

HAPPINESS.

Nothing Praises God Better Than a
Happy Disposition.

"He that is of a cheerful heart has a continual feast."—Prov. xv., 15.
How did your Puritan forefathers discuss of that text? In their day it read, "A merry heart is a continual feast." Did they explain it away by saying that the man was made anyway for fasting and not for feasting? Perhaps underneath their austere exterior they, after all, knew something of deep joys and unending sources of refreshing happiness.

In their teaching they made the mistake of insisting that it was necessary to seem sad in order to please the most high. We make the mistake of being sad in order to please ourselves. Their misery at least had the grace of a high motive; ours is born of a shortsighted selfishness that grasps at the shadow of a fleeting satisfaction and loses the substance of lasting joy.

Happiness is the highest aim of life, higher than holiness or usefulness, because it must include both. To us it is so unfamiliar that we do not know it from frivolity; we seek the excitement of some pleasing sensation, and, rising to its stimulus, we fall afterwards into the reaction of misery. Happiness is the poise, calm, strength, and spring of the life fully in harmony with all things good and true.

Many have thought to give God glory by learned treatises on

HIS MAJESTY AND MYSTERY.

But a little child, so happy that he only can kick and crow, praises the Almighty more effectively and even devoutly than does the theologian who only can offer his bloodless speculations. The great Father gives his children a world brimming over with joy, with laughing meadows, with smiling morns, with rippling bird song, and to man he gives faculties of immeasurable happiness. Life is learning the law of happiness and practising its use and service.

But what is the secret of happiness? How can we learn to be happy when life has so much to make us sad? The praise of happiness does not take away the fact of sorrow or solve its dark problem. There remain the million aching hearts and all the griefs of a world. True. God forbid that we should lose our sorrows; that were to make this a sad world indeed. Our cares are but

part of joy's curriculum. Learning their lesson, bearing their load is essential to deep, lasting happiness.

It is not the life of the butterfly experience that is firm, calm, serene in times of storm and stress. It is the life that by loads of care has been forced to strike its roots down to the rocks. There are some lives that seem to run over with a happiness that is full of refreshing to all who know them, and these have come out of great tribulation.

At first the multiplication table is a burden; later, when mastered, it becomes a wonderful bearer of burdens. To wear a careworn, fretful look, to go through life shedding misery, is to confess that we have not learned our lesson, that we are dunces in life's school.

THE SECRET OF HAPPINESS

is in grasping the significance of living, to learn that we live for things other and higher than those mad follies and fading prizes for which men sell their bodies and souls and fret out their nerves and hearts. No man can be happy whose heart is set on the changing fashion of things or who looks for satisfaction in things.

The lover is happy because he has discovered a prize and is enthralled by a pursuit that makes all other things seem mean and paltry. Men are happy in proportion as they yield themselves to the best, as they tune their hearts to strike the key of their lives. Paul is happier in the dungeon, where he can be true to his ideal, than Nero on the throne without one.

There is feast in days of famine for those who have the inner eyes for the riches of life. You always can find in this world what your heart is looking for. But you cannot satisfy your heart on everything you may chance to find, and until the heart is satisfied and the deeper needs of the life are met there is no happiness.

The search for happiness is not altogether selfish. Few things can we do that will help others more than the cultivation of serene strength and cheer in ourselves. Not the soulless, set smile, but the strength and sympathy that flow from a life fixed in confidence in eternal right and good and unending love.

HENRY F. COPE.

The Home

SOME DAINTY DISHES.

Mock Cherry Pie.—One cup of cranberries, cut in halves; one cup of seeded raisins; one cup of sugar; one cup of cold water; one tablespoon of flour; one teaspoon of vanilla. Bake in two crusts.

Woodford Pudding.—To one cup of blackberry jam add three eggs, one cup of granulated sugar, one-half cup of flour, one teaspoon soda dissolved in three tablespoons sour milk; steam one to two hours and serve with hard sauce.

Fruit Pudding.—One cup of flour; add one cup of milk, one-half cup of sugar, one tablespoonful of butter, two teaspoonfuls of baking powder, and mix all together. Fill baking-dish one-half full of any kind of fruit, pour the mixture over, and bake to a nice brown. Serve with milk and sugar. It is nice made with any kind of berries, apples and peaches.

Apple Relish.—Chop fine one medium-sized onion and two medium-sized, mildly acid apples. Put one cup of weak vinegar on to boil in a granite pan. Mix one teaspoonful each of mustard, sugar and cornstarch, half a teaspoonful of salt and one well beaten egg. Stir this into the boiling vinegar and cook until creamy. Then mix it with the apples. The same mixture may be baked in a common pudding dish and served hot with whipped cream.

Almond Custard Filling.—Whip stiff one pint of thick, sour cream; add well beaten yolk of one egg, one cupful of powdered sugar, vanilla to taste, one-half pound of shelled almonds, blanched and chopped, and lastly the well-beaten white of one egg. Spread between layers and also on top and sides of cakes.

