

# THE WAY TO THE FATHER

First Learn to Assist the Helpless, Help the Needy and Comfort the Wronged.

"First be reconciled to thy brother and then come and offer thy gift."—Matt. v., 24.

Men in the days of the great teacher were as we are to-day, prone to compound for the neglect of duties near at hand by the adoration of spiritual delights far off. They talked about getting right with God while they continued to do wrong to men. The problem of the hypocrite who is so thrilled with the delights of heaven that he scorns earthly duties and decencies is not a new one.

How easy it is to substitute syllogisms for service, to think that we do our duty by describing it, so to exhaust oneself in pleasant and seductive dreams of a distant heaven that we have no power left to apply to the problems of a needy present day world.

The mockery of religion to-day is that men and women are going to the churches, singing themselves into ecstatic complacency and imaginary harmony with their God while their greed is crushing the hearts of the helpless and they are blinding themselves to the world's gloom and pain that unhindered they may enjoy spiritual delights.

Things cannot be right in our relations to the Father of spirits until they are made right in our relations with

## OUR BROTHERS IN THE FLESH.

In Christianity social righteousness is basic to spiritual blessing. The ideal kingdom waits for ideal conditions and relations amongst its subjects.

The way to the Father lies through the Brother. If you would learn to love God—and how indefinite and idealistic that seems to most of us—the lesson is simple, first learn to love his other children, especially the helpless, needy and wronged. Delights high and spiritual always will be remote until duties near at hand are done.

The revival we most of all need to-day is a revival of the social conscience, the recognition of the fact that we can offer no gift acceptable, in the temple of worship or the place of prayer, until we have washed our hands from the blood of our fellows, that we can pay nothing to God until we have in earnest set about paying our debts to men.

Anxious, perhaps, to claim our rights as children of the Father in heaven, we have forgotten that that title is promised to the peacemakers. What avail is it to

pray, thy kingdom come, if we block its advent by cherishing enmity in our hearts? What use is it to carry hearts torn with malice, souls sunken in selfishness, and spirits torn with pride and covetousness to the place that belongs to the meek and lowly?

Many a man is going away and coming away empty in heart; perhaps he has given up any hope of finding solace in religion, who would find, as it were, the windows of heaven opened up if he should give himself for an hour to making some other helpless lives happy, to righting some wrong or bringing some joy to lives embittered and oppressed.

We have been insisting on the church, the altar, the ritual, and all the forms of religion, asking hearts hungry only for things and spirits swept by winds of covetousness to enter the place that belongs to the pure in heart and the lowly in spirit. What shall it avail those who can see nothing of God in their fellow men made in his likeness to try to find him in

## FORMS AND CEREMONIES,

in architecture or furniture?

The happiest people in this world have not been those who have shut themselves off from this world that they might, in quietness, seek out the source of the soul's life and see the face of God for themselves. They are those who seemed to turn their back on oratory and temple, and, burning with a passion of love for men, found heaven as they sought to bless earth.

The pathway to God is a plain one, strikingly lacking in romance, with no attendant visible angelic choir. It is the doing of whatever duty or kindness I owe to those near me, the breaking down of walls of prejudice—spite fences built in ignorance and hatred—the learning to love and help, the seeking of peace, good feeling, and harmony with all men.

This does not mean that all must become professors of sociology; the study of social theories often is a substitute for the practice of social duties; but that we must seek out the good in men, we must set ourselves right with them, we must discharge all our responsibilities toward men before we can realize God.

HENRY F. COPE.

