

The HOME CIRCLE

WHO LOVES THE TREES BEST?

Who loves the trees best? "I," said the Spring. "Their leaves so beautiful To them I bring."

Who loves the trees best? "I," Summer said. "I give them blossoms, White, yellow, red."

Who loves the trees best? "I," said Fall. "I give luscious fruits, Bright tints to all."

Who loves the trees best? "I love them best, Harsh Winter answered, "I give them rest."

HOW TO KEEP WELL WITHOUT EXPENSE.

First of all, there is the sensible use of the odd moments of the day. For example, I must wash all over when I get up; I must get out to my work in the city; I must get up from my chair after or at intervals during my work, I must go up-stairs. Here are the opportunities:

During the wash I can rub myself well all over my skin. Having used the warm water and soap and warm water again, I can dip my hands in cold water and then give my skin a capital friction with the palms of my hands. This will afford excellent exercise for the arms and shoulders, and when I stoop for the trunk muscles. It will clean me, will help to harden and invigorate me, and will make my hands and my whole body glow delightfully. It will need scarcely any extra time.

HOW TO USE PUMICE POWDER.

It is beyond question that cleansing with pumice is excellent, but once in six weeks is often enough, and then the utmost care must be exercised in the application. The powder should be the finest that can be bought. To apply it one requires a stick-like an orange wood manicure piece. At one end of this absorbent cotton should be twisted to form a pad. This is moistened with water and a little powder is sprinkled on. This is rubbed over each tooth, keeping the cotton quite wet to avoid scratching the enamel. Any risk of pushing the gums back during the cleansing must be avoided. After all the surface and edges have been rubbed with the powdered pumice, the mouth should be thoroughly rinsed more than once to remove each particle. Not until the last has been ejected should a brush be used, for stiff bristles could make the smallest grain give a severe scratch, the more serious because its presence would not be known. It is for this reason that powders containing pumice should rarely, and better, never be used.

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A BRIGHT FACE.

Why do you wear a harassed and troubled look? Are you really in trouble, or are you allowing the little worries of life to grind furrows in your face? Take a glance at yourself in the mirror, and reform—that is, reshape your face into the lines of comfort and good cheer, which it ought to wear. Take an honest inventory of your troubles, and decide whether or not they are really worth advertising in your countenance. It may seem a little thing to you whether or not you wear a smiling face, but it is not a little thing. A serene look advises the tired and troubled men and women whom you meet that there is peace and joy in at least one heart. And there may be among them some one who has begun to doubt whether peace or joy exists at all. "A merry heart doth good like a medicine."

TRAVELING COMPANIONS.

An excellent test of a friend is the making of a journey in his company. Many who are most agreeable amid the little events of every day at home or in an accustomed round are unable to withstand the petty annoyances that come with travel—the deferred meals, early rising, loss of sleep, the minor discomforts we all have suffered. But none of these affects the temper of a favorite book. It is ready for your amusement, yet never resents being put aside. It has no choice as to your route and asks no more than a little corner of your traveling bag, or at a pinch, will go into a pocket as snugly as a pet squirrel. Indeed, of all traveling comrades, books are the most genial and the most gentle; not books of travel—they are for the home fire-side—but tales that have for background the scenery you are looking upon or histories which deal with men and women who have dwelt and worked in the cities you are visiting.

TRUE MARRIAGES.

Marriage is not a union merely between two creatures—it is a union between two souls; and the intention of that bond is to perfect the nature of both, by supplementing their deficiencies with the force of contrast, giving to each sex those excellences in which it is naturally deficient, to the one, strength of character and firmness of moral will; to the other, sympathy, meekness, tenderness; and

GOOD HOUSEKEEPING PAYS.

No table is well catered when its administration is done in a hurried manner from the parlor or at desk. A woman can produce very much better results by going to market and selecting her vegetables, fruit and meat; she will spend no more money and yet have a far greater variety, even in a small town. A housekeeper may decide after breakfast what she will have for dinner, but when she goes into market she sees that very much better combinations are possible than those thought out hurriedly in her own home. To find that there is careful catering at home, and that dinner is an occasion that demands attention to the toilet that the evening at home would surely bring something to interest and entertain them, would mean moral reform with many wavering husbands and sons. Who does not know, who has not felt the moral reaction of an appetizing, attractive meal? Some day we will learn that food has moral qualities.

