

.....The HOME CIRCLE

SPEAK GENTLY.

Speak gently! it is better far To rule by love than fear. Speak gently—let no harsh words mar The good we might do here!

Speak gently—love doth whisper low The vows that true hearts bind, And gently Friendship's accents flow, Affection's friend is kind.

Speak gently to the little child! Its love be sure to gain! Teach it in accents soft and mild— It may not long remain.

Speak gently to the young, for they Will have enough to bear— Pass through this life as best they may, 'Tis full of anxious care.

Speak gently to the aged one, Grieve not the careworn heart! The sands of life are nearly run, Let such in peace depart!

Speak gently, kindly, to the poor; Let no harsh tone be heard; They have enough they must endure, Without an unkind word!

Speak gently to the erring—know They may have toiled in vain; Perchance unkindness made them so; O, win them back again!

Speak gently!—He who gave His life To bend man's stubborn will, When elements were fierce with strife, Spoke to them, "Peace, be still."

Speak gently!—'Tis a little thing Dropped in the heart's deep well; Be good, the joy which it may bring, Eternity shall tell.

MOTHER AND SON.

Hungry, and tired, and worn, Just the age of my Willie; Dirty, and tattered and torn— Ah, well I am growing still! What does it matter to me If a beggar boy be weary? I am craving hopelessly For the face of my own, own deary.

Come in, poor boy, and sit down, Where are thy father and mother? Dead, and thou'st walked from town, Begging from one and another; Hoping for work and bread, With feet all blistered and bleeding, And so thy mother is dead, Thy troubles no longer heeding?

She is not thinking of thee, Happy herself in heaven— Just so coldly from me He went, my boy of eleven, Spite of my cries and tears, Spite of my grief and madness, All through these cruel years Silent is he in his gladness.

What! in their glory there Thou think'st that they still may love us;

We are not shut out from their care By the bright blue sky above us? God bless thee, boy, for thy faith, God bless thee for thy pity; To make me at peace with death Thou hast walked a long way from the city!

See, hidden away in a drawer Here is my darling's clothing; When he could aside wear it no more I put it aside in loathing, Yet oft in a tender dream, But half in my eye believing, I have wept o'er each fold and seam In a frenzy of loving and grieving.

But thou shalt wear them now; Thou shalt travel and weep no longer, And the smile on thy youthful brow Shall make me better and stronger; And, looking down on me, Mayhap, thy mother in heaven Will turn, for dear sake of thee, And love him, my boy of eleven, —Rose Mulholland (Lady Gilbert).

TOIL.

To work for those we love, with hand and brain, To spend ourselves, unstinting, day by day, And see the years slip, (as by one) away, While we no store amass nor guerdon gain; To count the night hours pass in restless pain, And watch impatient for the sun's first ray— All this till youth be passed and we grow gray, Yet is not toil if only Love remain, While eye meets eye, and gentle hands caress, And tender word lifts off the weight of care. The heaviest load will not too hardly press If loving heart will still the burden share, But when Love goes—ah! then we toil indeed, And, toiling, find our labor all our meed.

THE SACRAMENT OF PENANCE.

Our Lord came into this world to save, not the righteous, but to call sinners to repentance. The sinner when he turns away from his sin and turns back to God becomes a man of good will, and our Lord offers him forgiveness and peace. And to make it more sure to the mind of the sinner, He has established a special sacrament. You know what a sacrament is. It is a solemn outward ceremony, or rite, in which something is declared, and what is so declared is effected and brought about, as when the judge in presence of the accused pronounces the sentence of acquittal, setting his mind entirely at rest in the matter.

Our Lord established just such a sacrament of the forgiveness of the penitent sinner. He did this on the very day of His resurrection from the dead.

Now let us see how our Lord deals with the sinner by means of this sacrament. He is always seeking him and urging him to amend his life. He leaves the ninety-nine sheep of the fold, and goes after the one who has gone astray to lead him back. He makes the sinner unhappy in the midst of his sins. His pleasures pall upon him and cease to satisfy him. He feels a vacancy in his heart which they cannot fill. Plunging deeper into sin does not help, but makes him feel his misery all the more. And if he is insensible of his condition, God wakes him up, sometimes by sending sickness upon him and the fear of death; sometimes by hearing the Word of God preached, or some bitter disappointment; in many ways He sets one thinking and desiring to lead a different life. This excites him to pray and ask the help of Divine grace. Now he begins to have a good will, to make good acts and resolutions, and to long with a great desire to get out of the slavery of sin. He begins to consider his past life. He examines himself, and this excites contrition and prepares him for his confession.

