

The River of God's Love.

It is a river crystal clear,
In it is never seen
Pollution's hand; the banks and near
Are of most living green.

Full to the brim is o'er the stream,
The breeze that passes o'er,
Though scarcely stronger than a dream,
Flings many drops ashore.

But nature is not there alone,
Man, laden down, has found
That sorrow's step is never known
To pass within the bound.

And all who walk along those banks
Take into daily life
An influence that thins the ranks
Of misery and strife.

July, '91.

F. D. I.

Cheerfulness.

Give us, oh, give us, the man who sings at his work! Be his occupation what it may, he is equal to any of those who follow the same pursuit in silent sullenness. He will do more in the same time, he will do it better, he will persevere longer. One is scarcely sensible to fatigue while he marches to music. The very stars are said to make harmony as they revolve in their spheres. Wondrous is the strength of cheerfulness, altogether past calculation its powers of endurance. Efforts to be permanently useful, must be uniformly joyous, a spirit all sunshine, graceful from very gladness, beautiful because bright.—*Carlyle.*

Walking with God.

Man was created, not merely in the image of God, but he was created so for a definite object. That was, that he should walk with God; in other words, that he should be religious, *i. e.*, hold communion with God, be companionable, a creature to be loved. For God is love, and love seeks an object. This was man's destination. Now, what do the Scriptures teach us about love? It is the one thing which shall outlive everything else. Gifts and endowments of every kind shall fail, but this never faileth. Love is the fulfilling of the law. It is, therefore, the very essence of religion. Love is of God, for God is love. Therefore, again, it is a fruit of God's Spirit—the more excellent gift, which never faileth. It denotes man's parentage. He that loveth is born of God. Hence man, at his best, is not so merely because he stands at the head of creation, but because he is born of God, inherits God's essential character, and lives in daily communion and fellowship with God. But such a religion as daily communion with God implies is a life. It is the living not by bread alone, but on the manna of heaven. And such a life is an absolute life—what the Scriptures afterwards call "eternal life"—a life above and beyond the sphere of nature. Hence man considered from the standpoint of his creation, was created for immortality. The promise and potency of what he was destined to be lay concealed in his very existence, just as the germ of an oak-tree lies concealed in an acorn.

Music in Churches.

In 1559 one of the first acts of the royal supremacy of Queen Elizabeth was to issue injunctions relative to religious services. One is of especial interest from its reference to the musical services in public worship. After directing that "there be a modest and distinct song, so used in all parts of the common prayers that the same may be as plainly understood as if they were read without singing," it is added, nevertheless, "for the comforting of such as delight in music," permission was given "that in the beginning or end of common prayer there may be sung a hymn or such like song to the praise of Almighty God, in the best sort of melody and music that can be conveniently devised, having respect that the sentence of the hymn may be understood and perceived." The hymns here referred to must have been the metrical version of the Psalms, commonly known as the Old Version. Hymns, in general acceptance of the term, there

were next to none to sing. The English Reformation was characterized by no such out-burst of song as that of Germany. Not one of its leaders was ever inspired to move the hearts of the people as the great Reformer of the German Church moved those of his land. The Book of Psalms was the real hymn book of the English Reformation. Bishop Jewel, in a letter to Bullenger, refers to the singing in the St. Paul's Cross services, where he had seen 5,000 persons singing a Psalm together. At Exeter public protest was made against the dean and chapter for hindering the people from assembling to sing psalms in the cathedral before divine service. It was not, therefore, deficiency in popular love of music and song, but ecclesiastical prejudice, which quenched its spontaneous utterance.—*Beeleth's English Reformation.*

Hints to Housekeepers

Oil of peppermint in water, diluted even to one part in one million, will kill cockroaches in an hour, they dying in convulsions. One drop of the oil placed under a bell jar covering a cultivation of cholera bacilli, will kill both bacilli and spores in forty-eight hours.

PALPITATION OF THE HEART.—Excessive palpitation of the heart can be arrested by bending double, with the head downward and the hands pendant, so as to produce a temporary congestion of the upper part of the body. In almost all cases of nervous or anæmic palpitation, the heart immediately resumes its natural function. If the respiratory movements be suspended during this action, the effect is only the more rapid.

IMPERIAL FEDERATION will present an opportunity to extend the fame of Dr. Fowler's Extract of Wild Strawberry, the unfailing remedy for cholera, cholera morbus, colic, cramps, diarrhoea, dysentery, and all summer complaints, to every part of the Empire. Wild Strawberry never fails.

BANANA SORBET.—Is delicious and is made by peeling and pounding half a dozen ripe bananas, to these adding a teacup of loaf sugar, the juice of a lemon and a pint of water. A little yellow colouring improves its appearance. Strain and half freeze, then add a wine glass of any liquor preferred. Freeze again and then serve. Sorbets sound a little difficult, in reality they are among the easiest of home produced dishes.

