

THE MOST JOYOUS RELIGION

Sixty Generations of Christians Have Spontaneously Broken Into Song

The Christian religion is the most joyful religion on earth. Three great missionary faiths are in existence to-day — Mohammedanism, Buddhism, Christianity. The first has no hymns and never sings. The second is only now endeavoring to compete with Christianity by copying its songs. Buddhism is endeavoring to graft into her pessimistic thought of life a little of that radiant hymnology in which sixty generations of Christians spontaneously have broken into song.

Behind this joyous religion stands a joyful personality. The mournful picture of Jesus in medieval art are proved to be wrong by the records of his life and the consequences of his influence. The most joyous religion and back in existence were not inspired by a melancholy man. Swinburne, missing the mark as usual, sings of him: "Thou hast conquered, O pale Galilean, The world has grown gray with thy breath!"

Has Jesus a "pale Galilean"? Has the world grown gray with his breath? Let us look at him and see.

On two occasions, when Jesus took special pains to justify his conduct to his enemies, he was explaining to them why his disciples were joyful. In the first he is justifying the refusal of his little company to fast. A Pharisee fasted twice every week, on Mondays and Thursdays, whether he felt like it or not. Jesus says that, therefore, fasting and abstinence is useless, and that he and his disciples are as happy as a bride party and do not wish to fast. This is a skillful way of putting the matter, because, according to the Jewish law, a bride party was always exempt from fasting. Jesus claims that he and his friends are on a continuous honeymoon and that the Pharisee laws have no right to interrupt their freedom.

On another occasion the Pharisees complain because he welcomes sinners to his friendship. He tells them that the work which he is doing in finding lost men and bringing them back to their true life is the most joyful work in the world. He says he is as glad over it as a shepherd who calls to his neighbors for a feast when a lost sheep is rescued; as full of satisfaction as a housewife who has lost a coin and found it; as happy as a father whose prodigal son has come home. He says that this sort of experience which he is enjoying makes the angels sing, and that such joy he will

not exchange for the exclusiveness of the Pharisees.

Jesus was so joyful in his friendships and his work that he fairly was forced to defend himself on account of it before his enemies. The reason for Jesus' joyfulness corresponds to a universal law that the happiest people on earth are those who are doing most for others.

We say that Jesus' earthly life was the time of his happiness and self-sacrifice, but when he speaks of it he says in joy, "My spirit is to do the will of Him that sent me." He loves his life. Take him at his most disheartened day, when hostility assails him and friends desert, yet you feel that nothing could buy him off or woo him from the work of service which he is doing. He loves it, glories in it, would be miserable if deprived of it. He finds life by losing it, and defines greatness in terms of usefulness.

We smaller souls, when, for the sake of greater good, we surrender a lesser convenience, fix our thoughts and settle our remembrance on the sacrifice which we have made. But Jesus said that a man found a treasure in a field and in his joy sold all that he had and bought that field. The emphasis of Jesus is not upon the sacrifice, but upon the joy of finding the spiritual treasure and getting it at any price.

Only in great souls do you find to the full this joy in service. It is in Paul when, amid his tremendous hardships, he says, "We, also, rejoice in our tribulations." It is in David Livingstone, who, after his terrible sufferings in Africa, said, "I never made a sacrifice in my life." They felt about their work for others that Nelson felt about war, when at Aboukir, with the shot and splinters from the deck flying all about him, he said: "This is warm work and it may be the last of us at any minute," and then, as he turned away, "but I wouldn't be elsewhere for thousands."

Another reason for this exultant spirit in Jesus is also fundamental. He had the most joyous idea of God that ever was thought of. He taught his disciples that they could take the most beautiful aspects of human life, like fatherhood, and lifting them up to the best they could imagine, could say, God is much better than all this. "If ye, then, being evil, he said, 'know how to give good gifts unto your children, how much more shall your Father.'"

This is the most joyous thought of God of which we know.

HOME

Tested Recipes.

Cream of Tomato Soup.—Put into a saucepan a pint of strained tomatoes; add a sliced onion, a bay leaf and a small piece of mace. Cover the saucepan, and cook for five minutes. Put into a double boiler a quart of milk. Rub together two tablespoonsful of butter and two of flour; add to the milk, and stir until thick and smooth. Strain the tomatoes into a soup-tureen, add a saltspoonful of bicarbonate of soda, season with salt and pepper, stir, and while this is frothing, add hastily the thickened milk; stir just enough to mix and serve. There is not the slightest danger of this curdling if you add the milk quickly. If necessary to keep warm any length of time, keep the materials in separate vessels, mixing at the last moment.