Confession must follow contrition in the sacrament. It is of obligation when there is opportunity, by the Divine institution; for it was said not only, "Whose sins ye forgive, they are forgiven"; but also, "whose sins ye retain, they are retained." The priest must, therefore, exercise discretion, and find out who are worthy and who are not, to know what to do; and this requires confession. So we read that when St. Peter preached they came to him confessing their sins. And this has been in the Church ever since. The words of our Lord Jesus Christ produce what they say, and the existence of confession in the Church ever since is the proper effect which we see of those words.

The penitent, then, comes and makes his confession, and the priest gives him absolution—declares to him the remission of his sin. He is in the grace of God once more, and he will have peace and tranquility again. His heart will be filled with joy and with gratitude, and he will say, "What shall I render to my God for all His goodness to me?" He will be determined to be a faithful Christian by all the acts of his life. He will determine to receive the sacraments frequently, and above all to be a man of prayer. For prayer is the life of the soul, and will confirm us in all goodness. Without it we shall hardly persevere, but fall back again into our old sins, and our last state will be worse than the first. Let us thank God, then, for His goodness in giving us this sacrament, and run the race which is set before us until we receive the crown, i.e., the reward of eternal life in heaven.

A WIFE'S POWER.

A good wife is to a man wisdom, strength and courage; a bad one is confusion, weakness and despair. No condition is hopeless to a man where the wife possesses firmness, decision and economy. There is no outward propriety, which can counteract indulgence, extravagance, and folly at home. No spirit can long endure bad

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influence. Man is strong; but his heart is not adamant. He needs a tranquil mind; and especially if he is an intelligent man with a whole head he needs its moral force in the conflict of life. To recover his composure, home must be a place of peace and comfort. There his heart renews its strength, and opens forth with renewed vigor to encounter the labor and troubles of life. But if at home he finds only jealousy and gloom, is assailed with complaints and censor, hope vanishes, and he sinks into despair.

A Time for Everything.—The time for Dr. Thomas' Electric Oil is when croupy symptoms appear in the children; when rheumatic pains beset the old; when lumbago, asthma, coughs, colds, catarrh or earache attack either young or old; when burns, scalds, abrasions, contusions or sprains come to any member of the family. In any of these ailments it will give relief and work a cure.

WHEN A WOMAN NAGS.

A doctor expresses the opinion that, nine times out of ten the woman who nags is tired. One time out of ten she is hateful. Times out of mind her husband is to blame.

The cases that come under the physician's eye are those of the women who are tired, and who have been tired so long that they are suffering from some form of nervous disease, says Woman's Life.

They may think they are only tired, but in fact they are ill. In such cases the woman often suffers more from her nagging than her husband or the children with whom she finds fault.

She knows she does it. She does not intend to do it. She suffers in her own self-respect when she does it, and in the depth of her soul longs for something to stop it. The condition is usually brought on by broken sleep, improper food, want of some other exercise than housekeeping, and not enough out-of-door air and practical objective thinking.

It is often the most unselfish and the most affectionate of women who fall into this state. They are too much devoted to their families to give themselves enough of any healthy exercise and diversion.

Do not Delay.—When, through debilitated digestive organs, poison finds its way into the blood, the prime consideration is to get the poison out as rapidly and as thoroughly as possible. Delay may mean disaster. Parmelee's Vegetable Pills will be found a most valuable and effective medicine to assail the intruder with. They never fail. They go at once to the seat of the trouble and work a permanent cure.

ART OF CHEERFULNESS.

A woman who had mastered a good many of life's difficulties, and who always bore a cheerful air, was asked once how she managed it. How could she go around apparently happy and smiling when we knew she had worries and annoyances of various kinds? was the question. She was serious enough when she made her reply, as follows:

"My dear, the only way to find cheerfulness is to be cheerful. Not very explicit, you say? Put very simple, and all too true. Good cheer and discontent are two elective studies in the school of life, and you can develop one just as easily as the other, but you can't take both.

"Cheerfulness depends sometimes, but not always, on temperament, but still more largely on the viewpoint. It is possible by getting a sane grasp of circumstances, to look beyond the present and see the hope in the future. You know, if we only have sense enough to look for it; for no matter how gloomy to-day may be, there is always the night coming with its rest—and then to-morrow that may bring the solution of all difficulties.

But primarily cheerfulness depends on itself, to look on the bright side, to make the best of things. Not a very difficult task," she concluded, with a smile.

But underlying all her good cheer was and is something finer and more vital than anything she had mentioned—the staunch, undaunted bravery of a noble and loving heart. The brave heart can be cheerful in the face of misfortune and can meet death, which is the least of life's ills, with a smile.

THE MISUNDERSTOOD GIRL.

She is to be found everywhere in all classes of society—and to recognize her is to avoid her. Nothing is more fatal to the peace and happiness of a community or household than to count a "misunderstood" girl among its members. As a rule they are not misunderstood at all, but on the contrary, are understood far too well, for they are taken at the valuation of the many, which is more likely to be true than that which is set by the individual herself upon her own character.

