

lered many days and nights, till torn and bleeding he had laid him down to die.

Then, when he was nigh unto death, lo! through the savage gloom there came a stately maiden and took him by the hand and led him on through devious paths unknown to any man until upon the darkness of the wood there dawned a light unto which the light of day was but as a little lamp unto the sun! And in that wondrous light, our way-worn knight saw, as in a dream, a vision, and so glorious, so fair, the vision seemed, that of his bleeding wounds he thought no more, but stood, as one entranced, whose joy is deep as the sea, whereof no man can tell the depth.

And the vision faded, but the knight, kneeling upon the ground, thanked the good saint who into that sad wood had strayed his steps, so he had seen the vision that there lay hid.

And the name of the dark forest was Sorrow, but of the vision that the good knight saw therein we may not speak or tell.—*Jerome K. Jerome.*

The Hereafter.

Many people spend much time and make themselves unhappy in speculating as to where they shall be and what shall be their condition after death. Perhaps the following passages of Scripture may help them:

"This day shalt thou be with me in Paradise."
—"The Paradise of God." The Holy Ghost says of Stephen, "He looked up into Heaven and saw the glory of God: And Jesus standing on the right hand of God: And he said, Behold I see the heavens opened and the Son of Man standing on the right hand of God." Stephen's dying words were: "Lord Jesus, receive my spirit." "For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, a house not made with hands, eternal in the heavens." "I go to prepare a place for you." "I will receive you to Myself." "That where I am there you may be also." These and many other passages assure us that when Christians depart this life they will go to be with their Lord, and where Jesus is there will be Heaven. What more need the believer know?—*Parish Visitor.*

"What is That in Thine Hand?"

It is not uncommon to hear people say what good things they would like to do, and, indeed, would do, if only they had the means to do them with. If, for instance, they were rich, or richer; had more social influence, occupied more prominent places among their fellowmen, or were in some way differently circumstanced or situated from what they actually are. This or that is good, they admit, this or that is actually important, a thing that ought to be done, a change that ought to be made, a great deliverance that ought to be wrought, or a great reformation that ought to be effected; but they themselves, they say, are not fitted for it, they have not the means, the weapons, the tools to work with, the wisdom, the learning, the strength, are not the people to do it.

Well, that may be true. Different persons have, of course, different qualifications, different opportunities and different talents, and some persons can work at a given task much more effectively than others; and yet, while that is true, is it not also true—a truth which in the Bible is especially taught—that what men have and are, no matter how poor and weak and inadequate it seems to be, can, when used with faith in God, accomplish more than they think? Is not that the principle, the very thing which the Bible is meant to illustrate, which makes the Bible so different, or one of the things which makes the Bible so different from all other books, which has made the religion of the Bible such a unique phenomenon in the history of mankind? What you need, it has said to men, with a voice different from all other voices, to do great work for God in the world—and this makes it a voice for all people—is not some greater instrument than what you have already, some greater gift of genius, some greater natural endowment or circumstantial equipment,—do not wait for that, what you have is enough—the shepherd rod of a Moses, the trumpet horn of a Joshua, the scarlet thread of a Rahab, the hammer

and nail of a Jael, the sling and stone of a David, the barley loaves and fishes of the lad in the Gospel story, the one little talent which you possess of wisdom, skill, experience, sympathy, beauty, power. Do not despise and neglect it because it is poor and weak, or wrap it up and bury it, and be afraid to exert it, but with faith in God go use it, looking to, and trusting in God to multiply and bless it. You cannot tell beforehand what He will do with it, what great results He can accomplish by it, therefore, take it and go, that shepherd's rod, that sling and stone, that one little talent which you possess, the thing you have in hand, with faith in God go, use it.—*Rev. David H. Greer, D.D.*

Remember.

Remember, when the Dawn sets open wide
Her bright enchanted palace to the sun;
Remember, when the Night, the pensive-eyed,
Comes dreaming under veils all silver-spun;
When thy bosom beats high with a pleasure supreme,
When the twilight allures thee to brood and to dream:
Hark! the forest profound
Has a voice in its sound—
"Remember!"

Remember me, when fate has drawn our ways
Afar; forevermore afar apart;
When sorrow, exile, and the flight of days
Have withered like a flower this breaking heart.
O forget not our parting, my love and its tears!
Love laughs at the malice of space and of years!
While my bosom shall beat
Will its pulses repeat—
"Remember!"

Remember me, when, nevermore distressed,
This heart of mine shall slumber in the tomb;
Remember, when above its house of rest
Softly a solitary flower shall bloom.
Thou wilt see me no more, but my spirit shall be,
Like a sister beloved, forever with thee.
When the midnight is nigh
Thou shalt hear a voice sigh—
"Remember!"

