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did Samuel know all this? I don't see that we need to explain all mysterious events in the Bible records as miraculous in their nature. There are men nowadays who seem to have special gifts in mind-reading, and perhaps Samuel's name of "The Seer" was given because of this special faculty.

Quackenbush says that when he hypnotizes a patient, he is depressed or uplifted himself, according to the character of the patient. After dealing with a person of peculiarly beautiful character, he is filled with a strange sense of joy for days. Surely we can all testify to the inspiring influence of fragrant lives, the saints who are the salt of the earth.

If I began by commonplace descriptions of thought-transference, it was because I want you to realize that telepathic influence is not the sentimental idea of visionary idealists, but is a solid, everyday fact—as much an instrument for ordinary use as the telephone. You want to reach those you love, reach their hearts more surely than any spoken or written word can do. Then put your hand in God's and reach out to them through Him. Send your thought-messages many times a day. You need no Marconi station, no scientific education. God Himself will see that they reach their destination.

Are you longing to help in the great missionary movement that is reaching out to win the world for Christ, and are you tied down to the prosaic household tasks that seem to be always ready to be done over again? To you, also, comes the call: "Launch out into the deep, and let down your nets for a draught!" Right there, without moving your body one step from home, you can touch and help God's children in any part of His great kingdom.

While I was writing these words I received this letter from one of "The Farmer's Advocate" readers in Maryland, Sask.:

Dear Hope,—I am writing to thank you for help received from the "Quiet Hour," and enclose \$5 towards your work among the poor. God has been very good to me and mine since we left the Old Country six years ago to come to this wonderful Canada, with all its possibilities.

Was it only an accidental coincidence, do you think, that this very day my attention should have been especially drawn towards two tiny babies, whose father is working in Regina, and whose mother died there last fall? The babies were sent to be cared for by their grandmother in Ontario, and she is very poor. It seemed as though this money from the West came on purpose to give needed help to these little Western children.

Then there is "A Lankshire Lass," who is living the quietest of lives, bearing her heavy cross with cheery courage, and reaching out to touch her sisters' lives and inspire them with patience. And right here I wish to thank her for her letter to me and for the verses enclosed. It is not possible for me to start a private correspondence with our readers, as I have already more writing to do than is good for me, but it is always a great pleasure to hear from any of you.

It is wonderful to remember that God is always ready and willing to act through us, to speak to people through our lips, to let His Life-spring Spirit breathe through our spirits. The business of our lives should be to keep this spirit of ours pure and strong, so that it may be a really valuable instrument in God's hands. He knows where to find us, and how best to make use of us.

"What light is going out from you, now, and every day, to those who have not the joy of your secret? What radiance can they see about you? What good cheer do you bring? Is there any one dark soul that brightens at your coming—and brightens, not with your own light, but with that light which you hold in you from Him who alone is the Light of the world? His light it must be. Is there any one to whom that light passes through your ministry?"

DORA FARNCOMB ("HOPE").

SOMETHING TO DO.

Thank God every morning when you get up that you have something to do that must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you temperance, self-control, diligence, strength of will, content, and a hundred virtues that the idle will never know.

The Ingle Nook.

A Good Mince-meat—Chinese Lily.

Dear Dame Durden,—I am not sure where to send this letter, as I have never written before, but I am a constant reader of "The Farmer's Advocate." I do enjoy reading the Ingle Nook; I never miss it, and have got a number of nice recipes out of it, and so I think it my duty to give "Lankshire Lass" the recipe for mince pies without meat. I have tried it, and found it very good. 1 cup of raisins, 1 nutmeg, 2 cups of water, tablespoonful of cinnamon, 2 cups of sugar, butter the size of an egg, 1 cup vinegar, eight crackers, rolled fine. Cook well together before baking. This makes two pies. I think a few apples added improves it. I do hope "Lankshire Lass" is better, as I can sympathize with her, as I have been poorly for years. A Happy New Year to all.

M. B.

P. S.—Can anyone tell me how to get the bulbs of Chinese lilies? I have one and was told after it blossomed it would have to be destroyed. I think there must be a way of preserving them.

Ans.—I have asked both Chinamen and commercial florists about this. Both say that Chinese lily bulbs do not mature well in this country. There is nothing for it but to discard the old bulbs and get new ones that were grown in China.

Infant's Food Again.

Dear Dame Durden,—While reading "Jack's Wife's" letter last evening, my conscience began to prick me most uncomfortably, for I fear I am one of those thoughtless ones who come to the Ingle Nook when in need of advice, and neglect it at other times. I mentally resolved to do better, when, behold you! the opportunity looked me in the face. I happened to see an "Anxious, but Thankful Mother's" request, and having had considerable experience along that line, determined to write at once, hoping by this means to atone in some slight measure for my former carelessness.

When I found that I was not going to be able to care for Baby No. 1 in the way provided by nature, I determined to put in practice some of my former hospital training. From the very start I fed her on "modified milk," using the formula taught me while in training, and I am sure if "Anxious Mother" could see Baby Betty and her small sister, she would consider them sufficient recommendation for any food; a healthier, happier pair would be hard to find. I used the modified milk exclusively for Baby Betty until she was well supplied with teeth for more substantial food, and the wee five-months-old girlie has had nothing else as yet, and they are in every respect perfectly healthy children. The directions for preparing modified milk call for the use of either lime water or soda. I have found the soda more satisfactory, as the lime-water is somewhat constipating. For my babies in the hospital, as well as in my own home, the formula I used at eight weeks is as follows:

Milk, 3 ounces; cream, 3 ounces; soda, 4 teaspoonful; sugar, 2 tablespoonfuls; water, 17 ounces.

If a larger quantity is required, use the same proportions. I always boiled all water before using, and find it more satisfactory to use separated milk and cream, although whole milk may be used if cream is not obtainable. In that case the whole milk is allowed to stand for four or five hours, and the top used, making the quantity equal to that of the milk and cream combined in the formula.

I would strongly recommend "Anxious Mother" to procure, if at all possible, a little book, "The Care and Feeding of Children," by Dr. L. Emmet Holt. It was one of our Text-books when I was in training, and I would not be without it for many times its cost. It gives most explicit directions for preparing artificial food for infants, and, I feel, has been largely instrumental in helping my babies to be the rosy little ladies that they are.

I am sure Dame Durden, as well as the other Nookers, will be thinking it is a good thing that I don't come often, since I have made such an unpardonably long call this time, but I felt that I must pass along my experience that it might possibly help "Anxious Mother."



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