Cream of Carrot Soup.—Grate three good-sized carrots; cover them with a pint of water; add a slice of onion and a bay leaf; cover and simmer gently for thirty minutes. Remove the onion and bay leaf, and add a quart of milk. Moisten a tablespoonful of cornstarch in a little cold milk, add it to the soup, and stir until thick; add a rounding teaspoonful of salt, a saltspoonful of white pepper, and just at serving time stir into the mixture two tablespoonfuls of butter. Serve this soup just as soon as it is made.

Omelette Souffle Chocolate.—Cream two ounces of castor sugar with three yolks of eggs, add one tablespoonful of finely grated chocolate and a few drops of essence of vanilla, then add lastly the whites of five eggs beaten very stiff. Turn into a soufflé pan coated with clarified butter, bake in a moderately hot oven, dish up, and serve at once dredged with castor sugar. This will take from ten to twelve minutes to bake.

Filipini Banana Omelet.—Add half a gill of cream to eight eggs. Season with half a teaspoonful of salt and two saltspoonfuls of white pepper. Beat with a fork for two minutes. Fry two peeled and sliced

bananas in melted butter for five minutes. Toss the pan frequently while the bananas are frying; then turn the eggs into the pan. Beat them for two minutes and then let them rest half a minute. Let the omelet stand for a moment and then turn out on to a hot dish and serve. This omelet may be used as an entrée at luncheon.

Hot Scotch Rolls.—Boil and mash fine one large, mealy potato. Scald one pint of flour with boiling water; add one teaspoonful salt, one heaping tablespoonful of sugar, the white of one egg, and half a compressed yeast cake dissolved in warm water. Set to rise and when very light add sufficient flour to knead it thoroughly. Do not knead too stiff. It can be thoroughly kneaded without sticking to the hands and yet not be too stiff. An hour before bed time work in two ounces of butter or lard. Roll it up in woollen cloths and let rise until morning. Then make out in rolls, if possible, an hour before you commence breakfast. Let get very light and then bake ten or fifteen minutes.

Cream of Celery Soup.—Wash three or four roots of celery. A better way, however, is to save the green portions of celery for soup, leaving the white inside part for eating raw. Chop the celery fine, using the better part of the green leaves. You should have one quart by measure. Cover his with one quart of water, and simmer gently for twenty minutes. Press through a colander. Put a quart of milk in a double boiler. Rub together two tablespoonfuls of butter and two of flour; add, and stir until smooth and thick. Add a rounding teaspoonful of salt, a saltspoonful of white pepper; add the celery mixture. Strain the whole through a fine sieve, and serve at once.

Dandelion Spring Salad.—Crisp three cups of dandelion leaves and cut into shreds with a sharp knife. Quarter four sweet oranges and cut into small pieces. Rub the salad bowl with a cut clove of garlic, put in a level teaspoonful of salt and half a teaspoon of pepper, a leek cut into bits and a tablespoon of wine vinegar. Now add drop by drop two tablespoonfuls of olive oil, stirring all the time, then a hard-boiled egg cut into rings, and lastly the dandelion and oranges. Toss all lightly with a silver fork and serve at once.

Dandelion Potato Salad.—Wash

young dandelion leaves in several waters, cut fine and add to potato salad made with potato, bacon cut fine. Fresh dressing and salt and pepper.

Chiffon Salad.—Heart of a white cabbage, cut into shivers as thin as paper, the length of a match; red-skinned radishes cut in the same way, with the red skin left for the artistic effect, and tiny pieces of the hearts of celery. Mix and let stand for an hour or two before serving in a French dressing of olive oil, vinegar, pepper and salt. Drain this off before serving. Place in a large white cabbage which has been scooped or hollowed out, the crisp outer leaves turned down to form the effect of a rose. Pour over the mixture a rich mayonnaise dressing.

Useful Hints.

All sweet puddings require long cooking to render them digestible. The following are a few simple rules in economy: Never buy a cheap material when you can get a better product. Pay cash; credit is costly. Buy non-perishable food products in quantities. Watch the household closely and eliminate all waste.

A very good way to dispose of slices of toast and scraps of bread is to brown all in the oven, then roll and sift, then when you bake cookies or sand tarts three to four cups of crumbs are used in place of part of the flour called for in the recipe.

