

is bounded, do not let your mental and spiritual life become narrow. Your neighbor, who has travelled in many lands and stood before kings, need live in no larger sphere than you. Think fine and noble thoughts; hold healthful views; keep from trivial selfishness. As far as lieth in you, study the bright side of life, and tell it to your neighbor.

Fifth. Never despair. The idle hours that pass will not seem long if spent in pleasant reading or thinking. Keep hopeful in the present; forecast no gloomy future.

'Thy fate is the common fate of all,
Into each life some rain must fall;
Some days must be dark and dreary.'

The dark night passed will never come again; life's winter brings its promise of spring. Yesterday always has something pleasant to remember, to-morrow something bright to hope for.

Now I have not given you one word of religion, yet this is a spiritual talk, for what but the spirit could discern the things of the spirit? And if you listen to the still small voice and follow your honest convictions those things which are hidden from the wise and prudent shall be revealed unto you as unto dear children of His kingdom. If I have given you a thought for the night season, or a smile for the reading, my letter has fulfilled its mission.

A Parable.

Far up the quiet country side,
Near lonely farm and ancient kirk,
Where neighbors stroll at eventide
With homely talk of love and work,
A silver stream flows soft and fair,
And any hand might turn it there.

But from the heights of pathless hills
A thousand waters join its own,
Until its voice the echo fills,
And shakes the bridges o'er it thrown,
And startles awe-struck hearts of men;
And woe to aught would stay it then!

Now still once more, but mighty grown,
To God's great sea it finds its way,
Which laps the shores of lands unknown,
Where one dark night is brightest day.
O quiet stream beside the kirk,
Who could foresee your way or work!
—Isabella Fyvie Mayo.

Selfish Sacrifice.

'She is one of those selfishly generous persons who make other people a good deal of trouble,' said a lady in describing the circumstances which surround an acquaintance.

'Selfishly generous?' The words were repeated inquiringly after a moment's silence. 'That's rather paradoxical, isn't it?'

'She is a living paradox; such people always are,' insisted the first speaker. 'Her husband's brother, an inmate of the home for years, will never be any better, but may linger for months to come, and Mrs. F—and her husband are devoting themselves to him. It is not a case that calls for a trained nurse, and I can not bear to leave him to a stranger while I am able to do for him,' she says tenderly. So she keeps up her household affairs as well as she can—being one of those par-

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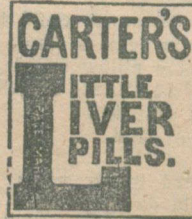
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ticular housewives whom hired help seldom can please—and is wearing herself out generally, to the great anxiety of her friends. The lack of assistance is not due to lack of money, but simply to her feeling that the services of affection are worth more than any other, and that she is quite willing to spend herself in that way. Meanwhile a daughter residing in a distant part of the town, is making daily visits to the old home, and doing all in her power in kitchen and sick-room at the cost of much discomfort and inconvenience to her own family life. Her daughter's is the only sort of help she will tolerate, and which she would be hurt not to receive.

'And Mrs. F— has not a thought that her self-sacrifice is selfish, and she is really giving a great deal which does not belong to her.' —'Forward.'

Household Hints.

To remove the smell of paint from a room, leave in it over night a pail full of water, into which three or four onions have been sliced. Shut the door, and in the morning you will find the smell of paint has gone, it having been absorbed by the onions and water.

To clean windows and looking glasses: To a quart of lukewarm water add a dessert spoonful of kerosene oil, dip a leather into the mixture and rub the glass; it will be clean in half the time it will take to clean with water only. Polish with a dry leather.

Selected Recipes.

Date Bread.

Make a sponge with a pint of slightly warmed milk, two cupfuls of white flour, half a teaspoonful of salt, and half a yeast cake dissolved. Set in a warm place to rise; then add two teaspoonfuls of sugar and two of molasses, three cups of sliced dates and enough flour to make a medium stiff dough. Turn into well-greased pan, and bake after it has nearly doubled in bulk. Allow three-quarters of an hour for baking. The bread should be allowed to stand at least ten hours before eaten.—Selected.

Plain Fritters.

Put one tablespoonful of butter with half a cup of water over the fire. When boiling, add one-half cup of flour. Beat rapidly till smooth, and the dough forms into a round loaf. Take from the fire, and when a little cool, beat in one whole egg, then add a second egg, and beat till smooth. Drop this dough by small tablespoons into smoking hot fat, and cook slowly. They will keep turning and bursting till done. Serve with any sauce desired.

Sausages are more digestible and free from grease if they are placed in a wire basket and cooked for five minutes in boiling water. Lift the basket and drain, pierce the sausage gently in several places, roll in flour and brown in a covered spider or bake in the oven in a covered pan. Pour off the superfluous grease as it collects, and when the sausages are nicely browned lift on a platter, pour off nearly

all the grease in a bowl and prepare a thickened milk gravy in the pan.

BUTTERED TOAST.—Beat to a froth one cup of butter and three tablespoonfuls of flour; pour over this one pint and a half of boiling water for ten minutes. Cut bread in slices half an inch thick, toast brown and dip into this. Serve hot.

BREAD CRUMB BALLS.—Are a good way to utilize bread crumbs. Soak bread crumbs in cold water until perfectly soft; mash with a spoon until smooth, add salt and three eggs; beat all thoroughly together. They must be stiff enough, to drop from a spoon and form little cakes; fry in hot lard and butter together.

There are numerous puddings that are both dainty and palatable that will use up the bread crumbs.

LAMB OR VEAL BADGERS.—Chop lamb or veal very fine, and mix with it chopped parsley, a little onion, pepper and salt. Make a batter with one egg, half a cup of milk, salt, and flour enough to make a very thick batter. Into a pan of boiling lard, drop an iron spoonful of the batter, and in the centre of that place a smaller spoonful of the minced meat. When the latter begins to brown or curl at the edges, turn the edges up over the meat, and roll the badger over, long shape. When brown all over, take out and keep warm.

CREAM OF CELERY SOUP.—Two cups celery, 2 cups milk, 1 tablespoonful butter, 1 tablespoonful flour, 1 cup cream, 1 sprig parsley, a few drops onion extract, a few drops celery extract, tablespoonful almonds, chopped very fine, salt and pepper to taste. Scald the milk with the parsley, rub the butter and flour together until smooth and add to the scalded milk. Cook until it thickens. Press the celery through a coarse sieve. Add celery, cream and seasoning to the milk. Add chopped almonds, and when ready to serve beat with egg beater until smooth. The tips of the celery may be used as a garnish.

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