# CANADIÀN CHURCHMAN.

[October 5, 1898

For a moment, after dinner, Stella followed Lora to the drawing-room.

"I am sorry, Lora," she said, her eyes fixed on the fleur-de-lis upon the carpet, "that I spoke to you as I did this afternoon : I did not mean what I said."

" I should hope not indeed," replied Lora, with great coolness; it is not to be expected you should when you are in such a passion. But it is of no use being sorry now. Somerset said he would not have you go to such a place on any consideration; nor would I."

"I am very disappointed not to go," said Stella, who saw that the motive of her acknowledgment was thoroughly misunderstood; "but I was not thinking of that now. I am very sorry I spoke hastily and angrily about it."

"And well you may be. But it is all over now; so we won't think any more of it." And just at that moment Lora recognized a well-known knock; and Stella, thankful with the not-very-hearty but implied forgiveness, ran up-stairs with a light heart to her little brother.

Mrs. Fleming was not surprised when, on Monday forenoon, a large bundle of clothing and one or two lesser parcels of grocery and other articles arrived at her house, but no Stella. She would have understood quite well how matters had gone, without that tiny note pinned on to a warm blanket, which, with other presents within its ample folds, was directed to the poor sick boy:

"We are both very disappointed; but I may not come. We send these things with our love.

STELLA AND TRACY." (To be continued.)

The wonderful cures of thousands of people they tell the story of the merit of Hood's Sarsaparilla. Hood's CURES.

## True Gentleness.

True gentleness is founded on a sense of what we owe to Him who made us, and to the common nature of which we all share. It arises from reflection on our failings and wants; and from just views of the condition and duty of man. It is native feeling heightened and improved by principle. It is the heart which easilyrelents; which feels for everything that is human; and is backward and slow to inflict the least wound. It is affable in its address and mild in its demeanour; ever ready to oblige, and willing to be obliged by others; breathing habitual kindness towards friends, courteous to strangers, long-suffering to enemies. It exercises authority with moderation ; administers reproof with tenderness; confers favour with ease and modesty. It is unassuming in opinions and temperate in zeal. It contends not eagerly about trifles; slow to contradict, and slower to blame, but prompt to allay dissension, and to restore peace. It delights, above all things, to alleviate distress, and if it cannot dry up the falling tear, to soothe at least the grieving heart. When it has not the power of being useful, it is never burdensome. It seeks to please rather than to shine and dazzle, and conceals with care that superiority, either of talent or of rank, which is oppressive to those who are beneath it.

would be much impaired. We owe all our truest joys to the sorrow that is in the world. In a mysterious, inscrutable, sometimes intolerable sense, we suffer for one another. You may argue out this suggestion along theological lines, and banish it as an evil thought, but there it is, touching the whole tragedy of life at every point. Because of suffering we have become chastened; because of waiting upon others we have become patient : the sick chamber has sanctified the whole house; the heart that has ached has taught the song to the heart that has sung. This is a great mystery, but it is the reality of life; we can not escape it, it faces us on every hand. If all were happy all would be miserable. These are not paradoxes, they are realities in human experience, because to have perfect happiness in an imperfect sphere is to create monotony, and monotony always dips toward melancholy.

K.D.C. cleanses the stomach and sweetens the breath. Try it ' Free sample, guarantee and testimonials sent to any address. K.D.C. Company, Ltd., New Glasgow, N.S., or 127 State St., Boston, Mass.

#### The Opal.

The opal comes from Hungary and Mexico. The Hungarian opals are much the superior, and have not the disadvantage of deteriorating with time. For the perfection of an opal, it should exhibit all the colours of the solar spectrum, disposed in small spaces, neither too large nor too small, and with no colour predominating. The opal is sometimes called the "harlequin," in allusion to the great variety of colors it displays. The substance of the opal is of a milky hue and of a pale greenish tint. The milkiness is generally known by the term opalescence. It is the colour of water in which a little soap has been dissolved. In order to explain the brilliant colours of the opal, we may imagine in the stone a great number of isolated fissures, of variable width, but always very narrow. Each fissure, according to its width, gives a peculiar tint similar to the effect produced by pressing two plates of glass together; we may recognize violet, blue, indigo, red, yellow and green, the last two being exhibited more rarely than the others.

As a proof that the brilliant colours of the opal are due, as we have said, to narrow fissures, similar colours may be produced by partially fracturing, with the blow of a hammer or a wooden mallet, a cube of glass or even a rock crystal. Colours obtained in this way are of the same character as those of flowers, which result from the overlaying of the transparent tissues of which the petals are composed. Herein lies the secret of all their final decay.