TO REMOVE STAINS.—Now that the children are ruining their pretty frocks with fruit stains, the following easy method of taking the unsightly blotches out of the white material may be found useful. Moisten the spot and hold it under a burning match, and the sulphurous gas will cause the stain to disappear. This will not do, however, for coloured goods, as it will take out the colour. But if, while the stain is fresh, you put it over a cup and pour boiling water over it, it will almost always take out the spot if it is done before washing. Soap almost invariably fixes any stain. It is well, too, to remember at this season of the year that you can prevent your pretty new gingham from fading if you let them lie for several hours in water in which has been dissolved a goodly quantity of salt. Half a pint of salt to a quart of boiling water is the rule. Put the dress in it while it is hot, and after several hours wring it out dry and wash as usual.

MINING NEWS.—Mining experts note that cholera never attacks the bowels of the earth, but humanity in general find it necessary to use Dr. Fowler's Extract of Wild Strawberry for bowel complaints, dysentery, diarrhoea, etc. It is a sure cure.

HANOVER POUND CAKE.—One pound loaf sugar, pounded fine; one pound butter, one pound flour, dried, sifted three times; ten eggs, whites and yolks whipped separately; half-pound sultana raisins, dredged; one-half pound currants, washed and picked; one quart pounded candied citron, very finely minced. Rub the butter and sugar to a cream, add the whipped yolks, then the whites, stirring them in lightly; then the fruit, and lastly the flour very gradually. Pour into well buttered pans, filling them about two-thirds full, and bake the cake from an hour and a-half to two hours in a well heated oven. Ice with a plain icing, flavour-

ed with rose water or bitter almonds. This is a capital cake, always made in North Germany at Christmas time.

LEMONADE.—There are cases where bilious summer complaints in adults, aggravated by a constant starch diet of rice, etc., have been entirely cured by drinking freely of lemonade. The upset liver got what it needed in that beverage as a corrective. Here are lemonade directions; Pare five or six lemons very thinly and place this rind in a pitcher or bowl, with one pound of sifted sugar, with enough absolutely boiling water to cover it, and let it all steep till the sugar is dissolved and the water quite cold. Strain the juice of the lemons and mix it with the water strained from the peel, and add cold water (and, if necessary, sugar) to taste. Another way is to prepare a pint of clear syrup and strain the juice of five or six lemons into it. Steep the peel of the lemons, very finely pared, in just enough boiling water to cover them, and when cold add this to the syrup, etc., with fresh filtered water to taste. In some countries the pips are also soaked in a third bowl of boiling water, and this, strained, is added last of all.

WHAT'S THE REASON?—The causes of summer complaint, diarrhoea, dysentery, cholera morbus, etc., are the excessive heat, eating green fruit, over-exertion, impure water and sudden chill. Dr. Fowler's Wild Strawberry is an infallible and prompt cure for bowel complaints from whatever cause.

CURRENTS.—The currant was one of the earliest fruits cultivated in this country. With good care it is much improved in size and quality and should be found in every garden. Red currants are delicious, when fresh and fully ripe, for table use. Always wash before using. Some prefer them whole, but we think them far superior when mashed. Put them in a new tin pan or earthen dish, and mash with a potato masher and add what sugar you wish, mix well. They are delicious for breakfast.

Pie.—They make a good pie. After the bottom crust is on the plate, brush over with white of egg and then mix enough whole or mashed currants with sugar for the pie, and sprinkle flour over before putting on the top crust.

Canning.—To prepare them for canning after washing, weigh them, then mash fine and allow one-half pound of sugar for every pound of fruit. Cook five minutes.

Red Currant Jam.—Wash currants and weigh after they are looked over; allow three-fourths pound of sugar to one pound of currants and cook fifteen or twenty minutes, when they will be solid.

Red Currant Jelly.—Be careful not to use currants that are very ripe. Pick over, wash and place in a porcelain kettle and heat. Mash fine before putting them in a jelly-bag. Do not squeeze too many at a time. After your juice is ready, measure and strain through cheesecloth. Allow one pound of white sugar to every pound of juice. Place in a kettle and boil fast fifteen minutes, or until the liquid will fall in drops off the skimmer in several places. Jelly is lighter coloured and clearer than is not cooked too long, and when made in small quantities. One woman who often makes forty pounds of currant jelly only boils four pounds at a time.

Currant Catsup.—Look over, wash and mash red currants, strain through a jelly-bag; take four quarts of juice, two pounds of light brown sugar, two ounces of cinnamon, one of cloves, one-half teacupful of salt, one and one-half teacupfuls of vinegar; cook three-quarters of an hour. Add spices fifteen minutes before taking off the stove.

Spiced Currants.—Five pounds of currants, four pounds sugar, two teaspoonfuls of cinnamon and cloves each, and one pint of vinegar. Cook one hour.

Dried Currants.—Pick off stems and wash, put in a kettle and add as much or little sugar as you wish (a teacupful for four quarts is a very good rule), scald up and skim out on large platters, cook the juice down and pour on the plates. Dry in a warm oven, turn over the currants occasionally, and when thoroughly dry put them in a stone jar and keep in a dry place until you need them; then put a few to soak over night in cold water and cook.

Black currants make a very rich jelly and are valuable to use for invalids. White currants are not as good for jelly or canning as red ones, but are very nice when fully ripe for table use.