

absolute. It does not, however, necessarily mean that there is to be no punishment of the evil doer. Such punishment may be demanded in the interests of society, or even for the good of the offender himself. But it must never be vindictive, it must never be for the satisfaction of personal resentment. A man who does not know this, has not learned the "first principles of the doctrine of Christ."

It seems a hard requirement: "Bless them that curse you: do good to them that injure you;" yet, rightly understood, it is the simplest. The man who tries to injure another inflicts a far more deadly injury upon himself. Our enemy can hurt us only when he can make us to have feelings and purposes towards himself. If we can only say: "I forgive him, may God forgive him as I do," then he has been a blessing to us, for he has enabled us to exercise that most excellent gift of charity.

But we must pass from the grace to the blessing which accompanies it. The merciful "shall obtain mercy." As before, we note how the blessing suits the quality. It seems to tell us, on the one hand, that the unmerciful shall not receive mercy; and we shall have occasion to dwell upon this side of the truth, if we shall be permitted to come to the exposition of the Lord's Prayer. Let us take here the positive side.

The merciful shall obtain mercy; for they have obtained mercy. It is the mercy of God vouchsafed to them which has taught them to be merciful to their fellow men. Their Father in heaven is merciful, and, in showing His mercy to them, He has infused His own spirit of love and mercy into their hearts; and that spirit makes them His own children, who cannot but find mercy.

There are two aspects of this finding of mercy. It is found at the hands of God and at the hands of man. Yes, man is often unjust and ungenerous to his brother man; yet he cannot help recognizing the noble and the generous where it exists. He is often constrained to do so against his inclination. The spiteful, the censorious, the unmerciful have few to compassionate them in their time of trouble; whilst the man who has been loving, patient, generous, merciful will never be without some to have pity upon him in his hour of need. "Judgment without mercy to him that hath showed no mercy;" here is a principle of universal justice; but the other side holds: the merciful obtain mercy.

And the same holds true of God. It is hardly necessary to dwell upon the proof. It is not merely that mercy is the very principle of holiness, "without which no man shall see the Lord;" but it is the sign of the mercy of God exhibited towards us. He that dwelleth in love, dwelleth in God, and God in him; and it is impossible that he in whom God dwells should have mercy withheld from him. "Blessed is the man that provideth for the poor and needy: the Lord shall deliver him in the time of trouble."

He obtains mercy from God now, and he will obtain it in "that day." And he will be told that his welcome is connected with his mercifulness. "Come ye blessed children of my Father"—this salutation will be followed by the declaration of their kindness to Him in His members. "Inasmuch as ye did it unto the least of these my brethren, ye did it unto me."

Hints For Observing Lent.

1. Let what you do, little or great, be done for God's sake, and to please Him. All must be done under the Eye of your Father which seeth in secret.
2. Begin your Lent with the resolution to spend the forty days profitably; in sorrow for sin, in bearing chastisement for your offences, in remembrance of your Lord's Fast, in using such abstinence that the flesh may be subdued to the spirit. Write this resolution down not later than Shrove Tuesday.
3. Come to church oftener, and especially to the Celebration of the Holy Communion. If possible, come at least once a day.
4. Practice Abstinence, or Fasting, in some way according to your strength. Do not break that Rule.
5. Rise earlier to make time for prayer.

6. Increase your alms, if possible. Remember that our Blessed Lord teaches us that we are to fast, to pray, and to give alms. These are the three great Christian duties by which we may please our Father who seeth in secret.

7. Break away from common amusements and pleasures, and from anything that can be laid aside which could be likely to turn away your mind from God. Go apart from the world that you may be with Him.

8. Read, if but a few verses of the Bible daily, and meditate upon them.

9. Examine yourself regularly, and strive heartily to repent of past sins, and to break off what still besets you.

10. If you happen to pass the church go in and pray for yourself, or others, for the whole Church. Pray for the conversion of sinners, the healing of divisions, more peace, true unity.

11. Make more time to pray in private, and ask to know and love God, to know yourself, to see your sins, to hate them. Pray that you may put away everything that holds you back from God, and that you may give yourself up to him altogether.

12. If you are not a Communicant, or have given up Communicating, think what it is to live without that Sacrament which our Lord appointed for the saving of your soul. Pray that you may no more neglect it. Resolve to prepare for Communion. If you are afraid to come because you are unworthy, speak to one of the clergy about it.

Dreams.

"O mother, we saw a strange thing to-day,
With towers and turrets, and things like that,
I'm sure it's a church, now what do you say?
Will thinks—don't frown at me under your hat—
Will thinks, it's St Brandon's Isle maybe,
But I know it isn't, for where is the sea?"

I smiled at my boy's quick, eager says,
At the face with its frame of tangled gold:
"As the fairies are shy in these modern days,
My sayings, perhaps, were a trifle bold,
Tho' I hardly know why it might not be,
They should love our lake, as well as the sea."

