

Dr. Maria Montessori

At the foot of a mountain one's outlook is necessarily limited, but as one goes up how the range of view extends! Fields stretch out farther and farther; rivers appear, gleaming like silver and winding on and on; villages spring forth into the range of vision, with church-spires and tall chimneys; forests appear, dotted over the magnificent landscape. . . . It is exactly so in the mental world. When we are in the "first book" at school we don't see very far, do we? When we have reached the "fourth book" we see very much farther; when we have passed through college very much farther still; and every experience in life, every high-class book we read, adds to the vision, until at last the real glory of things begins to appear. And the best of it is that from the first mountain-top we just begin to have some conception of the glorious countries and shining seas lying still past the range of our present vision.

Understanding this, how could we be for one moment conceited or self-satisfied?—How could we fail to see how tremendously interesting things, even in this life, may be?—Or fail to grasp the vague idea of how much may still be left—to fill even all eternity with interest?

"I'd like to read lots of books," remarked a woman once, "but I never know what ones to buy or to ask for at the library. There are so many that are trashy."

Now I suppose there are many farm women, remote from libraries, who are just in this box, and for such perhaps the following list may be suggestive:

In science, etc., the works of Darwin, Wallace and Sir Oliver Lodge; Fabre's lives of insects, Maurice Maeterlinck's books, and the delightful and popular series by John Burroughs; Gulicks, "The Efficient Life."

In biography, etc., Mrs. Gaskell's Life of Charlotte Bronte; Salt's "Life of Thoreau"; Chesterton's "Browning"; Goldwin Smith's, "Jane Austin"; Lockhart's "Life of Scott"; Morley's "Life of Gladstone"; Lewis' "Life of Goethe"; Life of William Morris.

History: Parkman's Works, Bourne's, Withrow, Green's Short History of the English People, Robert's History of Canada, Carlyle's "French Revolution, Prescott's Mexico.

Novels: Hugo's "Les Miserables"; Elliot's "Adam Bede"; Thackeray's "Vanity Fair," "Pendennis," "Henry Esmond"; Dickens' "David Copperfield," "Bleak House," "Martin Chuzzlewit"; Loti's "The Iceland Fisherman" and "Madame Chrysantheme"; Sir Gilbert Parker's works; Winston Churchill's works; Kipling's "Kim"; Maud Diver's works.

Great Poems: Goethe's "Faust"; Shakespeare's plays; Wordsworth's "Tintern Abbey" and "Intimations of the Immortality of the Soul"; Gray's "Elegy"; Shelley's "To a Skylark"; Tennyson's "Princess" and "In Memoriam"; Browning's "Rabbi Ben Ezra," "Saul," etc.; Whitman's "The open Road"; Poe's "The Raven," and "The Bells"; Arnold's "Light of Asia."

Miscellaneous Literature: Essays of Emerson, Lamb, Epictetus, Marcus Aurelius, Carlyle, Ruskin, Thoreau, Cardinal Newman, Montaigne, Bacon, John Stuart Mill. ("Not to know the essays," says Macaulay "is to have absolutely no adequate knowledge of English literature.") . . . Pepys' Diary; Jerome's "Idle Thoughts of an Idle Fellow"; Countess Von Arnim's ("Elizabeth") books; Holmes' "Autocrat of the Breakfast Table." Adam Smith's "Wealth of Nations."

Now this list is just a suggestion. It does not purport to be complete. It suggests a "start" at least in the reading of books; there are thousands of others as good.

In closing at this may one give two quotations. The first has been taken from a British paper: "Fit article in every man's creed is this: 'I believe in the progress which is improvement, and not in the progress which is mere change carrying no accent for man.'" The second is James Russell Lowell's "For an Autograph."

"Though old the thought and oft expressed,

'Tis his at last who says it best,— I'll try my fortune with the rest. Life is a leaf of paper white, Whereon each one of us may write His word or two, and then comes night.

"Lo, time and space enough" we cry, "To write an epic!" so we try Our nibs upon the edge, and die. Muse not the way the pen to hold, Luck hates the slow, and loves the bold.

Soon come the darkness and the cold. Greatly begin, though thou have time But for a line, be that sublime,— Not failure, but low aim, is crime. Ah, with what lofty hope we came! But we forget it, dream of fame, And scrawl, as I do here, a name."

