

## Advice to a Young Husband

Don't start out by giving your young wife advice, but bring her home a package of

# MONSOON

## INDO-CEYLON TEA

quiet. Less doing, more being." what He would have us be; "not the work but the worker." (Isa. 30: 15, 7; 1 Kings 19: 12; Psa. 31: 22; 23: 3)

This Lent, aside from the duties of prayer, Bible study, and Church service, can we not take a few minutes every day, to be quiet before God? Quiet, that His Spirit may, indeed, pray in us, and lightening our understandings, free us from self. "If any man efface not himself, he cannot be my disciple." (Greek literal version.) Our own will, as another version renders Isaiah 58: 13, must not be "found to speak a word." Our wills are too ready to speak. We ourselves talk far too much. Silence often is golden. Two young Hindus, at one of our large colleges, expressed surprise recently that the Americans spent practically no time in absolute quiet.

The bustling Christian is not as helpful as the quiet one. "Still waters run deep." Quietness and that sweet meditation of Him, of which David speaks, is the cure for faintness and weariness of mind; also for weariness of the body. (Psa. 104: 34; Heb. 12: 3; Isa. 40: 31.)

As friends, let us study to be quiet, that we may know God, and so love Him. Love must mean work, but according to His will. House work, Church work, Bible study, suffering, are all parts of His "good pleasure"—all important, all His work for us to do for Him.

### A CLEVER DOG.

There was once a Skye terrier dog named Cloudy, which accompanied its master to Naples, where he went to spend a winter. The dog was often taken to the public library of that city, but as he quarrelled with the dog belonging to the place, he was shut out. It appears Cloudy did not like this arrangement, and sought to obtain entrance by strategy. The door-bell was rung by pulling a cord, which evidently the dog had taken notice of. One morning the bell rang loudly, and on the door being opened, in rushed Cloudy! As the same thing occurred again and again, the dog was watched, and was seen to ring the bell either with paws or teeth. When once the bell tinkled inside, he posted himself ready to rush in directly the door was opened.

### HINTS TO HOUSEKEEPERS.

**Split Pea Soup.**—Soak one quart of split peas in lukewarm water overnight. In the morning pour off the water and boil the peas in salted water; three and a half quarts are not too much, and if thoroughly soft, rub them through a colander. This is said to keep for several days, and enough may be taken out for a dinner and prepared by boiling in it a small piece of pork, an onion and a seasoning of pepper and salt. It should be strained and served very hot with croutons of fried bread.

**Gingerbread.**—Warm together two cups of molasses, a half-cup each of lard and butter and two tablespoonfuls of ground ginger, and when a little more than blood heat beat hard for ten minutes, then add two tablespoonfuls of soda dissolved in a little hot water, a cup of sour milk and enough flour to make dough that can be rolled out. Turn on a floured board, roll out, cut into shape, and bake in a good oven. While hot brush over with the white of an egg.

Delicious little chocolate cakes to serve at 5 o'clock tea are made from one-quarter pound grated sweet chocolate, one-quarter pound sugar, three-eighths pound flour, three eggs, one-quarter pound almonds. Have the almonds blanched and cut fine, lengthwise, mix together, adding the beaten eggs last, and knead well, dusting with a little flour to prevent sticking, roll out, not too thin, and cut with fancy cutters; bake on sheets, rubbed over with the best of salad oils, in a moderate oven.

### THIS LIFE IS WHAT WE MAKE IT.

Let's oftener talk of noble deeds,  
And rarer of the bad ones;  
And sing about our happy days,  
And not about the sad ones.

Let's find the sunny side of men,  
Or be believers in it.  
A light there is in every soul  
That takes the pains to win it.

We were not made to fret and sigh,  
And when grief sleeps to wake it.  
Bright happiness is standing by—  
This life is what we make it.

### THE MISSING WATCH.

One day a gentleman went with some friends for a ramble through some woods near his house. They had a very pleasant morning, but on their return the gentleman found that he had lost his watch. He remembered that he had it while in the wood, for he had looked at the time, and spoke of the hour to one of his friends.

