

The Communion of Saints.

All Saints!—the Unknown Good that rest
In God's still memory folded deep:
The bravely Dumb that did their deed,
And scorned to blot it with a name.
Men of the plain heroic breed,
That loved Heaven's silence more than fame.

Such lived not in the past alone,
But thread to-day the unheeding street,
And stairs to Sin and Famine known
Sing with the welcome of their feet;
The den they enter grows a shrine,
The grimy sash an oriel burns—
Their cup of water warms like wine,
Their speech is filled from heavenly urns

About their brows to me appears
An aureole traced in tenderest light,
The rainbow gleam of smiles through tears
In dying gleam, by them made bright—
Of souls that shivered on the edge
Of that chill ford repassed no more,
And in their mercy felt the pledge
And sweetness of the farther shore.

—Lowell.

Ringing Noises

In the ears, sometimes a roaring, buzzing sound, are caused by catarrh, that exceedingly disagreeable and very common disease. Loss of smell or hearing also result from catarrh. Hood's Sarsaparilla, the great blood purifier, is a peculiarly successful remedy for this disease, which it cures by purifying the blood.

Hood's Pills are the best after dinner pills, assist digestion, prevent constipation.

Decline of Oratory.

According to some persons democracy itself is the chief cause of the decline of oratory, which appeals, we are told, says the *London Chronicle*, only to the cultured classes, gifted with artistic appreciation and able to understand classical allusions. It is also said, and with more reason, that the diffusion of books and the universal power to read them has destroyed oratory. We do not, however, believe in either of these explanations. It would, indeed, be strange if democracy, which is largely the product of appeals addressed by gifted men to the popular heart and intelligence, had destroyed the power which gave it birth. The best speeches have been made in republic and democratic communities, public speech being a necessary instrument of democracy. We refer here not only to political but also to religious oratory, like that of John Ball to the Kentish peasants, of Whitefield to the Cornish ministers, of Savonarola to the Florentines. No community can permanently dispense with these powerful appeals in which every emotion of our nature is deeply stirred. And no matter how wide may be the diffusion of books, we refuse to believe that mankind will ever fail to respond to the charm of the living voice whenever that voice has a genuine message to convey. That is really, perhaps, the gist of the matter.

No oratory is possible without great convictions, and the trouble is that in our time convictions are weak. Amid the bewildering variety of opinions forced upon us on all hands, and the new mass of only half-digested knowledge, most of us find it difficult to reach an abiding conviction. As compared with the last century, ours is not so much an age of unbelief as an age of doubt and hesitation. These elements dominate our literature, our politics, even our religion, few escaping from their subtle influence. Another element fatal to oratory is the absolute predominance of material interests. Oratory, like other arts, does not flourish in the all-pervading presence of mechanical science and materialism of life. We need both greater leisure and some release from the perpetual strain of business and industrial problems. Meanwhile, perhaps, what oratory we can reckon will address itself precisely to these questions. It will not be oratory of the polished Ciceronian order, but ruder, simpler, more direct; and, as such, it will unquestionably in the near future play a great part in the world-wide conflict for better conditions of social life.

K.D.C. Pills, the best all round family pills on the market.

A Plea for Wood Fires.

A wood fire on the hearth is said to be the very best preventative of malaria. Wherever the logs are kept blazing in the South-west the people are free from the shakes. Certain it is that in houses at the North where the wood fire is maintained for "sociability's sake," ventilation is assured, and a greater amount of health is the consequence. Wood fires are an expensive necessity, but the investment, for a steam-heated apartment, has a distinct advantage that cannot be overlooked. As a general thing, very little steam heat is allowed in the living rooms of flats. It is turned on in the hall, perhaps, sufficiently long to warm the other rooms, and then the janitor does the rest. He lets it down! Then the cosy little blaze on the hearth has its turn, and very soon the whole place is in a glow; the sweet odor of the pines mingling with the resinous odor of some forest tree that has gathered a mossy coat, which the flame now devours without delay, permeates the atmosphere and fills the lungs with anti-microbe air. It is true, the wood fire requires constant attention; but the charm of that is known to most nervous people who can never see a pair of fire tongs without wishing to use them in hastening the consumption of fuel. But one signal advantage of such a fire is it goes out when you do, and will respond at once to the friendly bellows when you return. If health is a consideration devoutly to be prayed for, it can be wooed and won by this germ-consuming warmth much more easily than the average theorist imagines. Nowadays, when everybody "talks" hygiene, it is strange one of its very first requisites should be neglected.

Danger from Catarrh.

The most important feature about that very common complaint, catarrh in the head, is its tendency to develop into some other more serious and dangerous disease. The foul matter dropping from the head into the bronchial tubes or lungs is very liable to lead to bronchitis or consumption, that destroyer which causes more deaths in this country than any other disease. As catarrh originates in impurities in the blood, local applications can do but little good. The common-sense method of treatment is to purify the blood, and for this purpose there is no preparation superior to Hood's Sarsaparilla. The powerful action of this medicine upon the blood expels every impurity, and by so doing cures catarrh and gives health to the entire organism.

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

Life's Journey.