If spinach can be washed in many waters immediately upon being brought in from garden or market, and then placed upon a cloth laid on the ice, the result will be surprising.

A piece of garden hose makes an ideal carpet beater. While stout to dislodge the dust, its flexibility prevents the wear and tear given by the ordinary stick or rattan beater.

The shoots from onions at this time of year will be found excellent for giving a flavor to a salad or other dishes. Rub the bowl in which the salad is served with the shoots. The best way to warm up a roast is to wrap it in thickly greased paper and keep it covered while in the oven. By having it covered the steam will prevent the meat from becoming hard and dry.

A most delicious sandwich is made by taking two-thirds minced chicken and one-third ham and tongue, and moistening the mixture with mayonnaise. A lettuce leaf might also be added.

Serge, after constant wear, becomes shiny and therefore loses its original beauty. If sponged with hot vinegar and pressed in the usual manner the shiny appearance will entirely disappear. The vinegar does not stain or leave an odor.

PEER BUILDER OF FLATS.

Late Lord Cadogan Changed Character of Chelsea.

The Late Lord Cadogan was one of those ground landlords who have waxed fat upon the enlargement of the metropolitan area. He found Chelsea, inhabited by a poor, easy-going population largely composed of artists, Bohemians and riverside folk with Cremore Gardens as a notorious feature and he left it a village of palatial flats.

The old picturesque bits of Chelsea will live, though, for they are enshrined in Whistler's lithographs and in a thousand old prints and paintings. In addition Chelsea has the immortal Carlyle, Rossetti and Whistler legend.

It is here that Norman Shaw designed his best modern houses and helped to make the new Chelsea embankment one of the distinctive things in London.

A Suggestion.

Mrs. Ayre-Shaft.—The people in the next apartment are having a lovely time deciding on names for their new twins.

Mr. Ayre-Shaft.—Tell them I suggested Hugh and Cry.

Probably the most important woman's club is the rolling pin.

HEALTH

Convalescence.

Convalescence comes from the Latin word that means to grow strong, and it is the name of that blessed experience, which almost all of us have had at some time or other, of coming back to health after an illness.

The length of the period of convalescence varies very much in different illnesses and in different people. It actually seems harder to convalesce from some diseases than it is to have them. Of these, grippe is, perhaps, the most common. Every step upward is a hard, slow step, and the time is often made more trying by the low spirits that grippe frequently leaves behind it. In such a case there is nothing for it but patience; as strength gradually comes back we shall find that the symptoms grow less and less, and finally disappear.

Some persons find it hard to remember that every wise convalescence must be gradual; that is why a good nurse is almost as important during convalescence as during the real illness. We all have a healthy love of life, and we are never so conscious of life as we are when we have just escaped from the threat of death; it is natural that our joy should express itself in efforts to do something to show that we are alive. That is especially true after an attack of typhoid fever.

Typhoid usually lasts several weeks, and by the time convalescence begins, the patient is heartily tired of being an invalid, and very likely to abuse his feeble, new-born strength. A patient who is getting well of typhoid generally has a tremendous appetite, and unless he is careful to keep it within bounds, he may have a relapse.

In convalescence from such disorders of the respiratory tract as pneumonia and bronchitis, there is danger that the ever-present germ of tuberculosis may gain a foothold, and after scarlet fever great care must be taken lest the kidneys become inflamed.

The way to avoid all these dangers is to make haste slowly. Unwillingness to remain a partial invalid for a few weeks has often caused lifelong invalidism. Therefore give up every kind of social excitement for a time, go to bed early and sleep late, take a nap every afternoon, and follow absolutely your doctor's advice. That is the way to a safe and happy recovery.

Open Windows.

When the children are restless, constantly waking up or complaining of headache in the morning, find out if they are getting their due allowance of fresh air in the sleeping hours. There cannot be the smallest objection to fresh air, even the baby of one month old sleep peacefully with slightly open windows. When there is plenty of ventilation, children rest more quietly, and therefore thrive better in every way if they have fresh air. And open windows should be the rule in the bedrooms and nursery.

If Mary is pale, or Jackie refuses to get up in the morning, the cause is very probably due to sleeping in stuffy rooms, and the rule of fresh air, day and night, makes a great difference to a child's good looks and health.

Nine Rules for the Children's Care.