DARK DAYS.

There is no journey of life but has its clouded days; and there are some days in which our eyes are so blinded with tears that we find it hard to see our way, or even read God's promises. Those days which have a bright sunrise followed by sudden thunder-claps and bursts of unlooked for sorrows, are the ones which test certain of our graces the most severely. Yet the law of spiritual eyesight very closely resembles the law of physical optics. When we come suddenly out of the daylight into a room even moderately darkened, we can discern nothing; but the pupil of our eye gradually enlarges until unseen objects become visible. Even so the pupil of the eye of faith has the blessed faculty of enlarging in the dark hours of bereavement, so that we discover that our loving Father's hand is holding the cup of trial, and by and by the gloom becomes luminous with glory.

FINDING ONE'S PLACE.

A very large part of the families of life are caused by getting round pegs in square holes; and let no one think that we can ever make these round pegs perfectly fit the square holes. Men try, but they fail, because this is not a mechanical matter; it is a divine order of fitness. There is a place for everyone in the world and its work. "Like a boat on the river," says Emerson, "every boy runs against obstacles on every side but one; on that side all obstruction is taken away, and he sweeps serenely over the deepening channel into an infinite sea."

PROOF LACKING.

"I should think Jane MacIntyre would leave school. None of the girls will have anything to do with her." "Why not?" asked Georgine's father. The remark had not been intended for his ears, but since he had heard it, there was no way out of answering the question. "She took some money out of Laura Wiltie's pocket. It was a fifty-cent piece." "Who saw her take it?" "Nobody. But she must have done it. She is the only girl in the school who is poor enough so that she'd ever think of stealing what didn't belong to her. And, besides, she was in the cloak room after the bell rang." "Georgine's father shook his head. "I'm afraid you wouldn't do to serve on a jury, my dear. It takes too little to convince you. A girl is poor, and so she would steal. She is alone in a room with money which can't be found, and so she has stolen. There is an old principle of law which has given satisfaction after being tested a great many centuries, and that is to treat an accused man as innocent till he is proven guilty. It would be worth your while to remember this."

HOT SPONGE CAKE.

Better even than strawberry short-cake in many persons' estimation, is fresh spongy cake just from the oven, broken into generous size pieces, to eat with berries and cream. The sponge cake should be the rich kind made with a generous quantity of eggs and plenty of sugar to insure a crisp, sugary crust on the top. An excellent rule calls for a cupful each of powdered sugar and flour, the grated rind and juice of half a lemon and five large eggs. Some persons use two cupfuls of sugar to make the cake richer. Separate the whites and yolks of the eggs and beat the yolks to a thick cream and the whites to a stiff dry froth. Then add the whites to the yolks bit by bit

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with small portions of flour and sugar, thoroughly incorporating each installment until all are blended in a frothy mixture. A little salt—about a saltspoonful—should go into the yolks of the eggs, by the way, when they are first beaten. In beating any light egg mixture the process of folding rather than of beating should be employed. Otherwise the lightness of whites of eggs will be destroyed, and the cake, which depends for its fluffiness upon the whites, will be heavy. Turn the cake mixture into an oblong and rather deep tin, and bake it about an hour. Cut the crust with the point of a sharp knife. Break it and serve hot. If the pan in which the cake is baked is shallow it will not require more than forty minutes for baking. A bread tin or a tin with a tube center may be used.

THE DULL CHILD.

There is usually one of a family of children who is slower to learn than the others, just as some develop physically less rapidly than others; and it is for these slow ones that we plead. These children are often allowed, by the negligence or ill-judgment of parents, to be made the butt or jests on the part of the other members of the family. This is wrong. Many times the slower children are sensitive to remarks on the subject, and are not only made miserable and unhappy by it, but their mental growth and development are retarded by the discouragement and a fear of asking questions that follow. Lives are embittered by the cruel jests of brothers and sisters far oftener than careless people imagine, and what is a natural peculiarity of a certain child's constitution is spoken of as if it were a fault or crime to be ashamed of or hidden. It is also well to remember that the seemingly dull boy of a family is often the one who makes the family name illustrious.