Afraid that the watch had fallen among the grass, and might be trodden upon by a passer-by, he at once called his dog, and, with several persons to help him, went in search of the watch. The dog ran on before in the direction the party had walked in the morning, and at length it was out of sight. The searchers followed as quickly as they could, and at length they came up with the clever animal. It was jumping up to a branch on which hung the missing watch, which had been drawn out of the gentleman's pocket and remained suspended till found.

### LENT.

When the King noticed sorrow on the countenance of Nehemiah, and suddenly asked him what was the matter, the cup-bearer did not fall on his knees or run away to his chamber, but, then and there, breathed a prayer to God to help him. So Eliezer, when he saw the maidens, prayed to the Almighty to show him which was to be wife to his young master.

No doubt the Heavenly Father is always ready to hear our petitions in our moments of need, regardless of our place or surroundings. And yet it is best that things should be done decently and in order, when we can have them so.

Our Lord went often apart to pray. After the last Supper it might have been convenient to have a prayer-meeting in the upper chamber; but they all retired to the secluded and quiet garden. And Jesus went still farther apart, with two chosen friends to pray. There are times and seasons and places for all things.

Lent is a season of retirement. It is a special opportunity for self-denial, for self-discipline, for the exercise of self-control. But it is not as mere self-cultivators, mere lovers of a higher manhood, to make ourselves martyrs or saints. It is as servants of God, as followers of our Lord Jesus Christ, that we are to use the period and season to bring under the body and practice habits of submission; to bring every thought of our heart and every effort of our being into captivity to the law of Christ. Mere self-denial, abstinence, or fasting is a wholesome thing. But all that may be done from a wrong motive—for strife and debate—and not in the fear of God as an act of submission. And God only can judge of it. It is not for the Church, the rector, the Bishop, or the general world to pronounce on its worthiness. It is between the soul and God. And we are to anoint the head and wash the face, put off every show of sanctimoniousness, and be clothed with decency and propriety.

Church-going and the stimulants of sermons and devotional books are, no doubt, very good. But we are not to regard ourselves as invalids to be treated and dosed by ecclesiastical doctors and nurses, and put on a diet and regimen. It is bad to lean on any help or means or instrumentality. That is like worshipping the net or the drag, and is in the direction of idolatry.

Honest exercises of self-denial and practice of self-control and learning to draw near to God, to lean on Him, and draw waters thirstily and naturally from the wells of salvation, and feed on His Holy Word, this is the wise business of Lent, and will bring a blessing. Merely to hold off from worldliness for a time to return to it with a sharpened appetite and greater eagerness is bad. That is a scandal to the Church of God, and brings the season into disrepute.

## A Comfort To the Aged

Though 80 Years of Age Mr. Kennedy Was Made Well and Kept Well by the Use of

### Dr. Chase's Kidney-Liver Pills

As age creeps on it is almost invariably the kidneys and liver that get sluggish and deranged, leave poisonous impurities in the system and cause rheumatism, lumbago, lame and aching back and limbs and disorders of the digestive and excretory organs.

Dr. Chase's Kidney Liver Pills have proven themselves the greatest comfort to the aged, entirely freeing them of the sufferings arising from these derangements and insuring the return of good health. This letter is a sample of many at this office.

Mr. Robert Kennedy, Wingham, Ont., a respected citizen, eighty years of age, writes:—"About this time last year I was suddenly taken sick with severe pains in the bowels. I got so ill that my wife became alarmed and sent for the doctor. I drank some hot water, and soon after the doctor came I began to throw up. The doctor treated me for two weeks, and I was very sick.

"I then began using Dr. Chase's Kidney Liver Pills, and soon got better. Ever since then I have taken Dr. Chase's Kidney-Liver Pills regularly and with care every week and sometimes twice a week, and I am in as good a state of health as can be expected at my advanced age. I give credit for my good health to the use of Dr. Chase's Kidney-Liver Pills.

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box. At all dealers, or Edmanson, Bates & Co., Toronto.