

PIETY AND PATRIOTISM

The Battlefield of To-Day Is the Slum and the Highway.

The man in whom there awakens no response to the call of patriotism, who does not love one land above all others because it is his own land, cannot love any land at all, cannot enter into full living, for love for one's country and service for her welfare are part of the soul and substance of every true life.

Living for a city or a nation is religious service. It is moonshine for men to talk of loving heaven unless they can love this earth and labor to make it heavenly. Such sentimentalism usually stands for simple evasion of known duty to the present by deferring them to an indefinite future. The important thing is not that you should go up to the city of God, but that it should come down to us.

Patriotism, after all, simply is living for and working for others, those who constitute the state or nation. It enlarges the love from the self centre to the full social circumference. It teaches to love the neighbor as oneself. It is altogether imperfect and often perilous until it includes those high religious motives of altruism, service and reverence for noble ideals and inheritances. It always has seemed so easy to pray, "Thy kingdom come," and then to wait for it to drop.

FULL ORBED FROM THE SKIES

That we have forgotten that every such prayer waits for the indorsement of our endeavor to bring all that that kingdom means to us within reach of all our fellows now, that no man really believes in that ideal kingdom who does not seek to make it immediately real.

The best memorial that can be offered for the sacrifice and service of days long past is sacrifice and service for some worthy purpose to-day. Religion and patriotism become one motive, compelling us to willingness to pay the

full price of citizenship. There is no better way to honor the dead than honorably to live for the things for which they died.

We hear no thrilling call to arms; we feel no tidal wave or martial enthusiasm. There is no call for those ready to die. But there is a call for those who will live. It is all the same, dying on the field or fighting for the right in the ward or city; the patriot is giving his life to his land. The dying or the keeping a whole skin are incidental; the essential thing is that we give ourselves.

Vain are all of our dreams of glory past unless we are making the present goodly and the future's promise yet more glorious. Too many evaporate their patriotism in pride of yesterday's mighty works or in

TO-DAY'S FULL DRESS PARADE.

The puppets of passing enthusiasms, they mistake emotional memories for enduring memorials.

When the captain of all the forces calls the troops before him the scars upon which he will look with greatest love may not be those that remain to remind us of sword wounds; they may be the scars of hearts bruised and faces tear stained, of backs bent and hands made horny in loving, lowly service of our fellows.

Whoever loves his neighbor glorifies the state; whoever helps his fellow citizen honors his city. The battlefield of to-day is the slum and the highway; the foes are greed and lust; the patriotic motives will be many, including love for men, high aspirations for our land, confidence in the coming of the glorious city of God. To fight against the things that keep us down, within and without; to lay down our lives in daily living for men is to become part of the glorious army that follows the King. HENRY F. COPE.

SAFETY FOR CHILDREN.

Baby's Own Tablets contain no opiate, no narcotic, no poisonous drug. The mother who uses these Tablets for her children has the guarantee of a government analyst as to the truth of these statements. This medicine can, therefore, be used with absolute safety, and it always cures such troubles as indigestion, sour stomach, constipation, diarrhoea and colic. The Tablets cure simple fevers, break up colds, destroy worms and make teething easy. Mrs. W. H. Young, Roslin, Ont., says:—"I have used Baby's Own Tablets as needed for more than a year and would not be without them in the house. They are just the thing for teething babies and other minor ailments." The Tablets cost only 25 cents a box and may be had from medicine dealers or by mail from The Dr. Williams' Medicine Co., Brockville, Ont.

THE SCIENCE OF PUNISHMENT.

A Few Hints as to How Children Should be Reprimanded.

It is a fact that many a child is punished without knowing that he is punished. He may neither see how he did wrong nor that the punishment has anything to do with it. I know of a little boy who was ordered to give up wearing his precious watch for a time as a penalty for a minor offense which had nothing to do with watches, or property. The next time he did the same deed he met his father's reprimand with a cheery plea that he had obediently taken off his watch! A punishment may thus be taken as a kind of conditional sanction. I have known children who were smacked by their parents, who showed eventually that they did not know that the castigation meant that that particular deed was wrong. It had been accepted as one among many things not understood in this ambiguous and conventional world.

We see, then, that punishment must be intelligent as well as calm and fair. Now, add that it must be timely and also sure. Severity has very little to do with reformation, except that it usually retards it. Frequency also reduces the efficiency. Treated intelligently and good-naturedly, a child can often be brought to see that his course is objectionable. In such a case a child will often co-operate with his parent in devising a penalty for himself.