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The Lesson on Religious Peace

My reminiscences, writes Lady Ismay Crichton-Stuart in The New Ireland Review, are of Valenciennes, a corner of Southern France, amid surroundings of mountains, valley, and sea, which draw the mind to a realm of dreams, where it drifts with an indescribable sense of rest. The whole atmosphere suggests Peace—Peace in its most soothing form. Religious Peace. How strange and unaccountable the influence of certain spots of earth on the soul! The spirit of past ages seems to brood over them, with a suggestion of the infinite calm of that eternity into which those ages have passed.

It was thus, in the Frejus Cathedral, at Vespers. The building is chiefly Norman, very tall and dark. Inside the whole atmosphere breathes of the Middle Ages. There are beautiful old carved doors, at the outer entrance, and behind the altar the old monks' stalls are still intact; there is a duskiness about the whole interior and a sense of adoration. Vespers are beginning, the Canons come in, one by one quietly and reverently. Some move very slowly, white-haired old men, who have been through the strife of modern days in France. They file to their places as did their predecessors in ages gone by, lean against their stalls, and wait and pray. There is no hurry as in the life outside, nothing of its bustle and its tumult. There is a suggestion here of the infinitude of God, of that Being for whom Time is non-existent.

Soon the Bishop arrives, a white-haired and venerable man, with a deep look of saintliness. Vespers begin, followed by a procession of the Blessed Sacrament and Benediction. Coming out into the bright daylight, one felt a little dazed and wondered wherein lay the great sense of peace and security. Then came the realization that, through the centuries since the building of this temple, Mass had been celebrated and Vespers sung here, and surely there must be an abiding spirit of restfulness in such a Sanctuary of God. In the sunshine the glory of peace was still abroad. The sky was a perfect blue, the sun all golden, and the distant Alps Maritimes gleaming white and silver on their snowy slopes. It was all very still, and in the shadows and hollows, as always, chilly and a little sad. From the mountain tops to the valleys and the sea, the "Peace of God" reigned supreme.

Motoring through the Esterelles, by the wonderful red-soiled, twisting road, to Cannes, amid scenes of beauty beyond all powers of description, is an experience which makes a strange appeal to the soul. It impels one to sing of all that makes the joy of life—of beauty, of hope, of love. But yield to the impulse, and you will find that this is not enough to satisfy the longing that is excited. The mind understands

that only prayer can still the cravings of the spirit for expression. The "Magnificat" is the only hymn appropriate to the time and place. "My soul doth magnify the Lord, and my Spirit hath rejoiced in God my Saviour." This is the Psalm of Joy which expresses the emotions of the moment. What is it that stirs the soul thus? Not necessarily a miracle for oneself surely? No. It is the touch of God on the human soul through His beautiful creations. Who has not felt that a lovely view, or lovely music, or a lovely picture, brings a longing that almost pains? A longing for what? Should not the great and glorious beauty before one satisfy the soul, not make it hunger for something greater? Assuredly it is the call of the Infinite to our mortal souls; the sure proof that nothing can satisfy the craving for the Great Beyond. Seeing something magnificent calls up a deep yearning for something more. What more can there be but God? The great and beautiful works of His hands are a sufficiently faint reflection of His Glory to make us long for Eternal life before His Throne. And one's heart pours forth the praises of His Majesty. "He is mighty in the mightiest, and His Wisdom endureth for ever."

The lesson of peace had grown from day to day, but yet the message was not complete. At sunset one evening came the completion. Above spread a sky, such as may be seen perhaps once, perhaps twice, in the span of life. The rim of the sun had disappeared in a glory of gold and pale green. The sky line seemed to shine with a radiant glory and above, banked up in folds, were flushed red clouds of crimson and fire. The marvellous colors changed ever and always as one looked. There were streaks of gold and green, and blotches of crimson, then a sheet of purer gold and crimson shadows and opal fringes to the purple hills that

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