost Steel and Wire Co., Limited, Hamilton, Canada

Manufacturers of Galvanized and Bright Wire, Hay Wire and Bale Ties, Woven Wire, Farm and Ornamental Fences, Galvanized Gates, Manufacturers' Wire Supplies. Write for Catalogue. 138



Through Rail Service To Pacific Coast

Canadian National Railways Offer Most Direct Connections With Fast Through Trains From Montreal.

The finest train service to the Pacific Coast is afforded by the Canadian National Grand Trunk "Continental Limited" now running at 10.00 daily from Bonaventure Station, Montreal.

The route of this finely equipped all steel train to the coast is via Ottawa, North Bay, Cochrane and via the Transcontinental to Winnipeg and by Grand Trunk Pacific to Saskatoon and Edmonton and via Canadian National Railways to Vancouver—"The finest of scenic routes through the Rockies and over the smoothest roadbed."

From Maritime Province points there is connection by Ocean Limited with the Continental Limited daily, and by the Maritime Express daily except Sunday. The Maritime arriving in Montreal at 7.40 p. m. affords the most direct connection, but passengers by the Ocean Limited arriving at levels at 1.50 p. m. affords connection with train No. 11 leaving Quebec daily for Cochrane at 5.00 p. m. This train makes connection at Cochrane with the Continental Limited, so it will be seen there is really a choice of two distinct routes.

There is also the through service to the Pacific Coast by train leaving Toronto daily at 10.30 p. m. via Sudbury, Port Arthur, Fort William and Winnipeg. Connection for this is made by the Ocean Limited to Montreal and the Grand Trunk International Limited to Toronto.

Particulars of these splendid rail services to the west will be explained by all C. N. R. ticket agents and folders and illustrated matter may be obtained by application to any of the city ticket offices or by writing the General Passenger Department, Montreal, N. B.

Poem —A LEGEND OF THE NORTHLAND

Away, away in the Northland,
Where the hours of the day are
are so long,
And the nights are so long in winter,
They cannot sleep them through;
Where they harness the swift reindeer
To the sledges, when it snows;
And the children look like bear's cubs
In their funny, furry clothes.

They tell them a curious story—
I don't believe 'tis true;
And yet you may learn a lesson
If I tell the tale to you.

Once, when the good Saint Peter
Lived in the world below,
And walked about it, preaching,
Just as he did, you know;

He came to the door of a cottage,
In travelling round the earth;
Where a little woman was making
cakes,
And baking them on the hearth;

And being faint with fasting,
For the day was almost done,
He asked her, from her store of
loaves,
To give him a single one.

So she made a very little cake,
But as it baking lay,
She looked at it, and thought it
seemed
Too large to give away.

Therefore she kneaded another,
And still a smaller one;
But it looked, when she turned it
over,
As large as the first had done.

Then she took a tiny scrap of
loaf,
And rolled, and rolled it flat;
And baked it thin as a wafer—
But she couldn't part with that.

For she said, "My cakes that seem
too small
When I eat of them myself
Are yet too large to give away."
So she put them on the shelf.

Then good Saint Peter grew angry.

(1)—LEND A HAND

Sometimes you ask me to lend you my eraser. And I heard Tom ask John to lend him a knife the other day. Your mamma lends to the neighbours some times; but did you ever hear of anybody "lending a hand"? It seems a funny thing to lend doesn't it? And yet some people are always saying "lend a hand!"

I was talking to a friend the other day, who passed the greater part of her younger days in the big Republic country to the south of us, and she told me that when she was a little girl one of her greatest treats was to go down to the Park and see a race between two fire engines. It was not a race in running, but a race to see which engine could throw a stream of water the farthest. One engine was a new steam engine, and the men who worked on it used to laugh at the old engine which was run by hand, and they would say it was "no good." But the men who worked the old hand engine used to "win out" nearly every time, and this is how they did it:

This engine had long handles on each side of it that looked like ladders. These handles were really pumps and the way the men made the water come up was to pull these handles up and down. Of course the faster and harder they pumped the farther the water would go. So the firemen would call out to the men standing by "lend a hand! Catch hold and lend us a hand!" Some of the men in the crowd would take hold and pump with the firemen until the handles were going up and down as fast and hard as they could.

So now whenever I hear one say, "Lend a hand," I always think of how those men took hold, and tried to help run that fire engine. Of course some of the men in the crowd were too lazy to help; and some did not want to; some did not think of it till it was too late, but there were always some who were ready to help. That is why the old hand engine could often win the race.

Life is just like that now. There is always a chance to "catch hold" somewhere, and "lend a hand" to someone every day; at school, at home, on the playground. Only we must all keep our eyes open to these chances, and be willing to help.

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GILL & LANTZ, Agents, Charlottetown

are going to to turn over a new leaf, just like turning the pages in Kate's book.

Let us play that the fairy has brought a Picture-Taking Book for you today. I wonder what kind of pictures we shall make on our pages?