It is not possible in the limitations of this article to prescribe for every possible offence. Taken with the foregoing general principles, a few examples will suffice. A child who has a habit of leaving the door open may be made to shut it and stand by it every time,

counting fifty; if he neglects to brush his teeth, he must go without some or all of his breakfast; if he does damage through heedlessness or disobedience, he must give compensation by work or money; if he defaces a brick wall, he must clean it, or, barring that, be given a brick to crayon for a period. The penalty of unpunctuality may be restraint for double the number of minutes late—as the old Hebrews punished theft by a twofold, fourfold, fivefold restitution, according to the sort of property stolen. A person who cannot be trusted can sometimes be punished by trusting him—his shame being his penalty of pain. Young people trained to high ideals may also be trained into self-punishment.

I once heard of a boy who, having told an untruth, was obliged to go about with a placard on his back, "I am a liar." The discipline was defended on the ground that he grew up to be a good man and a minister! The discipline was outrageous, and might have cost the boy his character. It was enough to harden him into adopting the course advertised on his back. It is amazing how many children turn out better than their training.—Patterson DuBois, in Success Magazine.

AN APPETIZING TRADER.

German Merchant's Difficulty in Escaping Cannibal Tribe.

The Cologne Gazette publishes an extraordinary account of cannibal practices in the southern Cameroons, on the authority of a German trader.

According to this correspondent, who visited Nsana, chief of the Maka tribe, at the end of December, 1905, the Maka people not only eat their prisoners of war, as do all the tribes inhabiting the southern region of the protectorate, but consume as food the flesh of their own people who are condemned to death for crimes. He was present when a man was killed because his wife died in childbirth, and had to witness a feast held next day, when the remains of the unfortunate man were eaten. He himself escaped a similar fate with difficulty, for Nsana's son considered him particularly appetizing.

The Government caravan was afterwards compelled to fight its way through the Maka territory, and this tribe killed all the black dealers and bearers they came across in a short space of time, eating upwards of a hundred of them.

In the further course of his travels the correspondent discovered that cannibalism is carried to such an extent by the Maka tribe that human flesh was offered for sale in the public markets.

The Home

TESTED RECIPES.

Egg Lemonade.—The white of one egg, one tablespoonful of pulverized sugar, juice of one lemon, and one glass of water. This is fine in case of inflammation of the stomach or bowels.

Peanut Sandwiches.—Get a loaf of cream bread, then cut it thin and butter it thin. Then buy some salted peanuts and sprinkle with them. Peanut sandwiches are nice to serve with cocoa or coffee.

Inexpensive Dessert.—An inexpensive dessert is made as follows: Beat whites of four eggs, add one-half cup sugar and three tablespoons cocoa; bake in pudding dish about fifteen minutes, and serve at once with cream.

Maple Ice Cream.—Beat yolks of four eggs; add one cup of maple syrup. Cook in double boiler, stirring constantly until like a custard. Cool; add one pint of cream and the whites of the four eggs beaten light. Freeze.

Even Layer Cake.—To make a nice and even layer cake, such as you see at the bakery, cut off the little hill that rises in the centre of the layers and fill and frost right over it. You'll then have a nice, even-looking layer cake.

Egg Flip.—Break one egg and beat yolk and white separately; add to yolk one tablespoonful of sugar and four of water. Then beat in the white and fill glass with crushed ice and serve.

Nut Bread.—One cupful of sugar and two eggs creamed; add two cups of sweet milk, four cups of flour, four teaspoons baking powder, one teaspoon salt, and one cup of English walnuts cut up quite fine. Put in buttered bread tins and let rise twenty minutes. Bake.

Sea Foam Candy.—One and one-half pounds brown sugar and one-quarter cup of boiling water; boil until crisp in cold water; pour slowly on beaten whites of two eggs and add chopped nut meats, beat until thick and turn out to cool. One-half of this recipe will do.

Salmon with Eggs.—Beat together four eggs, one half cup rich milk, one-half teaspoon salt, one-quarter teaspoon pepper; turn into hot buttered pan; stir till set. Buy one-half pound smoked salmon, sliced; put on platter, laying nicely along edge; put scrambled eggs in the centre; garnish with parsley if desired.

Cucumber Pickle.—One dozen onions, large; two dozen cucumbers, not peeled, but sliced thin, and put in a vessel with alternate layers of salt, and leave three hours; then drain thoroughly and cover with this dressing cold; three quarts of vinegar, one and one-half pints of olive oil, three-quarters of a cup of white mustard seed, one-quarter cup of black mustard seed, one-quarter of a tablespoon of celery seed. This fills seven quart jars.

Picnic Sandwiches.—One pound of boiled ham, chopped fine. Dressing: One egg, one teaspoon of sugar, one teaspoon of flour, one teaspoon of butter, quarter teaspoon of mustard; beat vigorously, and add one-third cup of strong vinegar, two-thirds cup of water. Cook slowly, stirring constantly. Cool and mix with other ingredients. Butter thin slices of bread sparingly and spread with the mixture.