Orange Ice.—Use six oranges, two lemons, one pint of sugar, and two quarts of boiling water. Boil water and sugar together, skim, add orange juice and strain. When it begins to freeze add one cup of cream.

Chocolate Pie.—To two tablespoonfuls of flour add three-fourths cup of sugar; mix thoroughly and gradually add one cup of water and butter size of an egg. Boil and stir until it becomes a smooth paste. Add two well beaten yolks to mixture with one-half quart of melted chocolate. Bake crust and add chocolate filling. Cover with frosting made from whites of two eggs and browned in moderate oven.

Spanish Fruit Pudding.—Line a baking dish with light puff paste, add a layer of sliced peaches, one of sweet oranges and one of banana. Strew with sugar between each layer. Cover with a light puff paste and bake to a delicate brown.

English Plum Pudding.—Use suet, three pounds; raisins, five pounds; nutmegs, two; cinnamon, one teaspoonful; flour, two quarts; baking powder, four teaspoonfuls; salt, one teaspoonful; dark brown sugar, two cups; bread crumbs, one handful; eggs, one dozen. Sift everything with the flour that can be sifted and stir in the rest of the ingredients. Before adding raisins, mix with flour to keep them from settling. Mix all thoroughly, and add enough sweet milk to make a batter of the desired consistency. Have quarter or round pudding cloths and dip in hot water, and then dredge with flour. Put in your pudding, one pound in each. Tie perfectly tight, leaving plenty of room for swelling. Have water boiling, put plates under pudding in bottom of the boiler to keep them from sticking. Let boil rapidly for five hours and serve hot.

BREADS AND CAKES.

Blitz Kuchen.—To the yolks of four eggs well beaten, add one-half cup of butter, one cup of sugar, and beat to a cream. Add one and one-third cups of flour, one heaping teaspoon of baking powder, one teaspoon of vanilla, and the whites of four eggs, well beaten. Sprinkle over one cup of chopped almonds. When baked sprinkle with powdered sugar.

Sour Cream Cake.—To one cup of sugar add one cup of rich sour cream, two eggs, one and a half cups of flour, one even teaspoon of soda, one-half cup chopped raisins, one teaspoonful of cinnamon, one-fourth teaspoonful of ground cloves, one-fourth teaspoonful of nutmeg, and a pinch of salt. Put all the ingredients in mixing bowl, in order named, and beat five minutes. Bake in loaf or in layers. Use any desired frosting. Always add about one-fourth teaspoonful of cream of tartar with the soda.

Dainty Biscuits.—Into a quart of flour sift two heaping teaspoons of baking powder and a pinch of salt. Work in lightly with the finger tips one-half cup cold lard, and mix to a soft dough with fresh milk. Do not knead the dough, but roll out and cut one-half inch thick and put into shallow pans. Slip immediately into a hot oven and bake quickly.

Orange Cake.—Beat to a cream the yolks of seven eggs and two cups of granulated sugar. Then add the juice of two oranges, having grated the rind for icing; add the whites well beaten, two cups of flour, into which one teaspoonful of baking powder has been stirred; beat until light and bake in three layers. Make a boiled icing, adding the grated rind of two oranges. Be particular not to grate the skin of the oranges, as it will make the icing bitter.

Drop Biscuit.—To two cups of sifted flour add two tablespoonfuls of baking powder, a pinch of salt, one and a half cups of milk. Beat all together quickly. Have pans buttered, drop from spoon into pan, leaving room for the biscuits to spread. Bake in hot oven. Serve hot.

Walnut Cream Cake.—To seven table-

spoonfuls of rolled crackers add two teaspoons of baking powder, one pound of English walnuts, one pound of dates, one and one-half cups of sugar, and five eggs. Put yolks in and beat whites separately. Bake thirty minutes in a slow oven.

Molasses Drop Cakes.—Boil together two cups of molasses, one cup of brown sugar, one-half cup of lard, and one-half cup of water. Before boiling dissolve in the half cup of water one teaspoon of ginger, one of cloves, and a little salt. After boiling thoroughly, being careful not to burn, and when cold, add two eggs, beaten light, one tablespoon of soda in flour; sift and stir quite thick. Drop on reverse side of baking pan. Nut meats and raisins may be added.

Cocoa Macarons.—Pass through a sieve, together, one cup of sifted flour, half a cup of granulated sugar, two level tablespoonfuls of cocoa, half a teaspoonful of baking powder, one-fourth teaspoonful each of salt and cinnamon, one-eighth teaspoonful each of cloves, mace and nutmeg. With these mix the grated rind of an orange and one-fourth of a cup of chopped citron. Break one egg and the yolk or white of another into the mixture, add also a teaspoonful of vanilla extract, and mix the whole to a stiff dough. With buttered hands roll the mixture into balls about the size of hickory nuts. Dip one side in granulated sugar and set some distance apart in buttered pans, the sugar side up. Bake in a quick oven. The recipe makes eighteen macarons.