Life is a journey. We are pilgrims here, so-journers as all our fathers were, having no continuing city—ever on the move—going along not alone, but in a mighty caravan, like the pilgrims on their way to Mecca; an endless procession of human beings, marching to the grave, the bourne from which no traveller ever returns. What a countless throng of human beings have been marching across the narrow plane of earthly existence during the past year! According to the usual estimate, not less than 31,500,000 of probationers since the 1st of January, 1894, have gone down to the grave and entered eternity! Place them in long array, and they will make a moving column of more than 1,800 to each mile of the world's circumference.

Think of it! Ponder and look upon these astounding computations. What a spectacle, to angels, to men, as they "move on," tramp, tramp, tramp—forward, upon this stupendous dead march, Nearly 100,000 souls in this vast cavalcade drop out, die, each day of the year.

Life is short, and time is fleeting,
And our hearts, though strong and brave,
Still like muffled drums are beating
Funeral marches to the grave.

Rev. W. A. Newcombe, Thomaston, Maine, writes: "Suffering from indigestion when in Nova Scotia a year ago, a package of K.D.C. was given me. I cheerfully acknowledge that the effect of the remedy in curing the trouble was very marked and prompt, as well as lasting."

Hints to Housekeepers.

CRANBERRY SHORTCAKE.—Make a shortcake as for any fruit. Stew the berries (they should be partially jellied). Split the shortcake, spread with fruit, and serve with rich sweet cream.

CRANBERRY PUDDING.—One and a half cups of sour milk; one teaspoon of soda; three-quarters cup of molasses; saltspoon of salt; three cups of flour. When mixed, stir in two cups of raw cranberries. Pour into a buttered mould and steam ninety minutes. Serve with a hard sauce.

DUCK PUDDING.—Split in half a rather large marrow, scrape out all the seeds, fill in each half with minced meat and onion and sage stuffing, place on a tin and bake for thirty or forty minutes. Serve hot with a nice brown gravy.

GOOD SUET PUDDING.—One pound of potatoes mashed, four ozs. of suet, two ozs. of flour, a little salt, a good dessertspoonful of baking powder. Mix all while hot with as much milk warmed a little as will give it the consistency of ordinary suet pudding. Put into a dish or roll into dumplings, and bake until a fine brown colour. Excellent with hot meat.

GRAPE MARMALADE.—This is made of ripe or green grapes. Pick from the stems, rinse well, cook gently in a porcelain kettle for ten minutes in just enough water to keep from sticking. Run through a sieve. To a pint of sifted pulp and juice, add three-fourths of a pint of sugar, and boil till of the consistency desired. A large quantity will need to cook two hours.

SUNSHINE CAKE.—Whites of eleven eggs, yolks of seven, one and a half cups of fine granulated sugar, sifted; a teacupful of flour and a level teaspoonful of cream of tartar sifted together three times. Beat the whites to the stiffest froth; add the yolks well beaten; whip in the sugar quickly and lightly, using a wire spoon; add any flavouring preferred; sift in the flour and mix it as lightly as possible; do not beat, but turn it at once into an angels' food pan (ungreased). Bake in a moderately hot oven for from forty to forty-five minutes; remove from the oven; turn upside down and allow the cake to remain in the pan until perfectly cold.

RHEUMATISM CAN BE CURED.—Hagyard's Yellow Oil has cured Chronic Rheumatism, Stiff Joints and Swellings of years duration after all other means had failed. In all forms of inflammatory and muscular pain it is a specific cure.

POTATO SALAD.—The orthodox potato salad is said to contain thirty-two ingredients, but you can make a "simple" potato salad with half the number as follows: Slice enough cold boiled potatoes to make a pint, cut up pickled beets, two teaspoonfuls after mincing; add a tablespoonful each of shredded anchovies, smoked herring and tomato catsup, a teaspoonful each of finely minced parsley, chervil, chives, capers, mushroom catsup and Worcester sauce; three tablespoonfuls of olive oil, two of vinegar, two of ice water, a saltspoonful of salt and half that quantity of pepper; mix all these thoroughly and set on ice for two hours.

PLAIN FACTS.—As a prompt, pleasant and perfect cure for coughs, colds, hoarseness, sore throat, pain in the chest, asthma, bronchitis, croup, whooping cough, quins, influenza and all throat and lung troubles, Norway Pine Syrup is the best remedy known.

COCOANUT PUDDING.—One cupful of milk, one-quarter of a pound of grated cocoanut, three tablespoonfuls of bread crumbs, three tablespoonfuls of powdered sugar, two tablespoonfuls of melted butter, one cupful of stoned raisins, the grated peel of a lemon, well-beaten whites of two eggs. Beat all until well mixed. Butter a cold pudding dish and pour the mixture in. Bake slowly one hour, then turn out on a flat dish and shake pulverized sugar over it. Serve hot.

LIKE A NEW PERSON.—Gentlemen,—I find your B.B.B. an excellent remedy for headache and dizziness. I had tried several remedies, but to no effect. I have taken three bottles of B.B.B. and feel entirely cured. In fact I feel like a different person. Miss E. L. Taylor, Holland, Man.