## CURRENT TOPICS.

Though the first half of 1907 has not passed, its record of casualty already exceeds the total of 1906. There have been thirty-eight railroad accidents of more than the ordinary magnitude, in which 273 persons have been killed and 925 injured. Twenty-three steamers have been wrecked, involving the loss of 902 lives. There have been thirteen mine accidents in which 355 persons have perished. These casualties have been due to human negligence or ignorance in large part, but nature has been destructive also. Tidal waves have swept away 2,240, earthquakes 5,100, hurricanes 530, but cyclones thus far have been comparatively merciful, unless there shall prove to have been great loss of life by the one at Kurra-chi, India, last week. In other cyclones about seventy have been killed. When to these totals is added the sum of smaller casualties there can be little doubt that 1907 will be known in history as the year of disaster. The cloud has a silver lining, however. The total of gifts and bequests in all forms of philanthropy in less than six months of 1907 is larger than the total for the twelve months of 1906, being \$108,961,589, as compared with \$106,281,083. And never have there been five months during the last twenty-five years in which the total of embezzlement and various forms of defalcation has been as small as in this first five months of 1907.

Ireland is trying to give her youth the use of their hands. Despite stupendous difficulties the vast majority of Irish secondary schools are now well equipped for carrying out the teaching of experimental science, drawing, manual instruction, and domestic economy. No part of the work of techni-

cal instruction has developed more rapidly than that of the technical schools in towns. Only people who knew Ireland a quarter of a century ago can realize what is signified by the establishment of trades schools in three and four centres. There also are schools of agriculture for farmers' sons. Where the homes of the pupils at agricultural classes are some distance away the students often are given their midday meal. More than a thousand meetings of farmers were held last year to hear itinerant instructors, and not far short of 2,000 demonstration plots were kept going. The department has stations for experiments and training in three counties. Through some seventeen local authorities itinerant instructors in gardening and fruit growing have been carrying on their propaganda, and about sixty fruit and vegetable demonstration plots have been maintained. As a result there has been a great increase in the demand for fruit trees from nursery men. Most of the horticultural instructors are now fitted to teach bee-keeping, and in one season fifteen hundred apiaries were visited. Twelve thousand pounds have been spent within the last twelve months as premiums on bulls. Experiment stations are getting fine facts on potatoes, fruits, and dairying. A new Ireland, thrifty and wise as well as witty, is being born.

A woman never forgives a man for forgiving her for not forgiving him.

When a man goes wrong it is funny how many of his neighbors seem to have expected it.

Cholera has not been epidemic in England since the year 1866, when it appeared in both London and Liverpool.

Aunt—"Ah, my dear, don't deceive yourself! Fine feathers don't make fine birds!" Niece—"Perhaps not; but they make jolly nice hats."

Consumption is less deadly than it used to be.  
Certain relief and usually complete recovery will result from the following treatment:  
Hope, rest, fresh air, and—*Scott's Emulsion.*

ALL DRUGGISTS; 50c. AND \$1.00.



# The Home

## SOME DAINY DISHES.

**A Delicious Cookie Recipe.**—Mix half a cupful of sugar with a piece of butter the size of a medium egg, one cupful and a half of flour, two level teaspoonfuls of baking-powder, a little essence of lemon, and enough milk to make into a paste. Roll out, cut out with a small glass, and bake quickly. Any flavoring will do, but lemon is, as a rule, most popular.

**Scalloped Meat.**—Take any remains of cold cooked meat, sausages, and cold rashers, mince all finely, flavor with chopped shallot, lean ham, and tomato sauce, or any well-flavored thickened sauce. Butter a flat dish, sprinkle it thickly with breadcrumbs, and lay the meat over them, then cover with crumbs. Put bits of butter over, and heat in the oven.

**Steamed Rhubarb.**—Which is superior in every way to stewing, is prepared in this way: Put a good sized steamer on to a saucepan, and fit a pudding basin into it, fill this with rhubarb cut into convenient lengths, cover with a saucer, and steam. When nearly done add a little lemon-juice and sufficient sugar to flavor. When served this will have a delicious flavor and be a good color.

**Devilled Eggs.**—Boil five eggs till hard and place in cold water; peel off the shells, and cut each egg in two, remove the yolks, which should be placed in a basin and rubbed till smooth, add best salad oil to the yolks of eggs, with salt, cayenne pepper, and make mustard to taste, then fill the whites with the mixture. Have croutons of fried bread ready, place half an egg on each, make all hot, and serve with a garnish of watercress.

