

HELPFUL PRAYER.

The prayers I make will then be sweet indeed,
 If Thou the Spirit give by which I pray;
 My unassisted heart is barren clay
 Which, of its native self, can nothing feed;
 Of good and pious works Thou art the seed
 Which quickens only where Thou say'st it may;
 Unless Thou show to us Thine own true way
 No man can find it: Father! Thou must lead.
 Do Thou, then, breathe those thoughts into my
 mind
 By which such virtue may in me be bred
 That in Thy holy footsteps I may tread;
 The fetters of my tongue do Thou unbind,
 That I may have the power to sing of Thee,
 And sound Thy praises everlastingly.
 —Wordsworth.

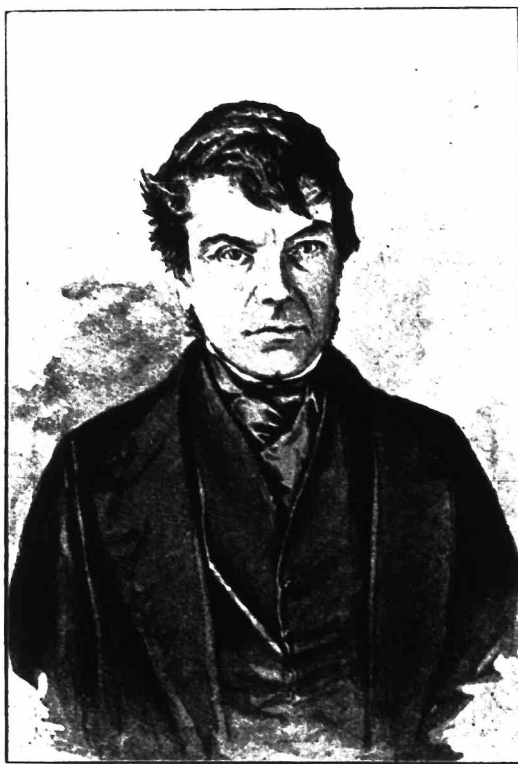
DON'T.

A mother who found herself becoming peevish and exacting, asked a sister who was visiting her to keep a strict account of the number of times in one day in which she (the mother) said "Don't!" to her four children, respectively, ten, seven, four, and two years of age. The conscientious sister-in-law kept a careful memorandum, and when the children were in their beds for the night showed the tired mother the record. From eight in the morning until the same hour in the evening she had said "Don't!" eighty-seven times. After serious thought the mother came to the conclusion that at least one-half of those "don'ts" had been unnecessary. She had grown into the habit of uttering the prohibitory word on all occasions. The nervous mothers of our day would do well to follow her example and limit the number of their "don'ts," which are often spoken with regard to innocent, although perhaps noisy, amusements.

OUR GREAT EXAMPLE.

It is a noble privilege to be allowed to follow, even afar off, the steps of that Eternal Son who for us was made man—a noble privilege, which we value the more the higher we attain, to be able to conform our words to His words, to shape our deeds, all imperfect as they are, after the model of the gracious, loving, fearless deeds of that sinless life. Do let us count it a privilege. Never begin your day without looking upon Him and thinking

how He did His work, how He fulfilled His ministry. Pass not the noontide without some recollection of His prayers. Let not the night overtake you, with its dangers and its snares, except you first commend yourself, as He did on the cross, into the Father's hands, ready when He shall call you, to die, or, if He wakens you on earth, to finish His work while you have time.—Canon Jelf.



T. CHAMPION, CHURCHWARDEN, HOLY TRINITY CHURCH, TORONTO, 1847 TO 1853.

This picture of the late Mr. Champion was received from England too late to place it in its proper place, alongside of Mr. Brent's, with whom he was co-churchwarden.

AMBROSE KENT & SONS.

In our advertising columns we are pleased to have the well-known firm of manufacturing jewelers, Ambrose Kent & Sons, 156 Yonge street. In their regalia department they carry the material required for church vestments. In their jewelry department they can make to your order a ring, chain, brooch, or charm, while at their watch counter they can supply you with the finest time-pieces. If you cannot visit their store, write for illustrated paper. Anything you may select and order will receive the attention of the quickest mail order house in Canada.

HINTS TO HOUSEKEEPERS.

Pineapple or Quince Pudding.—Mix to a cream one-fourth cupful of butter and half a cupful of sugar; then stir in a small pineapple, grated, and all hard parts rejected; next stir in four well-beaten eggs and one large cupful of cream or milk; mix all well together and bake for half an hour in a moderate oven. Eat cold, with cherry sauce. Quinces (about six) may be grated and used in the same way, and, when their flavour is liked, make a very delicious pudding.

Celery Salad.—Beat the yolks of two eggs until very light; add two tablespoonfuls of salad oil, two tablespoonfuls of vinegar or lemon juice, one small teaspoonful of sugar, mustard, pepper and salt to suit the taste. Cut the celery very fine; arrange in the salad bowl in alternate layers with slices of hard-boiled eggs; pour the dressing over it and garnish with the tender celery leaves. Serve at once.

Steamed Brown Bread.—Sift one pint of Indian meal, one pint of rye meal, one-half teaspoonful of salt; mix well; add one teaspoonful of soda dissolved in one cup of hot water and stirred into a pint of sour milk, two-thirds of a cup of molasses. Pour into a well-buttered tin. A five-pound lard pail answers very well if care is taken to prevent its setting flat on the bottom of the kettle—a muffin-ring is good for that purpose. Steam five hours or more, then remove the cover and set in the oven for fifteen minutes. Another good receipt is as follows: Three cups of meal, two of rye, two cups of sweet milk, one of water, two-thirds cup of molasses, one teaspoonful of soda, or one teaspoonful of cream of tartar and one scant half teaspoonful of soda, one teaspoonful of salt. Mix well and steam.

—Truths are roots of duties. A rootless duty, one that has no truth below it out of which it grows, has no life, and will have no growth.—Phillips Brooks.

—The heart of a man is like a garden capable of producing, under good culture, everything beautiful in humanity, while, if neglected, it is choked up with every kind of rank and poisonous weeds. The hand of a virtuous woman is best adapted to the task of sowing good seed and rearing beautiful flowers.



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