Application—In praise, say "That will make a fine picture in your book." In censure, "How is that picture going to look in your book?"

(3)—LINKS IN A CHAIN

I am going to tell you a story about a chain this morning, showing a large chain which plainly shows the links. Who knows what we call these parts? Yes, links. Do you remember when we made paper chains at Christmas how careful we had to be about fastening each link so that the chain would not pull apart?

The other day Mary asked me to repair the gold chain she wears around her neck. The reason that it broke was because one of the links had pulled apart and led the other link to slip out. To repair it I had to press the two ends together very tightly. She broke in at school, so we found the pieces. What would have happened if the chain had broken when Mary was on the street.

Where else have you seen chains used? Watches, eye glasses, to bind loads of wood, on derricks to lift stones. It is this last answer you want particularly and in most localities you will have to supply it yourself. If there is just one bad piece in the chain the whole chain is bad and makes a great deal of trouble for someone. Think how sorry Mary would have been to lose her pretty locket and chain, and how Tom would have felt to find his watch chain broken and his new watch gone; and how hard that man you saw with the load of logs would have had to work if his chain had broken and all those logs slipped off the wagon. Maybe somebody's baby might have been running across the street, or across the road, just then and gotten hurt by the falling logs. You see that everybody had to be careful when

he makes chains to have them good chains.

Now, I am going to tell you a story about a chain that had a poor link in it. It wasn't a small iron chain. The links had to be very large and strong because this chain was going to be fastened to a derrick and lift heavy stones from a wagon down into the cellar of a big building. The man who was working the derrick looked at the chain and thought it looked like a very good one. And so it was, all but one link! That was not strong because the man who was helping to make it got careless that day and said, "Oh, well, that link isn't so good as the others but I guess it will do. I'm in a hurry to get this done." He never stopped to think how much trouble his bad work might be making for someone.

The man on the derrick tried the chain on one very heavy stone while there were no workmen about. The chain worked all right, so he thought it was strong enough for the other stones. But that bad link kept pulling out more and more each time, until finally when it was on a heavy stone it opened very wide and let the stone go crashing down into the cellar. The derrick man saw what had happened, and shouted to the workmen to get out of the way. They all did except one poor fellow. He slipped on the bank as he started to run, and one corner of the stone struck his leg. He was so badly hurt that he had to go to the hospital and stay in bed a great many weeks. He had to suffer dreadfully as did his family for they were poor people and there was no one to earn money for their food while the father was sick.

Now you see that all this trouble came because there was just one bad link in that derrick chain.

Application—When a pupil needs correcting or hands in poor or careless papers, ask, "What kind of a link is that in our school chain?" Also mention the good links observed.

(4)—THE TWO VOICES

How many of you girls ever owned a doll that could talk? You have seen one, anyway. I know, and you think it is a nice plaything.

Now I am going to tell you a secret, a very queer thing that I do not believe you ever thought of. Maybe you won't believe that it is true, but you just watch and listen and you will find that it is. You little children talk and talk and talk. Sometimes people call you chatterboxes because you talk so much; but did you know that besides the talking you do that people can hear, there is another kind of talking going on inside of you all the time?

Well, there is! The dolly has only one voice but you have three, the one that talks to other people, and two more that nobody but yourself can hear. One is the Good Voice and always telling you to do good things and the other is the Bad Voice and is always telling you to do bad things. The Bad Voice whispers you to lie when you are in trouble and tells you to cheat and steal when there is no one looking, and whispers all sorts of mean things for you to say and do to your friends, and tells you not to mind your mother, and to be lazy and saucy and rough. But the Good Voice keeps watching you and telling you not to do these mean things, and it also tells you nice things that you can do to make people happy.

Once a little girl went into a lady's yard and had her hand out to pick some of the lady's flowers without asking; she heard a voice say, "Don't you do it!" She looked around to see who had spoken to her, but there was nobody there. It was the Good Voice talking inside of her and she heard it just as plainly as you can hear me. A little boy had to miss a ball game because his little sister had followed him and he had to take her home. All the big boys said, "You're a silly! Why don't you let her go home alone?" They all laughed at him, but the Good Voice kept saying, "Do not mind if they laugh, you did just right."

Now, I'm sure if you listen you will often hear these voices, for

A Woman's Health Needs Geat Care

When the Blood Becomes Watery a Breakdown Follows.

Every woman's health is dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weakness, palpitation of the heart, shortness of breath, pallor and nervousness? Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are a splendid blood-building tonic. Every dose helps to make better blood which goes to every part of the body and brings new health to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women but they are particularly useful to girls of school age who become pale, languid and nervous. There can be neither health nor beauty without red blood which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills build up the blood as is shown by the experience of Mrs. Jos. E. Veniotte, West Northfield, N. S. who says: "For several years I was in a bad state of health. I was pale and nervous, my appetite was poor, and I suffered from weakness, headache and a feeling of oppression. I got so nervous that I was afraid to stay in the house alone. All this time I was taking medicine, but it only did not help me but I was growing weaker. Finally I decided to try Dr. Williams' Pink Pills, and after using six boxes I felt much better. I had a better appetite, slept better and felt stronger. However, I continued taking the pills for a couple of months longer and now I am feeling as well as ever. I give all the credit to Dr. Williams' Pink Pills, and hope that my experience may be of benefit to some other weak woman."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

When Baby Is Sick

When the baby is sick—when he is cross and peevish, cries a great deal and is a constant worry to the mother—he needs Baby's Own Tablets. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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From Away Up In The Frozen North

COMES A VOICE THAT SAYS USE DODD'S KIDNEY PILLS.