**Saffron Buns.**—Take one pound of well dried flour, and work into it six ounces of butter (for three ounces of lard and three ounces of butter), add four ounces of sugar, a pinch of salt, and a teaspoonful of baking-powder. Tie a little saffron in a piece of muslin, soak it well in some hot milk; when it cools, remove the saffron, add a well beaten egg, and mix with the dry ingredients. Beat well for five minutes, divide into small buns, and bake in a moderate oven. If fruit is desired in these buns, add three ounces of well cleaned sultanas and one ounce and a half of chopped candied peel.

**Rhubarb and Ginger Jam.**—Wipe the rhubarb and cut into pieces as for tarts. To every pound of fruit add the peel of half a lemon, cut very finely, and, if liked, four or five bitter almonds. Let stand all night in a pan to draw off the juice, then put all in a preserving pan with two or three pieces of root ginger (bruised), and boil fast for an hour. Taste, and remove the ginger if it has imparted sufficient flavor. Fry the jam by putting a little on a plate, and, if it sets, it is done. Fill the pots while the jam is still warm, and tie over at once with egg paper.

**Savory Minced Veal.**—Take the remains of roast or braised veal, trim off all browned parts, and mince it finely. Fry a chopped shallot in one ounce of butter; when it is a light color, add a large pinch of flour and a little stock. Next stir in the minced meat, with a dusting of chopped parsley, lemon peel, salt, and nutmeg to taste; mix it thoroughly. Add more stock if required, and let the mince gradually get hot by the side of the fire. Just before serving take the pot off the fire, stir into the mince the yolk of an egg, beaten up with lemon juice. Set in a hot dish. Place sippets of fried bread round, and a row of curled rashers of bacon down the centre.

## COOKING WITH SOUR MILK.

**Steamed Boston Brown Bread.**—Three cups of sweet milk, three cups of sour milk, three cups of corn meal, one cup of flour, one cup of molasses, one teaspoon salt, one teaspoon baking soda; steam three hours. Bake one-half hour. (Add raisins if you like.)

**Steamed Suet Pudding.**—One cup chopped suet, one cup of sugar, two cups of flour, one cup of raisins chopped, one cup of sour milk, one-half teaspoon salt, one teaspoon baking soda, one teaspoon cinnamon, a little nutmeg grated, and one-quarter of a teaspoon cloves.

**Sauce.**—One cup of sugar, one and one-half tablespoons flour, one pint boiling water, butter size of an egg; let come to a boil, one and one-half teaspoons vanilla, tablespoon vinegar, and three of wine.

**Ginger Bread.**—One-half cup of butter, one cup molasses, one-half cup of sugar, one cup sour milk, one egg beaten light, one teaspoon baking soda, one teaspoon cinnamon, little ginger, and cloves, two cups of flour.

**Johnny Cake.**—One-half cup butter, one-quarter cup sugar, one egg beaten light, one and one-half cups of sour milk, one-half cup flour, little salt, one cup corn meal, one teaspoon baking soda.

**Spice Cake.**—One cup brown sugar, three-quarters cup of butter, three eggs, one-half of sour milk, two and one-half cups of flour, one cup of chopped raisins, one teaspoon baking soda, one teaspoon cinnamon, cloves, and nutmeg, one cup of chopped English walnuts; bake slowly for one hour.

**Derik Food.**—Two bars bitter chocolate, melted in hot water, one cup of brown sugar, one tablespoon butter, one egg well beaten, three-quarters cup of sour milk, one teaspoon baking soda,

one and one-half cups of flour; bake in muffin or gem pans.

## SIX SANDWICHES.

Chop a half dozen olives and a half cupful pecan meats fine; mix with a cake of Neufchâtel cheese, and moisten slightly with mayonnaise dressing. Spread between two thin slices of buttered bread, trimming off the crusts.

Chop fine a cupful English walnut meats; moisten with a little thick cream and spread between a slice of Boston brown bread and one of white bread which have been cut in rounds with a biscuit cutter.

