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ately burns up

of course, the convalescent must not work at her "beauty culture" hard enough to tire herself. She generally has plenty of time at her disposal and can spread her operations over as long a period as the finds convenient each day. Her work—for it is work—will supply a zest to purposeless days, and in the end she will feel repaid. As some one neatly put it, "It is desirable not only to get well, but to get well beautifully."

Love Which Transforms

Life is another thing when once a great love has entered it. Who has not known how love has turned pain to pleasure and made sacrifices sweet? Lover never talks of crosses and of losses. It calls its losses gains, and its crosses crowns, "For my sake" makes even death a delight. When we so love the Lord with all the heart, then to follow Him fully is our own choice. There comes an end to all mere theoretical consecration, in which we recognize solemnly the claims of God and pass on our own way. There comes an end also, to all testing of ourselves by suppositions of future claims. But another work begins—the constant cultivation of the conscience to see those claims. It is a little thing for love to respond to an uttered wish. It studies and anticipates the pleasure of the beloved.

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Feminine Fancies and Home Circle Chat

acic acid has been dissolved. A teaspoonful of the acid to a point of soft water is the correct proportion.

When the invalid's skin is dry and colorless, it should be treated with plenty of good cold cream. A wash cloth wet in hot water—as hot as can be borne easily—and held to the face and neck for a minute or two, puts the skin in condition to absorb the cream, which should be rubbed into it gently. If the muscles are relaxed and the cheeks are sagging, as they often are after illness, the face should be massaged with the cold cream, always rubbing "upward and outward." If one does the rubbing herself, she should work before the mirror, so that she may not put more wrinkles in than she smoothes out. The cold cream treatment should be given at night, and the morning's ablutions should be followed by a tonic face bath of simple tincture of benzoin in rose water, to counteract the flaccidness of the skin. If the complexion looks dark and discolored, its return to normal appearance can be hastened by applying a bleaching lotion of strained lemon juice in rose water, or in sweet milk. Warm almond oil will soon soften the brittle malls, and brushing the hair and massaging the scalp will soon restore softness and lustre to the hair. A few drops of cologne in the daily sponge bath is very refreshing. Massage from head to foot is recognized as one of the most potent restorers, but it is not every invalid who can afford the services of a trained masseuse.

Of course, the convalescent must

Getting Well Beautifully

The day the controllation in the cold in

the day upon others who do not think exactly as we do, for in doing so we should be committing two gross acts of injustice, first of all to ourselves, in that we would be robbing the Gospel of that beautiful moral freedom which at present overshadows it, to say nothing of the disrespect we would be showing to our divine Master in forc-ing men to do that which He demand the second place to our neighbor who might look upon our use of the day as

a burden heavy to be borne. Now, keeping this principle in mind, let us take into consideration the facts as they are presented to us in Canada today. I think I am fairly safe in saying that the large mass of people are at least nominally Christian, and that out of that number a very large proportion desire freedom to use Sunday as a day set apart for the worship of God, others as a day of rest, or as a weekly opportunity for healthy recreation. On the other hand there are men, but thank God that in our fair Dominion their number is very small, whose avaricious habits form the governing principle of their lives: to these men we must be fair in considering any measure of legislation, we must take their claims into consideration and see whether or no their attitude in any way interferes with the liberty of the large majority. Take the question of Sunday retail trading. I got into conversation with the manager of one of the cigar stores of this city a few weeks ago, and he told me that he would be personally thankful for any measure which would compel all en-gaged in his business to close down on Sundays. "When I first came to this city," said the gentleman in question, "my store was never open on a Sunday but now that other stores open on that day for business I feel compelled to do the same." The owner of a candy store told me practically the same thing. This is, I believe, the case with most of those who are now carrying on business on Sunday: they are doing so very much against their will; in words the liberty of the mafority is very seriously interfered with in order to satisfy the selfishness of

Two quarts of sifted flour, one-half

Two quarts of sifted flour, one-half cup each of sugar, butter and yeast; mix with enough new milk to make a light, soft dough. When it is light, break off a piece of the desired size for a roll. Spread half of the piece with butter, fold it over and proceed in the same way with the rest of the dough. When the rolls are formed set them to rise again. As soon as they are light, bake in a quick oven. If you have an early breakfast, the first rising must be done during the night, the dough having been made at late bedtime.

Chocolate Loaf Cake

Dissolve two ounces of chocolate in five tablespoons boiling water. Beat a half cup of butter to a cream. Add a half cup of sugar gradually; add four yokes of eggs. Beat well, then add half a cup of milk. Add slowly the melted chocolate and 1 3-4 cups of flour, to which one heaping teaspoon of baking powder has been added. Flavor and fold in the beaten whites of four eggs. Bake in a well-greased mold for forty-five minutes.

White Fruit Cake

One cup of butter, two cups sugar, one cup sweet milk, two and a half cups of flour, whites of seven eggs, two even teaspoons of baking powder; one pound each of seedless raisins, figs and blanched almonds chopped fine, and one teaspoon of lemon extract. Bake for two hours.

Browned Sweet Potatoes

Parboil, peel, split, put in a pan with butter over them and brown in a hot oven.

House Cleaning Again

Every housekeeper has her ideas on the subject of house-cleaning, and prefers working to the destined end in her own way, but she is always glad of hints and suggestions which glad of hints and suggestions which she may put into practice in connection with her other arrangements. An experience dealing with this 'bugbear of spring' contains a number of such hints. The housekeeper in the case first decided on the dates of beginning and ending, keeping the period free from engagements and appointments of every kind, with two or three days of grace for resting afterwards. She of every kind, with two or three days of grace for resting afterwards. She determined, the fates permitting, to be through in time to enjoy the best of the spring-time out of doors. With a note book and pencil she made out a list of the things necessary for all the cleaning operations—scouring soaps, ammonia, turpentine, furniture polish, etc.—and hunted up a good supply of old muslin, old fiannel, and tissue paper. Then were prepared some articles of food which could be kent for several days, saving time from

The following and the property of the posterior of the po



Street costume of plain green Panama cloth combined with a green and white plaid silk. The front of the skirt extends in two bands over the shoulders; the closing is under the buttons in front. The jacket is laid in deep unstitched pleats and trimmed with bands of the plain

ia's leading paper.