Mr. Joseph Williams, Who Suffered From Backache for Three or Four Years, Found Dodd's Kidney Pills Just What He Needed.

Glacier Creek, Dawson, Y. T. May 21st. (Special)—Away up here in the Yukon, where doctors are few and the rigors of the climate are very trying on the health, Dodd's Kidney Pills have made themselves known by the good work they have done. Listen to what Mr. Joseph Williams, a well-known settler here, has to say of them:

"I had been troubled with backache for three or four years," Mr. Williams states. "I took three boxes of Dodd's Kidney Pills and found them just what I needed. My back has not troubled me since."

Dodd's Kidney Pills are known in all corners of Canada from Halifax to the Yukon. They are a kidney remedy. They are a household remedy in thousand of families.

If your kidneys are troubling you ask your neighbors if Dodd's Kidney Pills are not the remedy you need.

—By SINNOTT.

Save 20 per cent on Your Gasoline

Are you interested in gasoline at ten cents per gallon less than market price? SAVE-U-GAS is a patented device which you can slip in between the carburetor and manifold of your car and will positively save 20 per cent to 40 per cent of gasoline consumed. Thousands of tests have been made. There is nothing about the device to get out of order. It will save as long as the car and keep on saving all the time. It also eliminates carbon. SAVE-U-GAS is sold with an absolute guarantee that if it does not do all that is claimed for it, you send it back within thirty days and get your money. Send us the name and model of your car together with the price, five dollars, and the device will be mailed post paid. Your gasoline saving will pay for itself in two weeks or less. SAVE-U-GAS was recently adopted as standard equipment by one of the best car manufacturers in the United States. SAVE-U-GAS is now on sale in England, France, Italy, Spain and all other foreign countries; first time offered in Canada; send for it today. Western Agencies Registered, Dept. J. 59 St. Peter Street, Montreal.


DICKY DIPPY'S DIARY.

SATURDAY: HEARD OF A MAN WHO CLAIMED HE HAD A GREAT SECRET WHEREBY HE COULD MAKE SHORT PEOPLE TALL! I WANT TO BE TALL, SO I

WENT, AND, AFTER HE HAD PUT ME THROUGH A COURSE FOR AN HOUR AND A HALF,

I FOUND WHEN I HAD PAID HIM WHAT HE ASKED FOR HIS SERVICES

THAT I WAS A GOOD DEAL SHORTER!!



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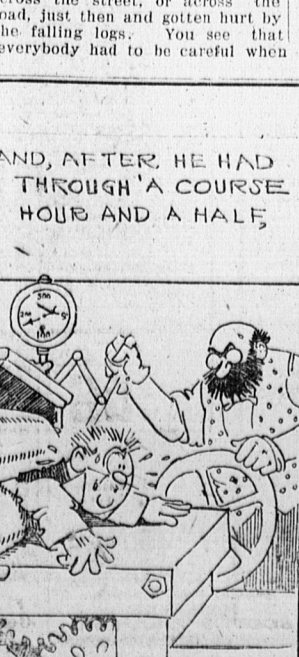
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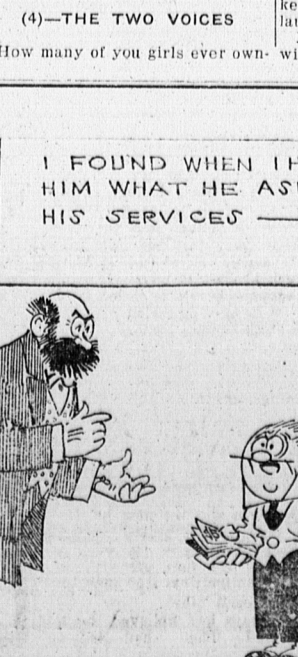
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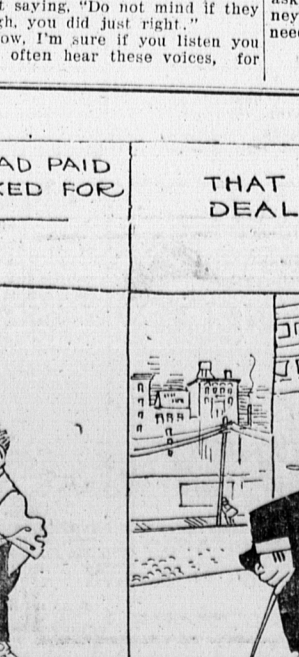
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