1. Don't forget that lowered vitality makes children much more liable to catch any infectious disease that may be going. Try to keep them strong and healthy.

2. Don't let the baby-sitter remain in the mouth when baby is asleep, if it has been necessary to give it to him asleep, remove it whenever he goes to slumberland.

3. Don't, if you are a nurse, ever hide anything that may have happened to a child in your care—such as a bad blow on the head, a bad fall, etc. Very often something can be done at once in case of a bad

Many Automobiles Required

Soldiers Have Plenty to Eat and Shoot, While Removal of Wounded is Greatly Facilitated by Auto Ambulances.

The part which motor vehicles have been playing in the present war has been a source of pride as well as keen interest to motorists everywhere. The British army, from top to bottom, has been motorized as much as possible, and even the Canadian contingents are provided with considerable automobile equipment.

The motorization of the Canadian army division is a prominent feature of the development of the overseas forces. Three motor machine gun batteries have been, or are being provided for the Canadian fighters in the Sifton, Borden and Eaton battery units and the Canadian Army Service Corps also have a great many gasoline-driven vehicles, which are used in a less spectacular, yet highly important, duty—namely the transporting of supplies of food, ammunition and clothing to those in the front lines. Further, the Red Cross Society has found the motor ambulance indispensable. To date, no fewer than twenty-eight motor ambulances have been donated for army medical purposes by the people of Canada. It is almost impossible to estimate the value of these gifts in the humanitarian work which they are doing.

Training On the Road.

An interesting part of the training of the motor department of the C.A.S.C., now in practice at the Exhibition Military Camp, is the holding of extensive route tours by motor car for the purpose of giving the members of the Service Corps a certain amount of experience in road work. Many motor vehicles, nearly all of which are large trucks, are used in the trips which occupy a period of one to four days. The officers of the corps travel at the head of the flying column in touring cars and the privates ride in the trucks, five to a truck.

A unique feature is that the column camps at the road-side each night and lives exactly under active service conditions. The schedules call for a fifty-mile drive each day, which is a long distance when

accident, and perhaps save the child's life, whereas, if left, it may prove very serious, if not fatal.

4. Don't tell children creepy and gruesome stories just before going to bed. Indeed, such stories are better not told at all.

5. Don't forget that fat is very important as a preventive of consumption. Butter fat is the most digestible form of fat.

6. Don't, on any consideration, let your children wear any garment that constricts the chest. If the little one's clothes become too small, make them bigger or get new ones, but never keep on using restricting garments.

7. When travelling, don't allow the children to run and shout up and down the corridors of a train, and more about the compartment, tramping on the toes of others. It is so inconsiderate.

8. Do not punish a child who is unwell, however trying he may be. Sometimes in school children, over-study will produce nervous exhaustion and ill-temper.

9. Don't cut children's nails if you don't have time to file them, which needs to be done twice a week; and if you do cut them soak them in warm soapy water for five minutes first. The cuticle at the base of the nails should be pushed back after drying.

As to Jarley.

"That man Jarley is without any exception the most inaccurate man I ever knew," said Dobson. "Tell me, Jones, does he ever get anything right?"

"Oh, yes," replied Jones. "Anything that is left, Jarley will always get right."

Young Folks

Under the Water.

"Not right under the water—and for a long time!" exclaimed Bobbie, who was sitting up in bed with his arms round his knees.

"Yes, right down under the water for an hour at a time!" repeated Uncle Hartley, who was sitting by the side of Bobbie's bed.

Uncle Hartley often told Bobbie strange stories. This time the story had been about a diver—a man who dressed in a rubber suit from head to feet, and who wore a heavy head-piece or hood that had thick glass windows for him to see through. At the top of the headpiece was a long rubber tube through which men pumped air to him while he was under the water.

Bobbie, who lived in the country, was always anxious to learn all about the wonderful things of the sea when he visited Uncle Hartley at the seashore.

"To-morrow we will walk over to the breakwater," said Uncle Hartley, "and see the diver go down the ladder to help place the stones below the surface. They are building a great wall down there out of sight, just as they would build it on land."

It was hard for Bobbie to go to sleep that night. He found himself trying to think how the diver must feel when he is shut up in his rubber suit. He even crawled under the bedclothes to see how long he could stay without breathing. It seemed to him only a few minutes later when Uncle Hartley called him to breakfast, and soon they took the path across the fields—a short cut to the shore.

