

"A very sound and practical sentiment," remarked Dr. Lyon, whose gaze was still upon the distance; while Mary slid one of her little white hands into the more powerful but very kindly one which had found its way round her waist, and pressed it fondly. She knew that her friend had been cheering with her bright presence and kind strong words of comfort the heart of the poor lonely widow longing for her son.

"Not that I wish to spoil your pleasant dreamings, whatever they may have been," continued the elder lady in a softer tone: "that they have been good and kindly ones I very well know, and the realities and stern prose leaves of life come soon enough to all."

"True," again remarked Dr. Lyon: "and now that Mary's picture is so rapidly losing its gilding, and the neutral shades asserting their evening rights, let us adjourn to the fire-side. Miss Fridell has had enough of standing for one afternoon, I can answer."

"So she shall have the very easiest of easy-chairs, rest beautifully, and indulge in the knitting and gossip to which she was alluding just now." And, so saying, Mary seated her friend as cosily as possible on one side the log-piled fire, drew her father's chair opposite, and then dropped herself into a low seat on Miss Fridell's left.

"One hour to dinner-time," she said, when all were arranged to her satisfaction. "Now, dear Miss Fridell, begin."

"The first and most important piece of news, then," began the lady, whose fingers as she spoke moved with the most marvellous rapidity over a boy's sock which she was knitting, and which progressed with equal speed in twilight as in sunlight—"the great piece of news which seems in everybody's mouth, from Mr. Mitchell, the chemist, where I went to get some ointment made up for Johnny Scotton's chilblains"—

"What!" interrupted Mary: "has that poor child got chilblains already, and in this mild weather?"

"Very bad ones, my dear; it quite made my heart ache; and Mrs. Scotton herself is very ailing. I was going to ask your papa presently to try and see her."

"I will," said Dr. Lyon. "I had been thinking of her this very afternoon; only she was not in my beat."

(To be continued.)

Prevention is Better

Than cure, and those who are subject to rheumatism can prevent attacks by keeping the blood pure and free from the acid which causes the disease. You can rely upon Hood's Sarsaparilla as a remedy for rheumatism and catarrh, also for every form of scrofula, salt rheum, boils and other diseases caused by impure blood. It tones and vitalizes the whole system.

Hood's PILLS are easy and gentle in effect.

"Churches Suitable for the Poor."

It is said that the spiritual wants of the poor should be provided for by the building of cheap churches and chapels in poor localities which shall be suitable churches for the poor. Now, I hate the very words, "churches suitable for the poor." It is in the very poorest neighbourhood that one should desire to have the most beautiful church that can be built. When you look at the dull monotony of the daily life of the poor, with so little that is beautiful in it, surely it is desirable that the one place in the parish to which they may have free resort and access—the house of their Common Father—should be a place that shall bring some of the beauty and grace, and something of the sense of human brotherhood, into their weary and saddened lives.

I hold that it is not well, even in the interests of the rich, to have cheap churches for the poor. It is not a wise thing nor a safe thing that wealth and rank and respectability should have one place of worship on Sunday and that the poor should have another. One of the sorest and saddest evils of nineteenth century life is the ever-widening chasm which separates class from class and rank from rank; and those who care for the State

tremble to see the ever-widening gulf in the Forum into which they may yet see more than one of their most precious things cast before it is closed. I do not say that separation of classes is only caused by the separation on Sundays of which I have been speaking, but I do say that it is enhanced and increased by it. We cannot over-estimate the healing and uniting influence of a common sanctuary for rich and poor, in which they may feel, in the highest sense of it, their religious equality, and that there is at least one place on this side of the grave where rich and poor may meet together.—*Bishop Magee's speech in the House of Lords, 1886.*

Don't selfishly deprive your friend of cheerful company by remaining a dull gloomy dyspeptic. Restore your spirits by using K.D.C., the King of dyspepsia cures. It conquers every time.

The Two Currents

In every human life there are two currents, a positive and a negative. In almost every community, business, society, and church, there are two sides; a strong, vigorous, attractive, helpful side, and a discouraging, repugnant, unattractive side. Between these two every man or woman must choose. He who chooses the positive side emphasizes what is good; he who chooses the negative emphasizes what is evil. The positive man detects and makes prominent the excellent points of the place in which he lives, the noble qualities of the church to which he goes, the pleasant characteristics of the society to which he belongs. The negative man sees only the defects and shortcomings. The favouring conditions in the environment constitute the positive current, the discouraging conditions the negative current. Which of these shall be strongest in its influence is left for the individual man or woman to decide. In that decision lies always a great revelation of character; for it is the essence of strong character to ally itself with what is positive, and to oppose itself to what is negative. The negative side of life, viewed from the standpoint of character, is a gymnasium in which all kinds of obstacles are presented in order that one may develop his strength upon them and finally overcome them. To be continually looking out for the imperfections of things, to be continually finding fault with one's surroundings and fighting against one's conditions, is not only to waste strength, but to invite permanent failure in life, since the essence of success is the triumph of character over environment and conditions. Strong men and women seize what is good, and make the most of it; minimize what is evil, and rid themselves of it. There is no healthier temper than that which comes from the resolute determination to see the best in things and make the most of them. There is no more unhealthy and demoralizing attitude than that which continually looks for the defects and magnifies them. This is the eternal choice between weakness and strength, between achieving and failing.

