

The Crown of Failure.

When you have lived your life,
When you have fought your last good fight and won,
And the day's work is finished, and the sun
Sets on the darkening world and all its strife—
Ere the worn hands are tired with all they've done,
Ere the mind's strength begins to droop and wane,
Ere the first touch of sleep has dulled the brain,
Ere the heart's springs are slow and running dry—
When you have lived your life,
'Twere good to die.

If it may not be so,
If you but fight a fight you may not win—
See the far goal but may not enter in—
'Twere better then to die and not to know
Defeat—to die amidst the rush and din,
Still striving, while the heart beats high and fast
With glorious life; if you must fail, at last,
Such end were best, with all your hope and all
Your spirit in its youth,
Then, when you fall.

Far better so to die,
Still toiling upward through the mists obscure,
With all things possible and nothing sure,
Than to be touched by glory and passed by,
To win, by chance, fame that may not endure,
That dies and leaves you living, while you strive
With wasted breath to keep its flame alive,
And fan, with empty boasts and proud regrets,
Remembrance of a past
The world forgets.

A. E. VanGieson.

Chief Inspector of New York Board of Fire Underwriters, writes: "I have taken your K.D.C. with satisfactory results; I can freely recommend it to any suffering from Dyspepsia; I think I had it as bad as anyone could well have it, but I am now free of it. I gave your goods a fair trial, and shall always have a bottle on hand for use to correct indiscretions in diet."

The Years.

It is sometimes said that to the young the future always looks glowing and glorious, while as age creeps on the expectation of anything more than a repeated monotony dies gradually away. It certainly would not be thus were life's experience read aright. Each year brings to each life some new joy or sorrow, some fresh idea or experience. If these are incorporated into our lives so that we discover their meaning and learn their lessons, each year will find our characters firmer and stronger, our thoughts clearer and deeper, our hearts fuller and richer, and our expectations purer indeed, but also larger and more trustworthy. Only those with shallow minds or deadened energies or selfish hearts talk of the monotony of life.

"Nothing Too Much to Suffer for Eternal Life."

Christ to the believer: "Let not, my son, thy labours or sufferings for me and thy duty, or any other sort of hardship or tribulation in this world, so far damp thy courage, but that my promise still should be a sure anchor-hold of hope; and this reflection ever ministers comfort, that I am able to recompense thee, not only beyond what is reasonable to expect, but even impossible for thee to wish or imagine. Thy toils will not continue very long, nor will thy pain and trouble always torment thee. Wait but a little longer, and look forward and see how glorious a prospect opens itself, how swiftly the end of all thy sufferings approaches, and how suddenly sorrow and tumult vanish away. Even time itself is not of everlasting continuance, but that which is bounded within so very narrow a space as this short span of life cannot in any fair computation be counted long or great. Proceed, then, in thy duty with vigour and undaunted resolution, ply thy work hard in my vineyard, and fill the station I have appointed thee to; thy wages are certain and valuable, for I myself will be thy 'exceeding great reward.'"—*Thomas A. Kempis, "Imitation of Christ," A. D. 1426.*

—Cheerfulness is just as natural to the heart of a man in strong health as colour to his cheek; and wherever there is habitual gloom there must be either bad air, unwholesome food, improperly severe labour, or erring habits of life.

Let Self Alone.

Think as little as possible about any good in yourself; turn your eyes resolutely from any view of your acquirements, your influence, your plan, your success, your following, above all, speak as little as possible about yourself. The inordinateness of our self-love makes speech about ourselves like the putting of a lighted torch to the dry wood which has been laid in order for burning. Nothing but duty should open our lips upon this dangerous theme except it be in humble confession of our sinfulness before God.

Again, be especially on the watch against those little tricks by which the vain man seeks to bring round the conversation to himself, and gain the praise or notice which his thirsty ears drink in so greedily. Even if praise comes unsought, it is well, while men are uttering it, to guard yourself by thinking of some secret cause for humbling yourself inwardly to God, thinking unto what these pleasant accents would be changed if all that is known to God, and even to yourself, stood revealed to man.

Place yourself often beneath the Cross of Calvary; see that sight of love and sorrow; hear those words of wonder; look at the eternal Son humbling Himself there for you, and ask yourself, as you gaze fixedly on Him, whether He, whose only hope is in that cross of absolute self-sacrifice and self-abasement, can dare to cherish in himself one self-complacent action.—Let the Master's words ring in your ears: "How can ye believe who receive honour one of another and seek not the honour that cometh from God only?"

Bright Spring Days.