Uncle Hartley seemed to be the best of friends with the men who were working on the long wall that ran out into the water. One of the men took them in a boat to the end of the breakwater where the diver was already getting into his strange suit. Bobbie watched every motion with eager eyes, and he caught his breath when they placed the big hood over the man's head, and again when the diver went to the edge of the water and began to go down the little ladder. Down, down, he went until they could see him no more; and then Bobbie began to watch the men who pumped air down the tube to him and those who gave him signals by jerking a rope. The diver answered all the signals in the same way. The long boom swung the heavy stones over the water and lowered them slowly into place. Sometimes the swinging boom moved the stones to and fro several times before it let them drop into place. Then the diver released the chain and let the big hook rise and swing back after another stone.

It was a wonderful morning; but something happened that was more wonderful than anything they had expected.

They had been watching the work for almost an hour, and the diver had once come to the surface and gone back again. Few of those who were idly looking on thought that anything unusual was taking place; afterward they learned that a serious accident under water had shown how brave a diver sometimes has to be.

The men had fastened the chain round a big stone and the boom was beginning to lower it. Just as it struck the water it slipped sideways in the chain. The men cried out sharply. The stone slipped again and then pitched forward with a splash that sent the water high into the air. Some queer bubbles came up.

The diver signalled them to raise the stone just a little—then to raise it higher; then, to bring it forward to the right, and finally to lower it again. At last the boom swung free and the chain came up from below. Then the diver signalled that he wanted to rise; and when they helped him up the ladder and took off the big hood, they found that he had been hurt. The stone had fallen on his foot. But he had been brave enough to rearrange the chain and to give all the signals necessary to set himself free; and then, in spite of the pain and the danger, he had finished getting the stone into its place before asking the men to draw him up.

When they were going home, Uncle Hartley explained to Bobbie how brave it is for a man to do his duty and to keep calm in the face of danger without thinking of himself only.

"When you are in danger, try hard to think quietly what is the best thing to do," he ended, as they walked home through the fields. If the diver had thought only of his foot and of getting himself free, the boom might have swung in a way to do a great deal more damage.

"I think I would rather be something else than a diver when I grow up," said Bobbie; "there are other things to do; but if I ever were a diver I'd try to be a brave one."



First Aid for British Wounded Behind the Firing Line.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON. MAY 9.

Lesson VI.—Friendship of David and Jonathan. 1 Samuel 20.

Golden Text: Prov. 17, 17.

I. Saul Again Attempts to Take David's Life (Verse 32-34).

Verse 32. Saul cast his spear. He brandished it as in 1 Sam. 18. 11. His ungovernable temper is well shown here. Not only does he make an exhibition of himself before his whole court on a fast day, but he would alienate Jonathan, his heroic son, as well as David, his great warrior. With the Philistines watching his every move, this was the acme of foolishness.

33. How he was grieved for David—Saul had insulted Jonathan sorely. Jonathan, however, thinks only of the shame which his father had done David.

II. David's Danger Made Known to Him (Verses 35-40).

35. At the time appointed.—See 1 Sam. 20, 18-23.

A little lad—One who would not suspect what was being done.

36. The arrows.—Three arrows were shot (1 Sam. 20, 20). For the purpose of the story it was not necessary for the narrator to describe the shooting of the individual arrows.

40. His weapons.—His bow and quiver.

III. The Farewell of Jonathan and David (Verses 41, 42).

41. A place toward the South.—David was hiding to the southward of the stone Ezel (1 Sam. 20, 19).

Fell on his face.—In token of reverence and respect to royalty, Jonathan being the king's son. But also in gratitude to Jonathan because of the love he bore David. Jacob acknowledges Esau's superiority by bowing to him (see Gen. 33, 3; see also Gen. 22, 6; 43, 26).

42. Forasmuch as.—The oath already sworn was binding. Jonathan relieves all possible doubt that might have come to David's mind by referring to the oath.

Some time ago the mistress of a home went into the culinary department with instruction for the concoction of a new pudding. "And in order that you may know when it is done, Norah," said the mistress, in conclusion, "just stick a knife into it. If the knife comes out clean, the pudding is ready to serve." "Yes, ma'am," responded Norah, preparing to get on the job. "And, by the way, Norah," remarked the mistress, suddenly pausing at the door like one suddenly seized with an afterthought, "if the knife does come out clean, you had better stick in all the rest of them."

Burnley in Lancashire has contributed no fewer than ten thousand men to the colors.