With the smile came a thrill, was it half a fear,
As I looked in that other wistful face,
And read in those eyes? Or was it a mere,
Weak, motherly fondness that sought to trace
The something there—the clearer sight,
That sees by a flash of Heaven's own light?

'Tis the Master's gift—and yet, Ah! me,—
Were it mine to choose—should I say "let be"?
—W. A. G.

Lenten Duty.

SOME THINGS WHICH A CHURCHMAN OUGHT AND OUGHT NOT TO DO IN LENT.

I—YOU OUGHT NOT.

1. You ought not to undertake too much. A few rules, well kept, are better than many which are not kept.
2. You ought not to indulge in ordinary social amusements and gayeties.
3. You ought not to stay away from the church whenever it be open, unless absolutely prevented.
4. You ought not to spend time in any form of reading which is simply for amusement.
5. You ought not to dishonor the Lord and His Church by doing anything that is inconsistent with the spirit of this season of self-denial.

II—YOU OUGHT.

1. You ought to be more constant and earnest in private prayers.
2. You ought to be more diligent to "search the Scriptures."
3. You ought to be more frequently at God's house, and to take part more earnestly in the worship with both heart and voice.
4. You ought to exercise some form of real self-denial in meat and drink.
5. You ought, whatever be the form of denial, to keep it faithfully.
6. You ought, by honest self-examination, to find out your besetting sin, and to fight against it.
7. You ought to give something regularly, and that more than before, to the offerings in church.

8. You ought to forgive anyone who may have wronged you, and to seek forgiveness.

9. You ought to exercise unusual kindness to all with whom you come in contact, especially to those with whom your daily life is cast.

10. You ought to seek to make this Lent more beneficial to your spiritual life than any has been before.

11. You ought to remember that death and the judgment must be met.

Hints to Housekeepers.

SQUARE POTATO CAKES.—To two cups of mashed potatoes add a teaspoonful of baking powder, a little flour, salt and pepper, and enough milk to enable you to roll it out very thin. Cut into squares and fry on the griddle.

PARSNIP CROQUETTES.—Boil some parsnips and then mash them, adding a little butter, and milk or good gravy. Mix thoroughly and let it get cold. Then shape it into the form of corks, dip in eggs and bread crumbs, fry in boiled lard.

JELLY ROLLS.—Mix thoroughly together when dry, one cup flour, one teaspoonful baking powder, and sift. Then add one cup of sugar, four eggs, and one teaspoonful cold water. Bake quickly in long shallow tins, and as soon as it is ready to slip from the pans, spread jelly on the bottom and roll up; then roll a napkin tight around it until cooled.

CHICKEN GRAVY.—Boil the giblets of a chicken (to be stuffed and baked) till tender, chop them fine in the chopping-bowl; remove the chicken when done from the dripping pan, put into it the giblets and the liquor in which they were boiled, adding more hot water if necessary and seasoning to taste; thicken with flour moistened with milk. This gravy is good also with chicken pot-pie, and makes delicious dumplings still more delicious.

PLAIN FRUIT CAKE.—One-half cup butter; one cup sweet milk; three eggs, the whites and yellows beaten separately; three or four cups of flour sifted three times with two teaspoonfuls baking powder; one-half cup currants, one-half cup raisins, and a little citron mixed with the dry flour; one-half teaspoonful each of clove and cinnamon, one-half a nutmeg. Stir till very stiff. Bake an hour, or till done in a moderate oven. Save out white of one egg for frosting.

FRIED BEEFSTEAK.—Hack the steak thoroughly with a sharp knife; have a frying-pan very hot, put the steak on it, and in a few moments turn quickly with a knife; do this several times, turn on a hot platter; season with salt, pepper and butter; cover with another hot platter for a few moments; put a little butter and some brown flour into a pan and cook a few moments; add milk to make it thin enough, season, pour into the gravy-boat, and serve with the steak.

MOCK TURTLE BEAN SOUP.—Let a pint of black beans soak overnight; in the morning put them into three quarts of water, with a soup bone or small piece of lean salt pork, and let them boil for three or four hours; then strain through the colander, washing enough of the beans through to make it moderately thick; season with pepper, salt, lemon juice, and cloves; pour into the tureen; put a few very thin slices of lemon on the top, and a half-boiled egg cut into bits; serve with dice of toasted bread; the heart or liver of a chicken cut into little pieces may be also added.

FINE GINGER DESERT CAKES.—Rub half a pound of fresh butter into three-quarters of a pound of powdered sugar and half a glass of rose water, the grated peel of a lemon, and a teaspoonful of the best powdered ginger—use the ginger carefully, trying a level spoonful first. If the flavour of the ginger is not strong enough, add more; they should taste well of it without being hot in the mouth. Roll the paste a quarter of an inch thick, and cut into small or oval round cakes, sift powdered sugar over them, and bake rather slowly a very pale brown.

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