Cream Tomato Soup.—Strain and rub one quart can tomatoes through fine sieve (to get seeds out); cook slowly. Season to taste with salt, pepper (onions if liked); two heaping tablespoons butter; one scant quart of cream and milk mixed; dissolve one teaspoon soda and one teaspoon flour in milk and pour slowly into the tomatoes while hot and let foam. Cook all together five minutes, and serve clear, or with crackers, pickles, and cold slaw.

Omelette.—Cut away the crust of one large dry slice of bread; pour over enough milk to soak it; work it with a fork until all is broken up in crumbs. Separate three eggs; beat yolks, add a little salt, then beat whites stiff. Mix crumbs, yolks and whites all together and stir quickly. Have your frying pan ready with a tablespoon of lard; when lard is hot pour all in; it will make and brown fast. Shake omelette to keep from burning. Bake only on one side about five minutes and slide half on platter and make turnover of other half.

Chicken Pie.—Prepare a nice fat chicken as you would to stew; boil till tender; salt while boiling. Make a dough as for biscuit, only richer. A granite pan is preferable. Line the edges but not the bottom with the crust, rolled thin. Remove the large bones from the meat, place a layer of the meat in the pan, then roll some of the crust thin. Cut in strips about an inch wide. Put these over the meat, and so on till all is used. Pour over this about half of the broth in which the chicken was cooked. Cover with crust and crimp edges, cutting slits in cover. Bake. Take the remaining part of the liquid, put in butter size of an egg, a cup of cream, a little thickening. This makes a gravy to be used when the pie is served.

USEFUL HINTS.

To remove egg stains from silver use damp salt.

To clean water bottles use egg shells and a little water.

An old fowl will be made more tender if soaked in salt water.

Frequent rubbing with newspapers will make the range shine like glass.

A pinch of baking soda added to rhubarb and cranberries requires one-half the amount of sugar.

Salt placed under baking pans in the

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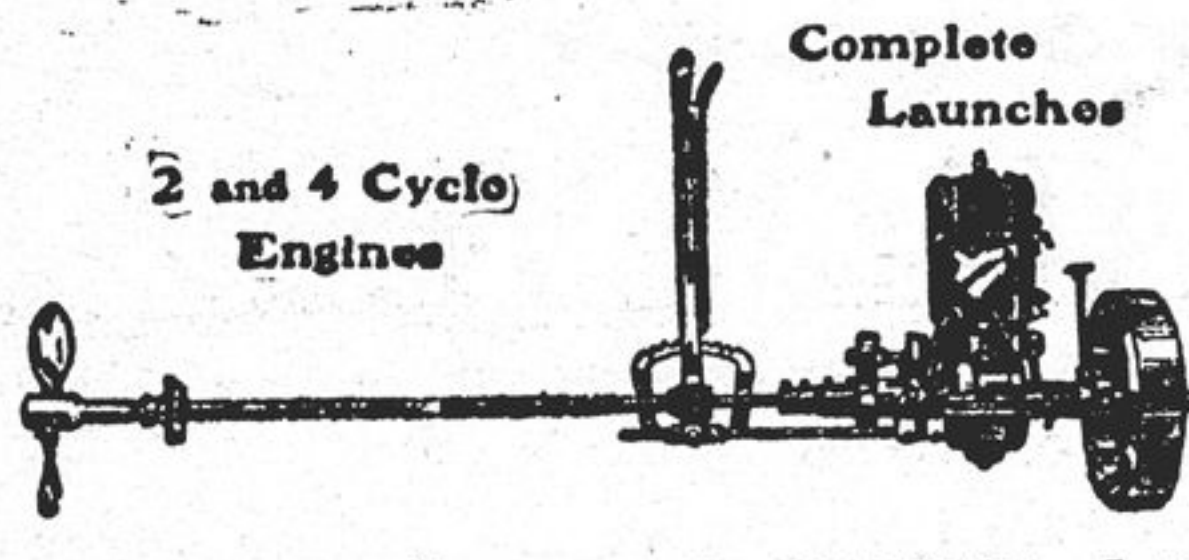
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SENTENCE SERMONS.

Often will prevent pies and cakes from scorching on the bottom.

Uncooked Canned Fruit.—Wash fruit and put in glass cans; then fill up with cold water and seal tightly.

Potatoes will go twice as far if boiled in their skins and skinned just before sending to the table.

To keep a cake of compressed yeast remove tinfoil, place in bottle with a covering of water, and cork tight. Keep cool.

Cooking Spoon.—To keep it from slipping down into the pan bend it back on the side of the handle so it will catch the edge of the pan.

To replace the handle in the lid of the leakettle, coffee, or teapot, fit a screw in the hole from underneath and screw will not have any garbage to dispose of.

