

ty, you will have reason to be devoutly thankful, I should say."

"Yes, of course. Still I don't like her to look like that," said Lora and then she gave her attention to what her brother was saying.

Stella, with that same face of settled hopeless sorrow, walked slowly up the wide staircase, through the passages into her own room. Arrived there, she closed the door, and threw herself upon her face on the bed. She was past weeping; if only tears had come, they might have relieved her anguish; but she rocked herself to and fro, no sound escaping her lips, except from time to time a low deep moan as from some burning pain. At last, then, the thing she had ever dreaded most was about to come upon her—separation from her little idolized brother.

In her hours of deepest depression and misery, she had sometimes gloomily pictured such a separation, but never fully realized it; in fact, she could not realize it now. The idea of Tracy's existence apart from herself seemed almost impossible; and now, when she called to mind his anxious every-day longing, and feeling of unrest when she was detained longer than usual, and pictured what it would be when, day after day, week after week, nay, month after month, perchance, should pass, and no sister near to caress and soothe and interest him, her loving anxious heart was tortured to a degree which seemed well nigh unendurable. O how would he bear it! That was the one piteous overwhelming thought; her own suffering in the separation not as yet being fully presented to her mind.

And, surging in her breast with as strong a vehemence as ever, came hard and bitter thoughts of her brother and sister, whose decision in the matter seemed nothing less than the most absolute cruelty. Lora's reference to Dr. Argyle's wishes had been quite unheeded in the sudden shock of the announcement; and Stella could only look on the whole as one of those arbitrary and selfish arrangements, which, though in a far less degree, she was constantly called in to receive at their hands. And now, just now when she was striving so hard to submit herself, and show love and kindly feeling where anger and resentment had so long been cherished, it did seem very hard, more than could possibly be exacted from her poor failing rebellious nature.

(To be continued).

Drive out Dyspepsia or it will drive out thee. Use K. D. C. Free Sample, K. D. C. Company, Ltd., New Glasgow, N.S., Canada, or 127 State St., Boston, Mass.

The Bank of England.

The great omnibuses which run from the west end of London down through the Strand and connecting streets, all terminate their route at the Bank, a familiar name given to the Bank of England. The bank building is a stone structure one story in height occupying a block bounded by the street called Lothbury, Threadneedle Street, Bartholomew Lane and Princess Street. Opposite is the Stock Exchange, and diagonally opposite is the Mansion House. The general public banking-room does not strike the visitor as being the office of the most noted financial institution in the world. There is an air of quiet, order and respectability about the place that is quite different from the bustle and confusion incident to one of our great banking offices. The messengers and porters wear swallow-tailed coats of salmon color with a scarlet waistcoat, black trousers and a silk hat. A company of the royal foot guards marches every day to the building to protect the bank at night. This has been the custom ever since 1780, when a riotous attack was made on it. The Bank is often referred to as "the old lady of Threadneedle Street." On the first of January next she will celebrate her second centennial anniversary. The first notes issued by the bank were twenty-pound notes, in 1695. In 1759 it issued ten-pound notes, and in 1793 five-pound notes. Early in the present century notes of one pound and two pounds were issued, but they were all withdrawn from circulation in 1844, and since that time no notes for less than five pounds and

none larger than one thousand pounds have been issued. The notes of the Bank of England are legal tender, and when once they are returned to the bank are never issued again, but are destroyed. The total amount of deposits held by the bank, according to one of its recent statements, was \$166,220,000. At the same date it held \$120,000,000 in gold. Its capital stock was \$72,700,000. There are about one thousand persons employed in the institution, the governor receiving a salary of £1,000 a year. The present price of the stock of the bank is about £340 a share. The dividend averages about ten per cent.

Are you troubled with sour stomach, nausea, nightmare? Take K.D.C., the King of Dyspepsia Cures. It is guaranteed to cure you.

The Art of Forgetting.

What a blessed thing it is, that we can forget! To-day's troubles look large, but a week hence they will be forgotten and buried out of sight. Says one writer:—If you would keep a book and daily put down the things that worry you, and see what becomes of them, it would be a benefit to you. You allow the thing to annoy you, just as you allow a fly to settle on you and plague you; and lose your temper. But if you would see what threw you off your balance before breakfast, and put it down in a book, and follow it up, and follow it out, and ascertain what becomes of it, you would see what a fool you were in the matter.

The art of overlooking is quite as important. And if we should take time to write down the origin, progress and outcome of a few of our troubles, it would make us so ashamed of the fuss we make over them that we would be glad to drop such things and bury them at once in eternal forgetfulness. Life is too short to be worn out in petty worries, frettings, hatred and vexations.

Strange Things in the Bible Explained.

There are many things in the Bible, said Eli Perkins before the Epworth League of Geneva, that bother the Sunday-school teacher. When I was a little boy the first Sunday-school verse I ever learned was about St. John:

"And these days came St. John preaching in the wilderness, and his raiment was camel's hair, his food was locusts and wild honey."

