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ONT.

Are you watching for a word or a touch from the Master Who is alwaysthough unseen and often forgotten-in the midst of us? Are you glad when you remember that He is beside you, or do you feel afraid of His holy Presence? If you are allowing any favorite sin to live unchecked in the guest-chamber of the soul, call on the rightful Owner to enter and drive out the intruder before it has entirely wrecked your peace and beauty of holiness. "The Master saith, Where is thy 'guest - chamber?'' Is it furnished according to His taste-do you read and think as He approves-and is it always ready for Him? Don't let the work, cares, or pleasures of life, crowd Him out.

DORA FARNCOMB.

The Roundabout Club.

Study III.---Continued.

[Subject.-If you were compelled to spend a year on an island and allowed but one book (exclusive of the Bible) what book would you choose?]

AN OLD FAVORITE.

(A prize essay.)

If I were compelled to live on just one article of food for a long period of time, what principles should guide me in choosing that article?

1.-It should contain all the food elements, proteins, carbo-hydrates, etc., in proper proportions.

2.-It should be, while not necessarily my favorite food, one for which I have

3.—It should not be a novelty, but a

4.-It should be capable of being

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500 BEN DAVIS 500 DUCHESS .

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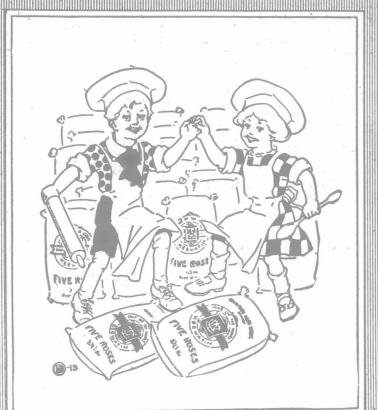
served in various ways, that it should become as little monotonous as possible.

Now these are the chief reasons which I should consider in choosing a book to be my companion for three hundred and sixty-five days (I trust I shouldn't be committed to that island for leap year.) My book must contain food for the imagination, for the reason, for the other mental faculties in due propor-

I shall not choose poetry, much as I should like to slip in a few leaves of Tennyson. Poetry being easily memorized, I have some stores of it laid up; had I expected to go into exile I should have stored up more.

Eggs are a staple article of food, appetizing and nutritious, yet I know a healthy woman who can not eat them at all. Books which are highly recommended, and justly so, may, because of some personal peculiarity, be of little value to me. If I must live with a book for so long a time, it must be one which I like, one which "agrees" with me. Yet if I happen to like an unworthy or inferior book it would be a very great loss to waste twelve months of such intimate companionship upon it, so not only must the book be one I like; it must have won the approval of others, more competent judges of literature than I. It should be a masterpiece. To my mind that wonderful allegory 'Pilgrim's Progress' meets these requirements.

"Pilgrim's Progress" is certainly no novelty. I don't know whether it ever was one of the "best sellers," but for more than two centuries it has held for children the charm of a fairy tale, while it has also proved streng meat for those of maturer age. If I read a book for a year, it would become a part of me; I should consciously or unconscious ly be continually making allusions to it. quotations from it, therefore,



Why don't some flours behave? Why don't they keep good?

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