

Before Sleeping.

Now is the dead of night, and I must sleep;
But first, my soul, if thou dost aught recall
Wherein thou hast done ill, I bid thee weep,
And pray God's tender mercy on thee fall;
Purge thyself clean of whatso bitter hate
Thou hast for them that wrong thee: sink thy pride.
Nor deem thou standest in a higher state
Than those whom God thy happier chance denied.
Be all for heaven; think life draws near the close;
Give to repentance thy last conscious breath;
For more and more this mortal weakness grows
That pledges thee to take the form of death,
And sleep awhile. What if in dreams the door
Of life should shut, and thou return no more?

Rich Both Ways.

One day I was sitting in a large meeting of people who had come together to promote a pious object. A father and his little girl sat near to me. She was a bright-looking, curly-haired girl, about nine years old, and seemed much interested in all about her.

"Oh, father," I heard her say, "there's Carrie Morton!" and she looked in his face with an arch and knowing smile. "Oh, she's so good," she continued; "she's rich both ways."



What could the child mean? I wished to know. Her father seemed also in doubt what kind of riches she had in mind as belonging to Carrie, and I listened for the answer when he asked—"How is that, Katie? What do you mean by being 'rich both ways'?"

"Why, father, she has nice clothes, and her parents have plenty of money, and live in a large house, so she's rich one way; and the girls at school all love her, for she is always so gentle and kind, so she is rich in another way."

Her father smiled, and so did I; but the proceedings of the meeting now began, and the conversation ended.

I have, among my dear young friends, some who are poor—that is, if their wealth were counted in money; others who are comfortably well-off, as we say, having a good supply of the necessary things of this life; and others who are rich, whose fathers own costly houses, who can ride in a carriage when they will, and whose clothes are very fine. And since I overheard Katie's talk about Carrie Morton, I have thought it would be well to remind all these dear children that, although none of them may be "rich both ways," except those who have

a great deal of money, yet they all may be rich in one way. Can you tell how?

Did you ever hear of any one being rich in faith, hope and love? Carrie Morton was rich in kind words and acts, else her little friend would not have spoken of her as she did; and I hope she was also rich in that love of Jesus which makes the poorest child richer than a king, if crown and kingdom are his all.

Would you not rather be rich in the love of those who know you, and most of all in the love of God, than rich in money but poor in all the rest? Dear children, if God has given you a home where your every wish is gratified, remember that at last you must give an account to Him for such a home, and ask Him to make you rich both ways—rich in the love of Jesus and in the hope of heaven. But if you are not rich in clothes and money, remember that a meek and quiet spirit, and a loving, trusting heart, are ornaments more precious than diamonds and pearls; for while the diamonds and pearls of this world must be left here at last to perish, these you shall wear in heaven. Remember, that with the grace of the Holy Spirit you can become as a sunbeam, a source of joy to your home, wherever it may be; and you can be all the time laying up treasures in that brighter home, where

your Heavenly Father will keep them safely till He calls you to enjoy them with Him for ever.

A Grand Feature

Of Hood's Sarsaparilla is that while it purifies the blood and sends it coursing through the veins full of richness and health, it also it apart new life and vigour to every function of the body. Hence the expression so often heard: "Hood's Sarsaparilla made a new person of me." It overcomes that tired feeling so common now.

Hood's Pills are purely vegetable, perfectly harmless, always reliable and beneficial.

—Unless wariness be used, as good almost kill a man as kill a good book; who kills a man kills a reasonable creature, God's image; but he who destroys a good book kills reason itself, kills the image of God, as it were, in the eye. Many a man lives a burden to the earth, but a good book is the precious life-blood of a master-spirit embalmed and treasured up on purpose as a life beyond life.

Hints to Housekeepers.

CREAM COOKIES.—Dissolve one teaspoonful of soda in a little warm water, and add to one cup of sour cream. Cream one cup of butter with two of sugar, add two eggs beaten light, without separating, and the sour cream. Mix smooth with three and one-half cups of flour. Have this mixture as soft as possible, roll out and cut very nicely. Bake in greased pans in a moderately quick oven.

QUEEN PUDDING.—Take a three-quart pound box of gelatine, two oranges, two lemons, two cups of sugar, one quart of strawberries. Soak the gelatine in one-half pint of cold water and add one and a half pints of boiling water and the juice of the lemons and oranges and the sugar. Strain into a mold. When it begins to harden stir in the berries. Leave it on ice till firm. Serve with whipped cream.

STRAWBERRY SHORTCAKE.—Into one pint of flour put a large teaspoonful of baking powder and one-quarter of a teaspoonful of salt. Sift thoroughly. Rub into the flour four large tablespoonfuls of butter. Wet with a teacupful of sweet milk. Bake quickly in a hot oven. When well browned spread with butter and berries, whole or mashed, cover heavily with sugar and serve hot, passing a pitcher of whipped cream with the shortcake cut in cubes.

BERRIES IN A CRYSTAL CAVE.—To the juice of half a lemon add one cup of wild berries and rub through a sieve, and add one pint of thick cream, one cup of sugar. Whip to a stiff froth, and pour the mixture into an ice cave, piling on top one quart of berries. Cover carelessly with their own vines and leaves, after sprinkling with sugar. Tuck the red berries and vines into all possible cracks and crevices of the crystal "cave," which is simply a square block of ice hollowed out with heated irons into the size and shape needed. Oyster caves have long been the fashion, but fruit is a most beautiful decoration. Serve with a silver fruit knife or ladle the frozen fruit creams, on small cream plates, with cakes.

Early peas will boil in half to three-quarters of an hour; they are best put on with cold water; add salt when nearly done.

String beans require two hours or more; the first water should always be poured off.

Lima beans will cook in three-quarters of an hour; put on to cook in hot water.

Asparagus will boil in three-quarters of an hour; use cold water.

Spinach will boil in fifteen minutes; use hot water.

Summer beets will boil in one hour; use hot water.

Winter beets will require three hours; use hot water.

Corn will boil in twenty minutes; use hot water.

Onions will boil in one and a half hours; use hot water.

New potatoes will boil in one-half hour.

Dried corn must be soaked over night. Allow to cook one hour.

Summer squash is better steamed, as putting it in water makes it too watery; cook three-quarters of an hour.

Turnips require a long time to cook; if cut thin they will cook in an hour and a quarter, but if only cut in halves it will take two hours and a half.

Constipation, Headache, Biliousness, and Bad Blood are promptly cured by Burdock Blood Bitters, which acts upon the stomach, liver, bowels, and blood, curing all their diseases.

Having suffered over two years with constipation, and the doctors not having helped me, I concluded to try Burdock Blood Bitters, and before I used one bottle I was cured. I can also recommend it for sick headache. Ethel D. Haines, Lakeview, Ont.

I was attacked severely last winter with Diarrhoea, Cramps and Colic, and thought I was going to die, but fortunately I tried Dr. Fowler's Extract of Wild Strawberry, and now I can thank this excellent remedy for saving life. Mrs. S. Kellett, Minden, Ont.