Grind boiled or baked ham fine; mix with a little chopped celery and mayonnaise. Spread between slices of thinly cut buttered bread.

Chop a cupful seeded raisins and a half cupful nuts fine. Spread between slices of whole wheat bread cut in fancy shapes.

A nice sandwich for a Dutch lunch is made by cutting in diamond shapes thin slices of rye bread. Butter and spread with highly seasoned cottage cheese, with a sprinkling of finely chopped olives.

Grate one-half cup cheese and mix smooth with a little milk or cream; add one-eighth teaspoonful salt, and one-eighth teaspoonful paprika. Spread on thinly sliced bread, put two slices together and saute or brown in a skillet with a tablespoonful butter. Serve hot.

## USEFUL HINTS.

A couple of little red peppers boiled with the cabbage will keep the odor from going all over the house.

A piece of dried orange peel burnt on a shovel or tin plate in a close, stuffy room will sweeten the air immediately and leave a pleasant odor.

Carrots should be cut in slices instead of cubes, because the outside darker part is richer and better, and if cut in slices it is more equally distributed.

Rusty steel ornaments may be cleaned by being rubbed well with sweet

## A MOTHER'S GRATITUDE.

Mrs. V. Cheoret, of St. Penoit, Que., writes as follows: "It is with feelings of the deepest gratitude that I write to tell you what Baby's Own Tablets have done for my baby. When I began giving him the Tablets he was so thin and wasted that he looked like a skeleton. His digestion was poor; he was constipated and cried day and night. I got a box of Baby's Own Tablets and from the first they did him a great deal of good. His food digested better; his bowels worked regularly; his sleep was natural; he stopped crying and began to grow fat. I got another box and am happy to say before they were all used he was in perfect health and is now a plump, rugged child. I always keep a box of Tablets in the house and would advise other mothers to do the same." The above is a fair sample of hundreds of letters that come from all parts of Canada praising Baby's Own Tablets. The Tablets cure all the minor ills of babies and young children, and are absolutely safe, as they do not contain one particle of opiate or narcotic. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## ULTIMATE FATE OF FISH.

They Never Die a Natural Death, Says an Observant Fisherman.

"Fish never die a natural death," said an old fisherman who has observed as he fished. "If they did bodies of dead fish would be floating on the surface of the water about all the while, because such bodies if unmolested would have to float.

"I mean, of course, fish in nature never die a natural death, not fish in captivity. And perhaps it should not be called natural death that fish in captivity die. Their environment induces mortality that fish in their native habitat would escape, and these causes might be properly classed as among the accidents that carry the captive fish off.

"If fish in their native element were never molested I believe they would never die. If they had sufficient food, which would be impossible if they no longer preyed on one another, there would be no reason for their dying. It was to prevent such uninterrupted tenure of life that all fish were made fiercely predatory, if not remorselessly cannibalistic, as many kinds are.

"A fish's life is a constantly strenuous one and one entirely selfish. A fish lives only to eat and to avoid being eaten."

## MAGISTRATE CURED BY ZAM-BUK.

Magistrate Perry, of Goldfields, has been cured by Zam-Buk of a skin disease, which had defied doctors for five years. He says:—

"Gentlemen.—After a very fair trial I have proved Zam-Buk eminently satisfactory. It cured me of a skin disease of five years standing, which no doctor had been able to do any good for. Zam-Buk certainly does even more than you claim for it, and for my own part, I would not be without it in my house.

"Yours truly,

ROGER F. PERRY.

"Justice of the Peace."  
Zam-Buk is a sure cure for all skin sores, sore feet, insect bites, sunburn, blisters, heat-rashes, eczema, ulcers, etc. It also cures piles, varicose ulcers, bad leg. All druggists and stores sell at 50c. a box or mailed post free from Zam-Buk Co., Toronto, for price. 6 boxes \$2.50. Send 1c. stamp for trial box.

## A GREAT TRIUMPH

GAINED BY DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE.

