

Time and the Maiden.

A little girl rock'd in a fairy boat,
By the waves of the river of life afloat,
And her golden tresses and laughter gay
Floated back on the breeze as she sped away;
And she gaily cried to the boatman gray,
"Ply faster your tardy oars, I pray,
And bear me away from this blossoming wood
To the beautiful island of maidenhood."

The maiden's isle has been reached and passed—
Still on and beyond is her fond gaze cast,
As she cries again to the boatman gray,
"Ply faster your tardy oars, I pray,
For my lover is waiting by yonder shore,
With a gilded bark and a golden oar;
Love sits at the helm to cheer and guide,
And he waiteth for me, his chosen bride."

Oh, love, what a beautiful freight has thou!
Thy bark is laden from stern to prow,
And the mother gazes with loving pride
On her mate, and the dear ones who throng at her
side;
Yet still she cries to the boatman gray,
"Ply faster your tardy oars, I pray,
For Wealth, and Fame, and Honour await
My loved ones when they shall reach man's estate."

And now the river is deep and wide,
And branches flow from its either side,
And the children, to man, and womanhood grown,
Are launching forth in boats of their own,
And the mother cries, with a sudden fear,
"Oh, tarry gray boatman, yet longer here:
Why hurry on with such speed, I pray?—
You are bearing my loved ones all away."

Again she rocks in a boat alone,
And her heart keeps time to the waves' low moan,
As she feebly cries to the boatman gray,
"Ply faster your tardy oars, I pray,
For the dear ones have gone from my loving care,
They have drifted out on the sea so fair,
And I long to be with them and part no more
On the tireless waves of the golden shore."

Superstitions in Childhood.

An old writer says: "Superstition is the greatest burden in the world;" of the truth of which remark many persons are sensible from their earliest childhood. Indeed, superstition is the bugbear of the nursery; whereas the great aim should be to divest children of this pernicious fear. "If too great excitability and power of imagination be observed in childhood, much may be done by a sound discipline to restrain it. Let the child be protected from the sheeted spectres of servants, and the boy from the schidonis and rattling curtains and palls of romance writers. Let his first ideas of the Almighty be those of a God of Mercy, who gives him every blessing—who offers Himself to childhood under the most benign of characters, as taking little children in His arms and putting His hands upon them and blessing them. Let him be taught to 'see God in storms and hear Him in the wind,' not as the poor Indian, but by having his mind tutored to trace the regular course of God's providence in the most striking phenomena of natural science; and we see no objection, and little difficulty, in explaining to him so much of the metaphysics as may enable him to unravel the association of darkness and the church-yard."

Keeping the Mind at Rest.

It is never well to deceive a sick person; apart from the moral aspect of the case the deception must be discovered sooner or later, and then all confidence is destroyed. If there is bad news to be told it should be done gently and quietly. All but persons of the weakest fibre will summon fortitude enough to meet it without serious harm. The mind should be kept tranquil and at ease by avoiding petty disputes and shutting out household worries. The convalescent is not in a state to be of use in domestic emergencies and should not be troubled with them.

Visitors are a fruitful source of excitement and many an invalid is literally nearly "talked to death." A visit from a pleasant, sensible friend who will stay for a short time and talk cheerfully in an entertaining way, is a refreshment indeed, after the monotony of weeks in a sick-room.

One visitor a day is enough at first, and those who confine their conversation to lamentations on

the changed appearance of the invalid, or recitals of similar cases of illness in their own or their friends' families, should not be admitted a second time.

The nurse should be on the watch against fatigue and send the visitor away at the first sign of weariness. If she says pleasantly that the Dr. does not wish the patient to talk too long no sensible person will take offence. If any one is silly enough to be offended the friendship is scarcely worth retaining.

K.D.C. is specially prepared for the cure of indigestion and dyspepsia. Cure guaranteed. Try it, and be convinced of its Great Merits.

The Future.

Our disputes are vain or not, as we consider that we are either troubled about the present, the future, or both: if the present, it is easy to judge; the future is uncertain. It is foolish to be miserable beforehand for fear of misery to come; a man loses the present while he might enjoy it in expectation of the future; nay, the fear of losing anything is nearly as bad as the loss itself. Be as prudent as you can, but not timorous or careless; it is well to bethink yourself, and anticipate what inconveniences may happen before they come. A man may fear, and yet not be fearful; he may have the affection of fear without the vice of it; but frequent admittance of it runs into a habit. It is unmanly to be doubtful, timorous, and uncertain. Better to fall once than hang always in suspense.

The stomach (defiled by poorly cooked food) can be cleansed by K.D.C. Restore the stomach to healthy action by taking K.D.C., the King of Dyspepsia Cures.

Gratitude.

We can show our gratitude by holding with greater consistency all the truth of God; by adorning our principles with a gentler life, a larger liberality, firmer faith, and a more active effort; for gifts as well as "crosses" are intended to make us truer.