Do you feel the first mutterings of indigestion? Don't wait for it to become chronic. Use K.D.C. K.D.C. Company, Ltd., New Glasgow, N.S., Canada, or 127 State street, Boston, Mass.

—A large and appreciative audience attended Mr. Lewis Browne's first concert at the Bond street church on the evening of the 7th ult. The seven numbers which formed the programme appealed especially to the musically cultured, and the whole was rendered in a masterly style. The singing of M. D'Auria elicited much applause, the old song "She wore a wreath of roses," being sung with inexpressible sweetness. Mr. Browne is not only a great organist, but at the piano is brilliant in the extreme. No. 6 on the programme, a trio for violin, cello and piano, is a gem, and the unaffected playing of the stringed instruments by Mr. Bayley and Signor Dinelli was listened to with delight.

Those burdens of life, palpitation of the heart, nervousness, headache, and gloomy forebodings, will quickly disappear if you use K.D.C. The greatest cure of the age for all forms of indigestion.

Hints to Housekeepers.

QUINCE MARMALADE.—Cut up quinces, skins, cores and all, cover with water, and boil until tender. Rub through a sieve, and to every pint of pulp add one pint of sugar. Boil two hours, stirring very frequently.

EGG SANDWICH.—Boil the eggs twenty minutes (thus making them more digestible than if boiled five or six minutes), then slice them and season with salt, and put them between the pieces of bread and butter. The sandwiches are delicious.

ALMOND BISCUIT.—Beat half a pound of butter and a half pound of white sugar to a cream; mix with one pound of flour and one-fourth pound of almonds, blanched, and beaten to a paste with the juice of a lemon; work it well together, roll it out and cut into small round cakes. Bake them in a quick oven.

BOILED BATTER PUDDING.—Beat three eggs light (whites and yolks separately). Add one and one-half cupfuls of flour to the yolks; stir in one and a half cupfuls of milk, then the whites; a salt-spoonful of salt and two teaspoonfuls of baking powder. Put in a pudding mould, cover tightly and place in a pot of boiling water. Boil three hours and serve with sauce.

QUINCES WITH SWEET APPLES.—To increase the quantity of preserve, without an addition of sugar, add one-third as much sweet apple, pared, cored, and quartered, as there is of quince, and add to the quince when this is put into the boiling syrup.

RICE CAKE.—This rice cake is delicious. Eat it hot with butter, cranberry or apple sauce. Mix with a fork whatever cold rice may be on hand with a little sugar, two or three eggs, a little milk and a piece of butter the size of a walnut. Have the mixture about the consistency of cake batter. Bake in a moderate oven half an hour.

QUINCE JELLY.—Rub the down off the quinces with a dry cloth, remove the blossom end, and cut the fruit in pieces, using the seeds and cores. Add water barely to cover, and boil until very tender. Strain through a jelly bag, allow a pound of sugar to a pint of juice, and boil twenty minutes.

TO WASH OIL CLOTH.—Oil cloth should never be scrubbed, but washed with a soft woollen cloth and lukewarm water in which a little milk has been dissolved. Soap and hot water destroy the pattern and colour.

THE USES OF HOT WATER.—Speaking of hot water, it is wonderful how many good purposes it serves. A compress of linen wrung out of hot salt and water, and applied to the chest, covered entirely and closely with flannel, to prevent the taking of cold, will ease pain and do away with the irritation which culminates in frequent coughing. Hot water at the back of the neck, and behind the ears, will cure that nervous weariness and hysteria which overcome one after a hard day's work. Hot water, taken internally before a meal, is an aid to digestion.

WELL ADAPTED.—The effective action on the glandular system and the blood, and the general regulating tonic and purifying action of B.B.B., especially adapt it for the bilious, nervous, costive or scrofulous. From three to six bottles will cure all blood diseases from a common pimple to the worst scrofulous sore.

DR. WOOD'S NORWAY PINE SYRUP.—Dr. Wood's Norway Pine Syrup cures coughs, colds, asthma, bronchitis, hoarseness, croup, and all diseases of the throat and lungs. Price 25c. and 50c., at all druggists.

CONSTIPATION CURED.—*Gentlemen,*—I suffered for a long time with constipation and tried many remedies without success. I then tried Burdock Blood Bitters and very soon had great relief, so I continued its use and am now completely cured.
JOSEPH PHILLION, Quebec, Que.

—Surely the day when, perhaps, we have been fluent in worldly conversation, and yet have neglected our opportunities of speaking a word for our Master, must be a lost day.