

Quinquagesima Sunday.

In every church upon Quinquagesima Sunday, sounds out an exhortation upon the law of love. The same spirit, the same motive power is inculcated throughout Christendom, as being that which must regulate the Lenten discipline of each individual. The whole Western Church, Anglican and Roman alike, declares by the mouth of its Apostolic Missioner in to-day's Epistle, that all spiritual and corporal works of mercy, having no merit of their own, are as sounding brass and tinkling cymbal, unless promoted by, and entirely subservient to, the law of charity.

The Collect for the Sunday before Lent, which collects the teaching of its Epistle in a very beautiful manner, is modern in its origin. It was substituted in 1549 for the ancient Collect which had special reference to the practice of confession on Shrove Tuesday, so usually followed and not altogether fallen into disuse in the Church at the present time.

Ash-Wednesday.

I repent in dust and ashes.—Job. xlii. 6.

The first day of Lent is commonly called Ash-Wednesday, because the priest used to place ashes in the form of a cross on the heads of the persons who sought pardon for their sins. The word Lent is derived from the Anglo-Saxon *Lencten*, i.e., Spring. There is evidence that in the early Church the Fast preceding Easter was not always the same length. Cassian, A.D. 420, says that some Churches kept their Lent six, others seven weeks, yet none exceeded thirty-six days—Sundays were deducted, and in case of seven weeks Saturdays also, except Easter Even. Ash-Wednesday and the three days preceding the first Sunday in Lent, were probably added by Gregory the Great to complete the number (forty), which seemed peculiarly consecrated as a fasting season. From the earliest times, during Lent the faithful were to abstain from public shows, from the celebration of birthdays and other amusements. Marriages were not allowed, and frequent religious services and sermons were enjoined. The Homily says: "To chastise the flesh that it be not too wanton, but tamed and brought in subjection to the spirit."

True Self-Examination.

"Examine yourselves whether ye be in the faith; prove your own selves." Prove yourselves, not by false tests, but by spiritual ones, such as your Lord will own in the Judgment Day. Godly sorrow for sin—thankful acknowledgment of Christ, not only as the Church's Head, but as your All-Merciful and Almighty Saviour—longings after holiness—zeal for the truth—charity that cares for men's deepest wants, and longs to enrich them with heavenly blessings—watchfulness against unseen enemies—victory over little sins. Oh, require proofs like these, and never be satisfied with less! At this solemn season Christ's true followers gather around the cross, and have sorrows that are not all bitter, and joys "with which the stranger intermeddleth not." Oh let us eat our Passover as the Israelites ate theirs when the lamb was killed, and the blood sprinkled on their door-posts in the land of their captivity, with "our staff in our hands, and shoes on our feet." As "strangers and pilgrims," that is, followers of Him whom the Paschal Lamb prefigured, let us "abstain from fleshly lusts which war against the soul," and set our faces heavenward like men in earnest, who will not take the world's bribes, nor believe in cunning falsehoods. Forasmuch as Christ has suffered for us in the flesh, arm yourselves likewise with the same mind. Be watchful, diligent, painstaking Christians. "Run with patience the race that is set before you, looking unto Jesus, the Author and Finisher of your faith." And oh, may the "God of Peace, who brought again from the dead our Lord Jesus, that Great Shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do His will, working in you that which is well-pleasing in His sight; through Jesus Christ, to whom be glory for ever and ever."

Thousands of cases of rheumatism have been cured by Hood's Sarsaparilla. This is abundant reason for belief that it will cure you.

Life Looked at from Two Points of View.

Suppose a wall papered with paper of two colours—one black, say, and the other gold. You can work your eye and adjust the focus of vision so that you may see either a black background or a gold one. In the one case the prevailing tone is gloomy, relieved by an occasional touch of brightness; and in the other it is brightness, heightened by a background of darkness. And so we can do with life, fixing attention on its sorrows, and hugging ourselves in the contemplation of these, with a kind of morbid satisfaction, or bravely and thankfully and submissively and wisely resolving that we will rather seek to learn what God means by darkness, and not forgetting to look at the unenigmatical blessings, and plain, obvious mercies that make up so much of our lives.

Clergymen Recommend It.

Rev. J. Leishman, Angus, Ont., writes: "It gives me much pleasure to testify to the excellency of K. D. C. as a cure for Dyspepsia. I have recommended it here widely, and in every case it has proved successful. It is the very best remedy for that frightful trouble that I know of, and never fails to help or cure when used as you direct. It deserves the name 'King of Dyspepsia Cures.'"

Life in Retrospect.

When you are amongst the mountains, or when you are very near them, they look barren enough, rough, stony, steep. When you get away from them, and look at them across the plain, they lie blue in the distance; and the violet shadows and golden lights upon them and the white peaks above make a dream of beauty. Whilst we are in the midst of the struggle, we are often tempted to think that things go hardly with us and that the road is very rough. But if we keep near our dear Lord, and hold by His hand, and try to shape our lives in accordance with His will—whatever be their outward circumstances and texture—then we may be very sure of this, that when the end comes, and we are far enough away from some of the sorrows to see what they lead to and blossom into, then we shall be able to say, It was all very good, and to thank Him for all the way by which the Lord our God has led us.