ONE-EGG MOCHA CAKE.

Will you please publish again the recipe of one-egg Mocha cake, which appeared some time ago, but I have lost it. Thanking you in advance for your valued help I am,

Yours sincerely, V. M.

As several recipes for Mocha cake have appeared from time to time, I do not know exactly which one you mean. Here, however, is one from a New Zealand paper, the Otago Witness, which "sounds" good and may be just about what you want:

A Delicious One-egg Mocha Cake.—One heaping tablespoonful of butter, three-quarters of a cupful of sugar, one egg, three-quarters of a cupful of milk, quarter of a teaspoonful of salt, half a teaspoonful of vanilla extract, one cupful of flour, one teaspoonful of baking powder, two squares of chocolate. For the filling: One cupful of confectioner's sugar, one heaping tablespoonful of butter, half a teaspoonful of vanilla extract, two teaspoons of cocoa, two tablespoonfuls of strong coffee. First cream the butter and sugar together; then add the yolk of the egg, the milk, salt, vanilla, flour, baking powder, and the chocolate (melted). Mix well and add the beaten white of the egg. Divide into two buttered layer-tins and bake in a fairly hot oven. When cool fill and ice the layers with the filling. Beat up the confectioner's sugar with the butter, add the vanilla, cocoa and coffee.

Here, also is a recipe for Mocha frosting given by Boston Cooking School:

Beat half a pound of butter to a cream; gradually beat in two cups and a half of sifted confectioner's sugar and a scant quarter of a cup of very strong black coffee.

PATTERN QUERIES.

Dear Junia.—To-night I am writing to tell you how much I prize and also enjoy the Ingle Nook corner in "The Farmer's Advocate." No matter how busy I am when the Advocate comes into the house I can always find time to take it up and turn to the Ingle Nook chats. I find so many helpful hints as well as recipes; and then in the pattern department how oft there happens to be such a nice pattern published which comes in so handy to a busy mother like myself, who is shut in with a large family of small children to care for. I am wondering if it would be out of place just here for me to ask a still greater favor, when I ask if you could, before very long, publish a double-breasted suit pattern to fit a boy eight years old. Also during the coming months would it be possible for you to publish some nice pinafore patterns for little girls about six years old?

Well, it is getting well nigh Christmas time, and I suppose every body is busy getting ready for it, and I don't think it would be out of place for me to just close here by wishing you, Dear Junia, and all my Ingle Nook friends, a very bright and prosperous New Year.

INTERESTED READER.

Halton Co., Ont.

We wrote some time ago to the pattern manufacturers for cuts for suit and pinafore patterns. Something has delayed their being sent so far, but we are looking for them every day.

A very Happy New Year too, to you, "Interested Reader," and to all.

Pension Your Wife!
You may leave your wife "well fixed" when you die
But her lack of business experience in administering your estate may cause it to dwindle away and in a few years leave her penniless.
If, however, you invest in an Imperial Life policy, you can direct that the Company pay to her a regular yearly income as long as she lives. Under this provision the Company guarantees to pay not less than twenty yearly instalments.
In this way you can relieve your widow of the anxiety, trouble and risk which the investment of the insurance money would involve if paid to her in a lump sum at your death.
If you would like to know more about this and many other liberal features of Imperial policies write for particulars now. Your doing so will place you under no obligation. It may save you a lot of future anxiety.
THE IMPERIAL LIFE Assurance Company of Canada
Head Office, Toronto
Branches and Agents in all important centres
The Imperial Life has paid in profits to policyholders almost four times as much as the total paid by all other companies established in Canada in the last 20 years.



Our Premium Tea Set
To secure one of these pretty tea sets send us two absolutely new subscriptions at \$1.50 each for one year. Be sure to name express office when ordering.
The Farmer's Advocate & Home Magazine
London - Ontario

Alma (Ladies) College
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when new students will be enrolled. Extensive curricula: Conservatory of Music prepares for all musical examinations; Full High School and First Year University Studies; Oratory; Business College; Arts and Crafts; Domestic Science; Physical Culture; Special Health Lectures.
Write the Principal for illustrated prospectus
Robert I. Warner, M.A., D.D., St. Thomas, Ontario

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