Save old boot tops to make iron and kettle holders. Take a piece of this leather and cover it with cretonne or other material, and you will have a holder which will protect your hand from the heat of the iron or kettle and will yet be thin and easily manipulated—better than the awkward wadded things so often used.

In one household of seven persons quite an item in the expense account is saved by using drippings. There is no need of purchasing lard. Save all the fats from boiling meats, ham, etc., and all drippings from frying; also all the fat parts of meat are fried out. When you have a sufficient quantity of fat place in an iron kettle with a sliced raw potato, which clarifies it. Skim off the scum which rises to the top. When the potato is soft, strain the fat into a jar, and you have a mass of nice, clean wholesome fat, which for many purposes is better than lard. Try it, and see your expense account melt accordingly.

Home-made Soap.—Save all your trimmings from steak, ham, bacon—in fact, any trimmings from meat, so it is fat. Also save waste grease from roasts. Have a can always handy so you can put this in. You will be surprised how this accumulates. When you have six pounds rendered out, buy a ten-quart can of any lye. Add a quart of rain-water to the lye, when emptied in a large old dishpan. Stir the lye with a stick and when cool you can tell when it is cool by feeling side of pan; keep your hands entirely from it—use the stick) add the lye to the grease and stir to the consistency of honey. You will have about twenty-five good sized bars of soap, pure white. The soap one buys in stores can't hold a candle to it.

USES FOR COMMON SOAP.

A bar of common yellow soap will—Stop a mouse hole effectually.

Make bureau drawers and windows which are inclined to stick, work smoothly.

Take the pain from a burn. Cut up fine [a quarter of a bar] and dissolved in strong hot borax water, clean plated silverware. Let soak two or three hours in the solution, and little rubbing will be needed.

Combined with brown sugar, bring painful swelling to a head, and draw out a splinter from under the nail.

Rubbed on a nail, prevent the wood through which it is driven from splitting. It is often used by carpenters, who drive the nail through the bar of soap before using.

Mixed with stove blacking, lessen the labor of applying and improve result.

Stop a leak in a boiler in emergency cases.

Quickly remove the odor of perspiration.

Serve as a substitute for wax to point darning yarn.

The inner wrappers are useful to clean fat irons.

The liar is a man who has invented a tale that won't wag.

SENTENCE SERMONS.

No trial, no triumph. Obstacles are opportunities.

Cold feet often get into hot water. He gives nothing who gives only gold.

Many a sin is overcome best by ignoring it. Things sublime always are simple at heart.

The glorious life never seeks its own glory. Worship never can be made perfect by sitting still.

Your religion is worth to others what it costs you. Sin always is in sympathy with the saints who are sore.

If religion is not for all of a man it is not for aught in man. Heart health never comes so long as the hand is on the pulse.

Feed on garbage and you soon lose your faith in good things. The beauty of life comes from God's sun shining on our sorrow.

Don't be too sure that the honeymoon will sweeten a sour disposition. The religion that is put on at certain times is sure to fall off at the trying time.

The man who never has been ashamed of himself has nothing of which to be proud.

You must give the world full possession of some old ideals before you can have a new earth. It is easy to think you are convicting sin when you only are telling the things you do not like to do.

Many make the mistake of underestimating their possibilities and overestimating their difficulties. Some folks think they are light hearted because they find it so easy to make light of the troubles of others.

The fanatic is he who would rather see the race go down to perdition than that it should climb up unlabeled with his pet-fad.

PALE AS A CORPSE.

Dr. Williams' Pink Pills Brought Back the Ruddy Glow of Health.

Thousands of young growing girls have pale, pasty complexions; distressing headaches, backaches and sideaches. Sometimes they are unable to sleep; their nerves are unstrung; they are languid, breathless and the heart palpitates violently at the least exertion—that's anæmia—and it may develop into consumption unless promptly attended to. Anæmia means bloodlessness. Dr. Williams' Pink Pills make pure, red blood—that's the secret of their success. Miss Winnie Allen, Montreal, Que., says:—"I was so weak and run down that my friends thought I was going into consumption. I was as pale as a corpse, had no appetite and did not sleep well. The least exertion tired me out and if I walked a few blocks I was almost breathless. My sister advised me to take Dr. Williams' Pink Pills and after using them for a few weeks I am again enjoying good health and have a good color. I think every weak, sickly girl should take Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills make new, rich blood and in this way strike right at the root of such troubles as anæmia, indigestion, rheumatism, St. Vitus dance, the secret ills of girlhood and womanhood and a host of other everyday troubles and cure them. But you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box—imitations never cured any one and sometimes they do much harm. If your dealer does not keep the genuine Pills they will be sent at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

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