The Doctors of Mount Clemens Institute Prove the Value of These Pills in the Case of Mr. S. Harris, Government Inspector of Elevators at Hamilton, Ont.

From the Star, Dundas, Ont.

We are much pleased to see Mr. S. Harris, the well-known Government inspector of elevators of Hamilton, in Dundas the other day, greatly improved in health and appearance since the last time we met him. As is known to many of the Star readers, Mr. Harris has recovered from a long and severe illness, and is now quite able to attend his usual duties. From this long illness many predicted Mr. Harris would never recover, and the fact that he is once more able to go around very nearly as spry as he did before he was attacked, is little less than marvellous to them.

In reply to our reporter, Mr. Harris related the early stages of the attack and subsequent sufferings which he experienced, and while he did not court publicity, decided that in the public interest he would relate the circumstances of this wonderful cure. About fourteen months ago Mr. Harris woke up one morning with a stiff neck; dry as he would, and after applying all the remedies externally that he could hear of or think of, he was unable to get rid of it. The stiffness moved to the spine and shoulders, then to his hips, until it made almost a cripple of him, and it was with extreme difficulty that he could get out of bed at all. As for walking it was out of the question with him. The attack became so bad that he was unable to put on either his coat, vest or hat. From time to time he called in various medical men, none of whom were able to give him much relief. It was almost impossible for him to raise his feet from the floor, and all pronounced his a severe case of muscular rheumatism, giving him little encouragement as to his ultimate recovery. However, one medical gentleman finally recommended the baths, and as a last resort Mr. Harris decided to follow his advice, and went to Mount Clemens, Mich. As is customary with all patients, Mr. Harris had to undergo a thorough examination in order to determine if the system can stand this rigorous treatment. After several examinations had been made as to Mr. Harris' condition, the physicians there finally decided that he was not suffering from muscular rheumatism at all, but that his ailment was of the nerves, and told him that the baths would do him little or no good; that he required altogether different treatment. Mr. Harris placed himself in the hands of one of the physicians there, and what seemed quite strange to him, they did nothing for him but administer medicine in the shape of pills. Shortly after he commenced this treatment he began to improve perceptibly, and his appetite greatly improved. He began to walk around slowly at first, but soon was able to get around more than he could for a year previous. He was able to put on his coat and vest, and began to feel like his former self. His improvement was so rapid and perceptible not only to himself, but to others, that he was pined with all sorts of questions as to his wonderful recovery. The medical attendant was questioned as to the nature of the medicine which was being administered. Much to the surprise of Mr. Harris and other patients there, he was told that it was a well known Canadian remedy, Dr. Williams' Pink Pills, and was advised to continue their use for a time on his return home. Mr. Harris is loud in his praise of the wonderful curative qualities of Dr. Williams' Pink Pills, and consented to make his case public in the hope that he might benefit others similarly afflicted. Mr. Harris has long been a resident of Hamilton, being a well-known builder of elevators, as well as Government inspector of the same, so that his prominence and well known integrity is evidence that he is sincere in the statements he made.

## TURKEY IN CHURCH.

Stories of Amusing Experiences Told by Clergymen.

Although the average person would scarcely look for humor in church services, ludicrous incidents arise now and again which make it an extremely difficult matter for the officiating clergyman to preserve the solemnity of the occasion and maintain a dignified countenance. How many men, for instance, could have successfully resisted the impulse to laugh outright if placed in the circumstances related by a clerical correspondent of the Church Family Newspaper?

This correspondent tells how he had just commenced taking service one Sunday in a village in southern Manitoba, when on looking down the aisle he saw to his consternation that a turkey had strayed into the church. "The novelty of the situation filled me with an almost uncontrollable desire to laugh," the minister continues; "so partly on this account I resolved to ask the church warden to eject the intruder. But before I could do so a dog appeared and seated himself just inside the door. Visions of a turkey-dog squabble forced me to abandon ideas of offensive operations.

"Meanwhile, it must be admitted, the turkey was behaving itself most devoutly, except that when the congrega-