A Great Battle

Is continually going on in the human system. The demon of impure blood strives to gain victory over the constitution, to ruin health, to drag victims to the grave. Hood's Sarsaparilla is the weapon with which to defend one's self, drive the desperate enemy from the field, and restore bodily health for many years.

Hood's Pills cure nausea, sickness, indigestion, and biliousness. 25c.

Life without God.

Of course, when you shut out God, the past is all dark enough, grey and dismal, like the landscape on some cloudy day, where the woods stand black, and the rivers creep melancholy through colourless fields, and the sky is grey and formless above. Let the sun come out, and the river flashes into a golden mirror, and the woods are alive with twinkling lights and shadows, and the sky stretches a blue pavilion above them, and all the birds sing. Let God into your life, and its whole complexion and characteristics change.

—No man can pass into eternity, for he is already in it. The dead are no more in eternity than they always were, or than every one of us is at this moment. We may ignore the things eternal; shut our eyes hard to them; live as though they had no existence—nevertheless, eternity is around us here, now, at this moment, at all moments; and it will have been around us every day of our ignorant, sinful, selfish lives. Its stars are ever over our head, while we are so diligent in the dust of our worldliness, or in the tainted stream of our desires. The dull brute globe moves through its ether and knows it not; even so our souls are bathed in eternity and are never conscious of it.—*Farrar.*

Hints to Housekeepers.

STEAMED FRUIT PUDDING.—One pint flour; two teaspoonfuls baking powder; one-half teaspoonful salt; one cupful milk; two tablespoonfuls melted butter; two eggs; one-half cupful sugar; one pint berries, or one cupful raisins, stoned and halved. Mix the baking powder and salt with the flour; add the milk and melted butter. Beat the yolks of the eggs, add the sugar, and beat them well into the dough. Then add the whites of the eggs, beaten stiff; add a pint of berries rolled in flour, or one cupful raisins, stoned, halved and floured. Turn into a well-greased pail or pudding boiler and set the pail in a kettle of boiling water. Boil continually for two hours and serve with cream sauce.

ICE CREAM FROSTING.—One cup of sugar, one-fourth cup of water, one-fourth cup of vinegar. Boil without stirring till it threads. Remove from the fire, and when it has stopped boiling, stir it quickly into the stiffly beaten whites of two eggs. Flavour with vanilla, and stir until cold.

Tumblers that have contained milk should never be washed in hot water, as it clouds the glass permanently.

There is a very good old-fashioned method of sweeping carpets with a broom wet with salt water. It is the best way yet known to brighten the colors of the carpet and thoroughly remove the layer of dust that always settles back after the heavy sweeping is over.

BEEF CAKES.—Mince cold roast beef very finely; mix it with grated bread crumbs and a little chopped onion and parsley; season with salt and pepper, and moisten with a little brown gravy and tomato or walnut sauce. Form it into broad flat cakes, and spread a layer of mashed potato thinly on the top and bottom of each. Lay little bits of butter on the top of each cake, place them on a dish, and put them in the oven to brown. Serve very hot.

K.D.C. Pills tone and regulate the bowels.

GRANDMA'S CAKE.—One cup of sugar, one and one-half cups of flour, two eggs, one-half cup of sweet milk, one-half cup of butter, one and one-half teaspoonfuls of baking powder, one teaspoon of lemon. Bake in a loaf.

PEPPERMINT CREAMS.—Take two cupfuls of sugar, two-thirds of a cupful of boiling water, one teaspoonful of glucose and two pinches of cream of tartar. Boil until it threads, cool slightly, and heat until it begins to thicken. Then flavour with peppermint according to taste and drop on tins.

DUTCH CAKE.—One-half pound of butter, quarter pound lard, one quart milk, a little salt, half pound sugar, a cake of yeast, orange peel, grated, and flour enough to make a very soft dough. Let it rise until quite light, knead again, adding raisins, mould into loaves and bake as bread.

Panned potatoes make an exceedingly good supper dish prepared as follows: Cut raw potatoes in thin slices, put them in a baking-pan, sprinkling each layer with salt. When the dish is nearly full pour in sufficient milk to cover the potatoes, and bake them in a slow oven about two hours. Stir them occasionally, taking care not to break the slices, and if the milk is reduced more than one half, add a little more, as there should be a good deal of moisture when the process is finished. This mode of cooking gives a peculiarly delicious flavour even to inferior potatoes.

MAHOGANY CAKE.—This very nice tea-cake is made of one quart of milk, three pints of flour and four eggs. Beat the yolks and whites of the eggs separately; add the yolks to the milk, stir in the flour, season with a pinch of salt, beat well, stir in the whites, put into hot gem pans and bake.

Doctors recommend Norway Pine Syrup because it is the best cure for coughs and colds. Price 25c. and 50c. at druggists.

CAUSE AND EFFECT.—Neglected colds cause coughs, throat troubles, bronchitis and consumption. These troubles can only be cured by the prompt use of Norway Pine Syrup, the best throat and lung remedy in the world.

IT NEVER FAILS.—Norway Pine Syrup cures coughs, colds, asthma, bronchitis, hoarseness, sore throat, and diseases of the throat and lungs. Price 25 and 50 cents.

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