"There is a kind of gratitude in thanks,
Though it be barren, and bring forth but words."

But, we need not say, it is not the highest kind. Better deeds than words. Better still words and deeds. Let it be remembered that it was a *heathen* philosopher who described gratitude as a virtue so cheap, that the covetous man might be pleased without expense; and so easy, that the sluggard might be so without labor.

Broiled Steak.

Few persons know how to cook beefsteak for an invalid. Have the meat cut quite an inch thick. Trim off the fat, and hold it on a gridiron over a very hot fire, turning it rapidly from side to side that both surfaces may be thoroughly seared to retain the juice. Withdraw it a little from the extreme heat and cook four to eight minutes, as it is liked, rare or well-done. The same principle is involved in broiling chops or any meat.

Keeping the House Cool.

Much of the comfort of the household depends upon keeping the house cool. In the morning every window and blind should be opened, giving the sunlight and air access. After the house has been thoroughly aired and put in order the blinds should be closed and the shades partially drawn. If the windows are closed in the hottest part of the day the house will be cooler. As soon as the sun begins to go down re-open the blinds and windows.

On an intensely hot day the room of a sick person can be made more endurable by having sheets of cheese-cloth wrung out of cold water and hung across the open windows. Keep them wet all the time.

The attic windows should be kept open all the time, if possible. A free sweep of air at the top of the house does much toward keeping it sweet and cool. The cellar windows should be opened at night and closed in the morning.

Hints to Housekeepers.

RASPBERRY JAM.—Weigh the fruit, and add three-quarters of the weight of sugar; put the former into a preserving-pan, boil, and break it; stir constantly, and let it boil very quickly; when the juice has boiled an hour, add the sugar, and simmer half an hour. In this way the jam is superior in color and flavour to that which is made by putting the sugar in first.

CARRANT JELLY.—Pick fine red, but long ripe currants from the stems; bruise them, and strain the juice from a quart at a time through a thin muslin; wring it gently, to get all the liquid; put a pound of white sugar to each pound of juice; stir it until it is all dissolved; set it over a gentle fire; let it become hot, and boil for fifteen minutes; then try it by taking a spoonful into a saucer; when cold, if it is not quite firm enough, boil it for a few minutes longer.

The following recipe will get rid of flies. Mix together one part of black pepper, two of brown sugar, and four of cream; set it where the flies mostly congregate.

COCOANUT JUMBLES.—Beat together one cup of sugar and of butter; add the beaten yolk of two eggs, then the beaten whites, one teaspoonful of baking powder, half a pound of cocoanut grated and flour enough to keep the dough from sticking when rolled, but no more. Sprinkle the tops with cocoanut and bake.

TOOTHACHE.—Pulverize about equal parts of common salt and alum. Get as much cotton as will fill the tooth; damp it; put it in the mixture, and place it in the tooth. This is also a good mixture for cleansing the teeth.

When straining fruit for jelly, do not allow the juice to drip into a tin vessel, as the acid in the juice affects the tin, and it in return changes the color and taste of the juice.

Never gather currants or other small or seed fruits immediately after a rain for preserving purposes, as they are apt to be watery.

IT SAVED HIS LIFE.—*Gentlemen*,—I can recommend Dr. Fowler's Extract of Wild Strawberry, for it saved my life when I was about six months old. We have used it in our family when required ever since, and it never fails to cure all summer complaints. I am now fourteen years of age. —Francis Walsh, Dalkeith, Ont.

BAKED BANANAS.—Strip a narrow piece lengthwise from one edge of the bananas and bake one-half hour in a moderate oven. As soon as they are taken from the oven pour a very little lemon juice over them; sprinkle with powdered sugar and serve.

GENTLEMEN.—I was thoroughly cured of indigestion by using only three bottles of B.B.B., and truthfully recommend it to all suffering from the same malady. Mrs. Davidson, Winnipeg, Man.

SCALLOPED POTATOES.—Butter the bottom and sides of a dish. Put in a layer of cold boiled potatoes, sliced, season with pepper, salt and small pieces of butter and dust with flour. Put in another layer of potatoes in the same way, and when the dish is filled cover the top with a layer of cracker crumbs half an inch thick. Pour a cup of cream over the whole and bake in a moderate oven for half an hour. This may be varied by the use of a seasoning of finely chopped celery or parsley.

A CHILD SAVED.—My little boy was taken very bad with diarrhoea; he was very delicate and got so low we had no hope of his life, but a lady friend recommended Dr. Fowler's Extract of Wild Strawberry, and although he could only bear a few drops at a time he got well. It saved my child. Mrs. Wm. Stewart, Campbellville, Ont.

—If you wish to paint your house (inside or out), floor, barn or anything, use Weather and Waterproof paint. It is by far the best on the market. Sole manufacturers for Canada, the Weather and Waterproof Paint Company of Canada, 122 and 124 Richmond st. east, Toronto.