# Hints to Housekeepers.

A baked potato is usually the first vegetable a convalescent is permitted to eat. The skin protects it during cooking, and the salts of potash, which are dissolved and lost when the potato is peeled and boiled, are retained, to the great improvement of the flavour.

PEACH MARMALADE,—Choose very ripe and goodflavoured fruit; peel and cut in quarters, weigh, and put in a porcelain kettle with a little water; stew slowly until they are very soft, then add three-fourths of a pound of sugar for each pound of fruit, and cook together until thick; put in tumblers or jars and seal.

VIENNA TEA CAKES.—These little biscuits are a pleasant addition to afternoon tea or coffee. Rub very smoothly into half a pound of Vienna flour a quarter of a pound of castor sugar, and the same quantity of crushed almonds. Mix well and add the yolks of two eggs, a tablespoonful of orangeflower water or vanilla essence, and work to a stiff paste with a little cream or milk. Roll out, cut into shapes, prick them all over, and bake for about twenty minutes.

TOMATOES AND POTATOES.—Take small, ripe tomatoes, cut off the bottom, scoop out the seeds, and with a small knife pare off the thin skin without breaking the tomato; fill them with cold potatoes cut into tiny squares, and mix in a little mayonnaise sauce, turn them upside down on a bed of chopped lettuce seasoned with oil and vinegar.

STUFFED TOMATOES.—Select as large and firm ones as possible; cut a round place in the top, scrape out all the soft parts, mix with stale bread crumbs or powdered crackers, add onions, parsley, butter, pepper and salt; chop all very fine and fill the tomatoes carefully. Bake in a moderately hot oven; put a little butter in the pan, and see that they do not burn or become dry.

THE TRIUMPHANT THREE.—During three years' suffering with dyspepsia, I tried almost every known remedy, but kept getting worse until I tried B.B.B. I had only used it three days when I felt better; three bottles completely cured me.

## W. NICHOLS, Kendal, Ont.

CARE OF THE PIANO.—To keep a piano case in good order great care must be taken in the application of so-called "piano polish," which is constantly being offered for the purpose of making the instrument look bright. A very little polish should be used, and that must be rubbed off well with a soft woolen cloth. The best way to clean a piano is to use lukewarm water, and a fine oil chamois. Go over the case a little at a time and rub dry with your chamois skin. Bruises may be removed by the application of a little pumice stone. Always use a silk duster for a piano.

No good blood is made by the Dyspeptic. K. D. C. makes good blood by restoring the stomach to healthy action. Ask your druggist for it.

### They Want to be Happy.

Look upon the multitude; see how they rush and tear along; what do they want? They want to be happy. Guarantee to make every man that comes to you a happy man, and create public confidence in your power to do so, and the throngs will wait upon you night and day and gladly leave their tears and headaches and stings of disappointments with you, and bless you for your delivering, healing, and ennobling power. All men want to be happy. They do not know what "happy" means; that it is a little shallow word, that it is a pool you can see the depth of, and it is a very superficial depth indeed; yet all men say: "Who will show us any good ?"—not seeing that if causes of unhappiness were removed our earthly happiness

Sometimes the opal is coloured only in its substance, and has not so great a play of lights as when it is variously traversed by fissures, and then it is not so much esteemed. The opal is not a very hard stone. In its chemical composition, it is only quartz combined with water. Heat, expanding its fissures, varies its colours, and pressure obviously produces the same effect. M. Babinet states that he thus often changed, without permanent alteration, the colours of a beautiful Hungarian harlequin opal. The opal of the Roman senator, Nonius, of the size of a hazel-nut, which he selected from among al! his treasures as the companion of his exile, was estimated at about £160,000. This gem has appropriately been called "the Koh-i-noor of Rome.'

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SUGAR COOKIES.—Delicious sugar cookies that are so rich that they will keep some time are made by beating a cupful of butter and two of sugar to a cream. Beat the yolks of four eggs until light, and add them to the butter and sugar, then add the beaten whites. Mix thoroughly and quickly, and add just enough flour to make a stiff paste. Roll out as thin as possible without breaking, cut and bake in a moderate oven.

VERY VALUABLE.—Having used B.B.B. for biliousness and torpid liver with the very best results, I would recommend it to all thus troubled. The medicine is worth its weight in gold.

TILLIE WHITE, Manitowaning, Ont.

-If you wish to paint your house (inside or out), floor, barn or anything, use Weather and Waterproof paint. It is by far the best on the market. Sole manufacturers for Canada, the Weather and Waterproof Paint Company of Canada, 122 and 124 Richmond st. east, Toronto.