

The Best Way.

It is better to sing than to sigh.
List, I will tell you why.
If you sing with a cheerful, joyful strain,
The world will listen and share in your glee.
And, perchance, will happier, holier be,
But 'twill give no heed to your pain.

It is better to sing than to sigh.
When tears are blinding the eye,
How can you see the exquisite things
Shining in earth and air and sea,
Beautiful shades blent in harmony,
Lifted on limitless wings?

It is better to smile than to sigh,
Rise and look into the sky,
Who reigns? Who rounded the world in His hands,
Then sent it off rolling among the spheres?
And say, do you think that He understands
How best to fashion your flying years?

It is better to smile than to sigh.
Now tell me, I pray you, why,
Since God is good, we know of a truth,
And His breath is the winds that blow,
Do we welcome the soothing gale from the south
And shrink from the north winds so?

—Harriet Warner.

Third Sunday in Lent.

SPIRITUAL ENEMIES.

We beseech Thee, Almighty God, look upon the hearty desires of Thy humble servants, and stretch forth the right hand of Thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord. Amen.

In Lent, when our "hearty desire" should be more than ever truly to examine ourselves, and manfully to fight against our spiritual foes, then, as in this prayer, the Church teaches us to beseech Almighty God Himself to stretch forth His right hand to be our defence. We pray daily to our Father in Heaven to "lead us not into temptation, but deliver us from evil," or, as the Catechism explains these words, "to save and defend us in all dangers, ghostly and bodily;" and it is the same petition that in to-day's Collect we offer in other words.

Value of Suffering.

Have you not, will you not get the value of your sufferings? Then again, without your capacity for suffering, without the possibility of the cry of human pain, you would not have the capacity for pleasure. Opposite every pleasure stands a pain. The brighter the electric light, the deeper the shadow it casts. Each faculty of enjoyment is also and necessarily a faculty for suffering.

Then think of the educating power of suffering. Suffering carries its purposes along with it and is remedial, educative, so that man may see, if he will, why it is administered. There is no suffering without a cause. Suffering is never blind, it is never administered by a tyrant, an oppressor, but by a just and holy God. Myriads of pains that wring the bitter cry from blanched lips are like the shout of many waters proclaiming the wisdom of God. And when we turn to the soul we find she has her sunny days and summer's glow, her laughter and her tears, but all ordered by a just and loving God for the education of that soul.

Love the Strongest Thing in the Universe.

There are some great moral teachers of this generation, and of the last, whose whole teaching has been fatally vitiated, for this amongst other reasons, because they lost sight of the fact that the strongest thing in the universe is love. But Paul, not a philosopher, and not in the least degree trying to set forth scientifically the relations and limitations of the virtues that he speaks about, like a skilful painter, instinctively knows what tint will best bring up the one that is laid beside it, or like some jeweller with an eye to effect, understands how to dispose the stones in his bracelet, that the cool green of the emerald may be set off by, and set off, the flashing red of the ruby and the deep blue of the sapphire.

Purify your blood, tone up the system, and regulate the digestive organs by taking Hood's Sarsaparilla. Sold by all druggists.

Temptation is Peculiar.

It is most important to realize, too, that while temptations fall into certain general classes and kinds, they come to each of us in a somewhat different way. Appetite, passion, the love of worldly pleasures, are in us all, and tend to draw us all alike from duty. But they present themselves to each of us more or less in a different form. The enemy studies our individual case just as he did our Lord's. He brings to you, my friend, a cup which he knows will suit your taste and will appear inviting to you. He suggests particular reasons why you would do well to go a little out of duty's pathway; reasons which will appear forcible to you, which make your case an apparent exception to the rule, and suggests excuses which seem to be valid in your circumstances. But the moral heroism of our Lord consisted in rejecting those special reasons and excuses; and if you will but go to Him in sincerity and confess your weakness, He will at last make you a hero too.

Don't Put It Off.

The necessity of a spring medicine is universally admitted. This is the best time of year in which to purify the blood, to restore the lost appetite, and to build up the entire system, as the body is now peculiarly susceptible to benefit from medicine. The great popularity attained by Hood's Sarsaparilla, owing to its real merit and remarkable success, has established it as the very best medicine to take in the spring. It cures scrofula, salt rheum, and all humors, biliousness, dyspepsia, headache, kidney and liver complaints, catarrh, and all affections caused or promoted by low state of the system or impure blood. Don't put it off, but take Hood's Sarsaparilla now. It will do you good.

The Touch of Love.

You have seen some ponderous piece of machinery which resists all attempts of a puny hand laid upon it to make it revolve. But down in one corner is a hidden little spring. Touch that, and with majestic slowness and certainty the mighty mass turns. You know those rocking stones down in the South of England; tons of weight poised upon a pin point, and so exquisitely balanced that a child's finger rightly applied may move the mass. So the whole man is made mobile only by the touch of love; and the grace that comes to us, and says, "If ye love Me, keep My commandments," is, as I believe, the sole motive which will continuously and adequately sway the rebellious, self-centred wills of men, to obedience resulting in nobility of life.