For thirty years I wondered at that strange diet, and sometimes I almost doubted the accuracy of the good book. But light came to me last summer. On the Suez steamer was a learned traveller from Egypt, just across from the Holy Land. From him I learned that the Syrian and African locust is a big fat cricket, as large as one of our shrimps, and as luscious to eat. When I asked him if he had ever eaten locusts, he said:

"Certainly. They are sold for a penny a pound in the market in Biskra, in the desert of Sahara. They boil them in water as we boil the shrimp. It is a variety of the *Saitatoria*—the flying sauterelle of Africa. This locust in March is as full of albumen as an egg. It is then that it is killed and dried for food."

The African eats angleworms and snakes, the French eat snails, the Chinese eat birds' nests, the Russian eats raw fish eggs, while we eat raw oysters and raw smoked salmon. I have seen our American Indians eat grasshoppers, a species of, if not the very locust that St. John ate, and why should not the evangelist eat the fat locust of Egypt with sweet wild honey?

Many statements in the Bible seem strange, but a little reason, knowledge and philosophy make them all plain.

Buy an appetite. You will find it in a package sold by all druggists and marked K. D. C. Free Sample, K. D. C. Company, Ltd., New Glasgow, N.S., Canada, or 127 State St., Boston, Mass.

—The following beautiful chemical experiment may be easily performed by a lady, to the great astonishment of a circle at her tea-table: Take two or three leaves of red cabbage, cut them into small pieces, put them into a basin, and pour a pint of boiling water upon them; let it stand an hour, then pour it off into a decanter. It will be a

blue color. Then take four wine glasses; into one put six drops of strong vinegar; into another six drops of solution of soda; into a third a strong solution of alum, and let the fourth remain empty. The glasses may be prepared some time before, and a few drops of colorless liquid that have been placed in them will not be noticed; fill up the glasses from the decanter, and the liquid poured into the glass containing the acid will become a beautiful red; the glass containing the soda will become a fine green; that poured into the empty one will remain unchanged. By adding a little vinegar to the green it will immediately change to red, and on adding a little solution of soda to the red it will assume a fine green, thus showing the action of acids and alkalies on vegetable blues.

Hints to Housekeepers.

APPLE JOHNNY CAKE.—Ingredients.—Two cupfuls of Indian meal, two tablespoonfuls of salt, a heaping teaspoonful of baking powder, milk to mix quite soft, three tart apples, pared, cored and sliced. Bake in a shallow oblong tin about half an hour.

NEW LINIMENT FOR RHEUMATISM.—Oil of winter-green and olive oil mixed in equal parts and applied externally will give almost instant relief from pain. On account of its pleasant odor this liniment is very agreeable to use.

A sponge large enough to expand and fill the chimney after being squeezed in, tied to a slender stick, is the best thing with which to clean a lamp chimney.

POTATO SOUFFLE.—Put one cup of mashed potato in a saucepan over the fire. Have ready the yolk of one egg beaten light, a large tablespoonful of cream, a teaspoonful of butter. Add these to the potato, stirring until smooth and light, whisk in the white of the egg beaten stiff. Put the mixture in a buttered pudding-dish and bake ten minutes.

PEACH PIE.—To one cup and a half of sifted flour, add cold butter cut in bits, enough to shorten well, and a little ice-cold water to mix; roll, and spread butter over it, and roll out again; cover a pie tin, and fill with fresh, ripe peaches, peeled and quartered; crack four or five pits and blanch the kernels, put them in the pie to flavour, sprinkle over the peaches half a cup of sugar, and add two teaspoonfuls of water; cover, and bake in a moderate oven.

WHEN TO TRY ON NEW SHOES.—There is a time for everything in this world, and so it is that the best time to get fitted to shoes is in the latter part of the day. The feet are then at the maximum of size. Activity naturally enlarges them. Much standing tends, also, to enlarge the feet. New shoes should always be tried on over moderately thick stockings. Then you have a margin of room by putting on thinner stockings if the shoes feel ill at ease.

CREAM CHEESE CAKES.—Line a German cake-tin with a good, short crust, not too thick, and fill with the following mixture: Take half a pound of cream cheese. See that the cheese is perfectly dry, then place in a basin, and stir well with the yolks of three eggs, three tablespoonfuls of castor sugar, and a few picked currants. Pour into the cake-tin and bake until a nice golden brown.

A RARE COMBINATION.—There is no other remedy or combination of medicines that meets so many requirements as does Burdock Blood Bitters in its wide range of power over such chronic diseases as dyspepsia, liver and kidney complaint, scrofula, and all humors of the blood.

THE POWER OF NATURE.—For every ill nature has a cure. In the healing virtues of Norway Pine lie the cure for coughs, colds, croup, asthma, bronchitis, hoarseness, etc. Dr. Wood's Norway Pine Syrup represents the virtues of Norway Pine and other pectoral remedies. Price 25c.

A PROFESSIONAL OPINION.—Rev. F. Gunner, M. D., of Listowel, Ont., says regarding B. B. B.: "I have used your excellent Burdock Compound in practice and in my family since 1884, and hold it No. 1 on my list of sanative remedies. Your three busy B's never sting, weaken, or worry."