A misunderstood girl is often selfish, always a foolish girl; for if she is clever she will soon discover the reason why she is not a domestic success.

In some instances we are really misjudged, in the same way as we often misjudge others. But, as a broad rule, the judgement formed by the world—or rather that small portion of it in which we live—is more often the true one.

"Nobody loves me" at home, they don't understand me," the "misunderstood" girl will say, with a melancholy smile, and thinks herself well deserving of the pity and sympathy of her friends. But is she?

You are filled, perhaps, with the desire of improving your own mind; you love the study of poetry, art or literature, and you are extremely restless when your sister begs you to assist her in trimming an old dress or to take the younger children out for a walk. Don't you think you could put down your book with a good grace, help your sister and at



Daily Spasms. 7 St. JACOB'S, Ont., Nov 25, 1899. Since a child 6 years old I was subject to St. Vitus Dance and Spasms, and seeing an advertisement of Pastor Koenig's Nerve Tonic I concluded to try it. Its effect has been wonderful for before using I had spasms almost daily, but since taking this remedy have not had an attack for twelve days, and shall continue its use.

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the same time interest and amuse her with an account of your reading? One day you are keenly interested and excited over an article in a magazine, when your own ideas are brought out in its powerful language. You rush down like an avalanche and pour forth a volume of talk upon the head of your favorite brother who has just come home tired from a hard day's work, and then you are angry and hurt that he takes no interest in the subject and wonders what on earth you are so excited about.

The truth is you are not misunderstood—you are incorrigibly selfish.—Woman's Life.

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RECIPES.

Curried Crab.

Melt an ounce of butter in a frying pan. Mix a tablespoonful of curry powder to a paste in a little milk, and add to the butter with a tablespoonful of grated cocoanut, a pint of rich milk, and a dash of cayenne. Set over the fire until boiling. Add the meat of a crab, picked into pieces. Stir well, cover, let simmer for twenty minutes. Season with a little salt, a squeeze of lemon juice and a teaspoonful of French mustard. Bring to a boil and take up. Serve with a border of rice.

Tomato Jelly Salad.

In a saucepan put one-half of a can of tomatoes, one bay leaf, four cloves, one blade of mace, one-half of a teaspoonful of paprika and five drops of onion juice. Simmer for fifteen minutes and pass through a fine sieve. Add one-third of a box of gelatine, which has been soaked in one-third of a cupful of cold water and stir until dissolved; add two tablespoonfuls of tarragon vinegar and pour into molds. When firm serve on lettuce leaves and garnish with mayonnaise.

Banana Pudding.

Cover one-half of a box of gelatine with one-half of a cup of cold water, and let it soak for half an hour. Scald one pint of milk; add one and one-half cups of granulated sugar. Stir and cook until the milk looks blue. Pour the milk over the gelatine, stir until it is dissolved, strain into a bowl and cool. Peel three good-sized bananas and press through a sieve; add to the milk with one pint of whipped cream and stir until the pudding begins to form. Turn into individual molds, and stand away to solidify. If the pudding seems to lack flavor, a few drops of lemon juice or a teaspoonful of vanilla will add to it.

Mock Bisque Soup.

Put a pint of tomatoes over the fire with a bay leaf, a stalk of celery, a sprig of parsley, and a slice of onion. Let simmer for fifteen minutes, then press through a sieve and return to the kettle until wanted. Scald a pint of milk, rub together one tablespoonful of butter and two of flour until smooth. Add to the scalded milk and stir until it thickens. When ready to serve, add one tablespoonful of sugar to the tomatoes. Then dissolve one-half of a teaspoonful of soda in warm water; add this to the tomatoes. Mix in the soup tureen. Season with two teaspoonfuls of salt, one-half a teaspoonful of white pepper and serve.

Scalloped Fish.

Put two pounds of any firm white-fleshed fish in a deep frying pan, add four cloves, one-half of a bay leaf, one slice of onion, one tablespoonful of vinegar and sufficient boiling water to cover. Simmer until the flesh draws away from the bone, then drain and set away until cold. Remove all skin and bones and with a fork break into flakes. Make a white sauce with one tablespoonful of butter, one tablespoonful of flour, one-half of a teaspoonful of salt, one-quarter of a teaspoonful of pepper and one cup of milk. Have ready one pint of hot mashed potatoes, well seasoned, and add to it the frothed whites of four eggs. Cover the bottom of a well-greased baking dish with a thin layer of potatoes. Turn in the flaked fish and pour over it the sauce. Spread over it the remainder of the potatoes, leaving the top quite rough. Brown in a hot oven.

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