When Others Fail

Hood's Sarsaparilla builds up the shattered system by giving vigorous action to the digestive organs, creating an appetite and purifying the blood. It is prepared by modern methods, possesses the greatest curative powers, and has the most wonderful record of actual cures of any medicine in existence. Take only Hood's.

Hood's Pills are purely vegetable, and do not purge, pain or gripe. 25c.

Conan Doyle on America.

Conan Doyle's impressions of the literary phases of American life are to be contained in an article to appear in the next issue of *The Ladies' Home Journal*. The article was originally intended to be the novelist's impression of the American women, but this plan was altered, and the article to appear in the *Journal* will give Dr. Doyle's ideas of "Literary Aspects of America."

I am glad, in the interest of any who may be suffering from Dyspepsia, to bear testimony to the fact that I have been greatly benefited by the use of K. D. C., when other medicines prescribed as remedies afforded no relief.

(REV.) JOSEPH HOGG,

Minister of St. Andrew's Church,
Aug. 16th, 1893. Winnipeg, Man.

Free sample mailed to any address. K.D.C. Co., New Glasgow, N.S., and 127 State St., Boston, Mass.

Hints to Housekeepers.

FRENCH DISH.—Cold meat and hard boiled eggs, chopped fine, mustard, vinegar, a little butter, red and black pepper, salt; three eggs for medium-sized side dishful. Put in the seasoning to suit taste.

CURRIED EGGS.—Three hard boiled eggs, one oz. butter, one-half lb. flour, one-half pt. milk, pepper and salt, one dessertspoon curry powder, one teaspoon vinegar. Cut the eggs in slices, melt the butter, stir in the flour, add the milk, stir until it boils, add curry powder, sugar, vinegar and eggs.

PLAIN PANCAKES.—Whisk two eggs thoroughly and pour them into a bowl containing four table-spoons flour. Beat the mixture until it is smooth and quite free from lumps, then add a pinch of salt, and two-thirds pt. new milk. Let the batter stand in a cool place for an hour or two, then fry the pancakes, using one-half oz. dripping for each pancake.

LIGHT RYE TEA-CAKES.—One pt. sweet milk, two eggs, a tablespoon brown sugar, and a large pinch of salt. Add enough rye-flour to make it as stiff as common griddle cake batter. Bake one-half hour in common gem pans.

TUTTI FRUTTI JELLY.—Juice of six lemons, grated peel of two. Two large cups of sugar, one package Coxe's gelatine soaked in two cups of cold water. One small cup of cooking brandy, one pint of boiling water. Stir sugar, lemon juice, peel, and soaked gelatine together, and cover for one hour. Then pour the pint of boiling water over them, and stir until gelatine is melted. Then put it, after straining, into a wet mould, and, just before the jelly hardens, put cut up oranges and bananas into it. When ready to serve, turn out on a platter, and decorate with candied fruit.

CREAM BISCUIT.—Sift a quart of flour with one teaspoonful of baking powder; add a teaspoonful of salt, and sweet cream to form a soft dough, roll thin, cut with a biscuit cutter, and bake in a very hot oven.

FLOUR MUFFINS.—Sift one quart of flour with two teaspoonfuls of baking powder, add a table-spoonful of melted butter, a teaspoonful of salt, a teacup of sweet milk and three beaten eggs; bake in well greased muffin irons.

CORNMEAL MUFFINS.—Beat two eggs, add a pint of butter-milk, a teaspoonful of soda and salt each, with cornmeal to make stiff batter; fill well greased muffin moulds with the mixture, and bake in a hot oven.

GRAHAM MUFFINS.—Beat one egg, add a pint of new milk, a little salt, and graham flour to make thick batter; bake in muffin moulds in a hot oven.

Benzoin is one of the best friends of woman. A few drops of it in a basin of water gives a pleasant odor to the face and hands. It helps to whiten the skin and to tighten it. Tan and wrinkles are both removed by its action, and combined with glycerine or alcohol, it is an excellent lotion.

RICHE BLANC MANGE.—Soak the thin rind of half a lemon in a qt. of milk till it is pleasantly flavoured; or, if preferred, drop into the milk a few drops of almond or vanilla flavouring; mix one-quarter pound of rice smoothly with a portion of the milk, add the rest gradually, together with a slice of fresh butter and a little sugar, and put the whole into a saucepan; stir it over the fire and let it boil for about ten minutes, or until it leaves the side of the pan. Turn it into a damp mould and let it stand in a cool place till it is set.

To search out impurities and drive them from the system is the work of Burdock Blood Bitters; thus B.B.B. cures dyspepsia, constipation, bad blood, biliousness, and all diseases of the stomach, liver, bowels and blood.

TIDINGS FROM ZIONVILLE.—I suffered everything but death from indigestion during four years, and tried all sorts of medicine to no effect; at last I was advised to try Burdock Blood Bitters, and before finishing the second bottle I was as well as I could be, and have had good health ever since. Benj. Stewart, Postmaster, Zionville, N.B.

Sallow complexion, blotches, pimples, boils, abscesses, old sores, scrofula, and skin diseases, depend upon impure, vitiated blood. Burdock Blood Bitters purifies the blood, removes all effete matter, and cures all the above named diseases.