The spring should be pre-eminently a season of contentment, happiness and hope. In these bright and pleasant months the country should enjoy its highest degree of tranquility and prosperity. But spring, it is well known, is often a period of discomfort and disturbance in the physical system. Important organs of the body become torpid or irregular in their action, and the fact is instantly reflected in the mental condition of the individual. A disordered liver means disordered nerves and a dull and unsteady brain. Anything which will bring the physical system into harmony with budding Nature confers an enormous benefit upon the nation, besides the mere allaying of physical discomfort. Hood's Sarsaparilla does this, as thousands of grateful and happy men and women can testify, and increased use of this standard spring medicine is of more real practical importance in promoting health and quiet in the business world than reams of abstract theorizing.

Society.

Society at its best, with all its freedom and generosity, has a tendency upon certain minds to weaken rather than to strengthen them, to merge their thoughts and opinions and feelings and habits into self, instead of building them up into a firm and noble personality. This is the danger which every man and woman should guard against with the utmost vigilance. It is so easy to drift with the crowd, to adopt its standards, to take its tone, to fall into its ways, to sacrifice individuality without feeling it to be a sacrifice. Yet he who does this fails in his most sacred duties, both to himself and others. Like the young tree in the orchard, his office is to grow straight, strong, and firm from his own roots, not to bend and lean his branches upon those of others. Whatever be the temptation, he should never give up his own independence of thought, word, or action; he should never lose his force, his value, and himself.

—Never leave untasted food at a patient's bedside from meal to meal. The sight of what is not desired is repellent. Do not fill a patient's plate. Have tempting quantities temptingly prepared and served. Cook with care. As a rule, you can afford to give a patient a little of whatever is craved, unless the physician forbids. Sometimes the craving is morbid; then you can refuse to gratify it.

Take K.D.C. for heartburn and sour stomach.

Where is God?

In the brilliant rays of the morning sun,
As they kiss the dew-drops one by one.

In the heart of the rose, giving odors rare,
In the song of birds on the perfumed air.

In the vaulted sky, in the moon's silver hue,
'Mid the twinkling stars in their home of blue.

In the whispering wind, in the zephyr mild,
Caressing the cheek of the little child.

In the forest grand with its quivering leaves,
In the harvest-home with its golden sheaves.

In the voice of the tempest abroad in the land,
'Mid the billows' white crests leaping up on the strand.

Yea, these and more! He dwells in the heart
That wisely hath chosen the better part.

In the home where love is the guiding star,
In the place where His people meet for prayer.

K.D.C. is a flesh producer, thin people should use it.

Hints to Housekeepers.

COCOANUT ICING.—Beat the white of one egg rather light, and beat into one teacupful of powdered sugar. Add two tablespoonfuls of lemon juice and one cupful of grated cocoanut. Spread on the cake, and sprinkle grated cocoanut over it.

Hot liquid may be poured with safety into any glass vessel by holding it up in the hand and not allowing it to rest on the table.

Chocolate pots, cups and saucers, and bread and butter plates, all of one colour, are used at informal breakfasts. Blue and white china is the most fashionable.

A crepe veil can be renovated by putting it out for a few minutes in a drizzling rain until well dampened. Then fold and put under a mattress over night. It will be wonderfully improved in the morning.

All vegetables when cut may be kept fresh by putting the stalks into water. Servants generally insist on immersing them, which favours decomposition. Carrots, turnips, and the like, if placed in layers in a box of sand, will keep for many weeks. Clean, new-laid eggs will keep quite fresh for months if buried in dry salt, well closed. Boiled potatoes ought to be laid out on a plate, and are then as good for frying or mashing as if they were freshly cooked.

Cauliflower used for pickles should be prepared first by boiling the vegetable and then pickling it.

Tomato jelly is a positive find for all housekeepers—an appetizing and effective relish that will be found particularly acceptable at Sunday night tea or at any day luncheon. It is made from a can of strained tomatoes. Season the juice well, remembering that tomatoes stand generous salting, and add hot to a half box of dissolved gelatine. Serve it, when set, with celery mayonnaise, cold slaw, lettuce salad, or anything that sliced tomatoes would be offered with. A particularly suitable accompaniment to this delicacy is celery cheese. Take a head of celery, wash thoroughly and boil until tender: drain well and cut up into small pieces. Have ready half a pint of creamy and rich drawn butter, add pepper, salt, and an ounce of grated cheese to it, put the celery into the sauce for a few minutes, then fill buttered scallop shells with the mixture, scatter grated cheese over the top and bake for ten minutes in a quick oven, when the cheese should be evenly browned.

I have been greatly troubled with headache and bad blood for ten or twelve years. I started to take Burdock Blood Bitters in July, 1892, and now (January, 1893), I am perfectly cured.

HUGH DRAIN, Norwood, Ont.

I suffered for a long time with constipation and tried many medicines without success. I then tried Burdock Blood Bitters and very soon had great relief, so I continued its use and am now completely cured.

JOSEPH PHILLION, Quebec, Que.

Norway Pine Syrup cures coughs, colds, asthma, bronchitis, hoarseness, sore throat and diseases of the throat and lungs. Price 25 and 50c.