—*Temple Bar.*

Hints to Housekeepers

DRAWN-BUTTER FOR BAKED FISH—One pint hot water; one half cup butter; two tablespoonfuls flour; one half teaspoonful salt; one half salt-spoonful white pepper; two tablespoonfuls lemon-juice; a few grains cayenne, and two tablespoonfuls chopped olives. Put half the butter in a smooth saucepan. Be careful not to let it become brown: when melted, add the dry flour and mix well. Add the hot water, a little at a time, and stir rapidly as it thickens. When perfectly smooth add the remainder of the butter in small pieces, and stir until it is all absorbed. Add the salt and pepper, or, better still, mix them with the flour before cooking it with the butter, for sometimes it is impossible to mix the pepper smoothly into the hot sauce. When carefully made this sauce should be free from lumps; but if not smooth, strain it before serving, and then add the olives and lemon-juice. Chopped pickles may be used in place of olives. A little acid of some kind is an improvement to all fish sauces.

FOR MANY YEARS.—"We have used Dr. Fowler's Extract of Wild Strawberry for many years in our family and find it an excellent medicine for all forms of summer complaint." John A. Valens, Valens, Ont. Fowler's Wild Strawberry. Price 35c., sold by all dealers.

POTATOES AU GRATIN—One quart cold boiled potatoes; three tablespoonfuls butter; one pint milk; two tablespoonfuls flour; one half teaspoonful salt; one salt-spoonful pepper; dash of cayenne; two tablespoonfuls grated cheese; one half cup fine cracker crumbs, and one teaspoonful chopped parsley. Cut the potatoes in half-inch dice. Heat the milk. Melt the butter in a smooth saucepan, take out one tablespoonful of it and moisten the cracker crumbs. To the butter left in the pan add the flour mixed with the salt and pepper. When well blended, add the milk, a little at a time, stirring thoroughly. When smooth, add the cheese. Put half the potatoes in a baking-dish, suitable for serving, then a layer of sauce, then

the remainder of the potatoes and sauce, and cover with the buttered crumbs. Bake in a quick oven about ten minutes, or until brown.

BERRY CHARLOTTE—Stew one quart, either strawberries, blueberries or black raspberries, in one pint of water. Squeeze through cheese-cloth, letting all but the seeds go through, then sweeten to taste, and heat again. Fill a bowl or oval mold with soft stale bread, crumbled finely. Pour the boiling fruit over the bread, moistening each layer of crumbs, and using as many as the liquor will admit. Press each layer down, that all the crumbs may be equally moistened. Set in a cold place—on the ice, if possible—and when ready to serve turn out on a pretty dish and serve with cream. Anything more simple, easily made and delicious, for a hot summer day can hardly be found. It is particularly suitable for those to whom the small seeds in these fruits are objectionable.

IT SAVED HIS LIFE.—Gentlemen,—I can recommend Dr. Fowler's Extract of Wild Strawberry, for it saved my life. We have used it in our family when required ever since, and it never fails to cure all summer complaints.—*FRANCIS WALSH, Dalkeith, Ont.*

HALIBUT BAKED WITH MILK—Select for this dish a thick slice from just below where the fish was split in dressing it. Any part may be used, but this cut gives the best shaped slices. Clean the fish, dip the dark skin into a pan of boiling water and scrape it until white. Rub well with salt and pepper. Put it into a clean baking-pan, a little larger than the fish, and pour milk over it till half-an-inch deep. Bake a four-pound fish about an hour. Cook slowly at first, basting often with the milk, and add more milk if it all cooks away before the fish has browned. When the flesh will separate easily from the bone the fish is done. Remove the bones and skin and arrange the fish carefully on the platter in the original form. Pour a drawn butter-sauce around it, or over it, if you prefer. Garnish it with parsley and slices of hard-boiled eggs. The milk keeps the fish moist, is a wholesome substitute for pork, and gives the fish a rich brown color, which always adds much to the attractiveness of a baked fish. Cod, haddock, cusk, and bass are delicious when baked in this way, and some prefer this method for salmon, bluefish and mackerel. The milk is not to be used after cooking any oily fish in it, but with the dry, white fish; if there be any left in the pan after the last basting, it may be poured over the fish.

UNBEARABLE PAIN.—Dear Sirs,—I suffered for three days very severely from summer complaint, and could get no relief, but kept getting worse till the pain was almost unbearable, and I was very weak. After everything else had failed I tried Dr. Fowler's Extract of Wild Strawberry. The first dose gave relief, and it did not fail to cure me.—*WM. T. GLYNN, Wilfred, Ont.*

SPINACH—Pick over, trim off the decayed leaves and roots, then wash thoroughly, lifting the spinach from the pan of water into another, that the sand may be left in the water, and changing water until it is clear. Put the spinach in a large kettle without water. Place it on the stove where it will heat slowly until the juice is drawn out, then let it boil until tender. Drain and chop fine. For half a peck of spinach add one large tablespoonful of butter, half a teaspoonful of salt, a dash of pepper, and sufficient cream to moisten it. If you have no cream make a little thickening the same as for drawn-butter. Heat the spinach again, then mold it in small cups and turn out on a platter; rub the yolk of a hard-boiled egg over the whole and serve at once. Spinach is nearly all water, and less of the potash salts—its most valuable constituent—is lost when cooked in its own juices than when cooked in a large quantity of water.

CRISPED CRACKERS—Split the common butter crackers and spread thinly with butter. Put them, buttered side up, into a pan and color quickly in a hot oven. They should be just a delicate golden-brown, and will scorch easily, so look at them often.