Fruit Cake.—Four eggs, beaten separately; one cup of sugar, two cups of molasses, one-half cup of sweet milk, one and one-half cups of butter, one pound each of figs, dates, raisins, currants and nuts; one-half pound each of candied orange and lemon peel; one-half pound of citron; one teaspoonful each of cinnamon, spice, cloves and nutmeg; one teaspoonful of baking soda, sifted with five cups of flour. Chop and flour well separately all fruit, mixing a little at a time in the batter. Put in a well-greased pan and bake in a slow oven two and one-half hours.

DOMESTIC HINTS.

Always keep carbonate of soda in the house. For burns and scalds it is an excellent remedy. The surface of the burn should be covered with it, either dry or just damped. It relieves the pain caused by the bites or stings of insects. A small saltspoonful in half a tumbler of water will relieve heartburn and indigestion, and if taken with tepid water last thing at night will frequently induce sleep in restless persons.

When washing a new blanket for the first time, begin by soaking it for twelve hours in cold water, then rinse in clear water. This will remove the sulphur used in the bleaching. After this wash the blanket in a lukewarm lather made of boiled soap and water. Rinse well in clear water, shake thoroughly, and hang out to dry.

Cake tins, patty tins, etc., are easily cleaned by boiling. Put them in a saucepan with some soap extract and water, boil them for about an hour, and they will be found clean and new-looking. Soap and soda or borax may be used instead of soap extract, if preferred.

Certain lamps, irrespective of the amount of care bestowed upon them in the way of cleaning, always seem to burn dimly. This may be remedied by dropping small pieces of camphor into the bowl with the oil.

To use bacon fat, clarify the fat by pouring boiling water on it. This will be found to be far better than lard or butter for pastry-making.

It is best to allow custards, blancmanges, etc., to cool a little before adding such flavorings as vanilla and wine, or the strength will evaporate.

BABY'S HOLD ON LIFE.

Baby's Own Tablets cost 25 cents a box. A box bought now may save your baby's life. Summer complaints come often without warning, and thousands of little ones die from them every summer. If children's stomach and bowels are kept in order there is little danger of these troubles, and that is just what Baby's Own Tablets do. They are good for the new born baby or the well grown child—and they are absolutely safe. Give your child an occasional dose of Tablets and you will keep it well. If you have not got a box of Tablets in the house now, send for them at once, and you may feel that your little ones are safe. Mrs. Wm. Parrott, Myrtle, Ont., says: "My little boy suffered greatly from colic, and cried almost continuously. A few doses of the Tablets cured him, and now I give the Tablets occasionally to prevent the trouble returning." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

USEFUL CANDLE NUT.

One of the oddest nuts in the world is the candle nut, which grows in the Pacific islands. The name is derived from the fact that the kernel is so full of oil that when dried it can be stuck in a reed and used as a candle. The natives of Hawaii roast these nuts, and after removing the shell reduce the kernel to a paste, which when seasoned with salt and pepper is reported as making an appetizing dish. The husk of the nut and the gum which exudes from the tree have medicinal values, while the burned shell is used in making an indelible ink with which tattooing is done.

CURIOUS BIBLE-CLASS.

Probably the most curious Bible-class in the West of England is that of deaf-mutes which meets near Chalford, Gloucestershire. All the members are deprived of their senses of hearing and speech, and have to communicate and "talk" to each other by means of the deaf-mute alphabet.

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BEAR HUNT IN INDIA.

Din Made by Beaters Drives the Quarry to Sportsman's Rifle.

The beaters arrived at camp the following morning. They began to come in twos and threes, then in fives and sixes, and finally dozens, so that by the time breakfast was over the entire population of some three villages were grouped about my tent, says a writer in *Outing*.

With the help of the shikaris fifty of these were selected and each received a slip of paper bearing my signature, for when they came for their wages at the end of the day I did not wish the friends and relatives of the beaters as well as the beaters themselves turning up for payment.

The din these fifty souls succeed in making as they move in a long line up the base and two sides of a wooded nullah shrieking, howling, calling, setting off firecrackers and beating tum-tums, is enough to drive any self-respecting beast out of his senses.

An army of battleshouting dervishes could hardly create a greater amount of uproar, nor is it at all surprising that the bear should find a pressing engagement elsewhere at the earliest possible moment after finding his nullah thus rudely invaded. If he turns down the nullah, he encounters the invading army; if he tries to escape by the sides he is met and driven back by beaters already posted. Therefore he does the most natural thing in the world by fleeing up the centre of the nullah, directly away from the oncoming din.

At the top of the cleft stands the sportsman. The undergrowth probably prevents the sportsman seeing the bear or the bear seeing him until they actu-

PUNISHMENT FITS THE CRIME.

New Zealand fits punishment to crime more nearly than most countries. Thus, at Wanganui, when certain sawyers troubled their neighbors by their drunken freaks, the delinquents were made to pay the fines imposed in such labor as they were accustomed to, and were set to saw wood with which to build a prison. The result was that rather than transgress again, they vanished from the locality as soon as the edifice was complete. At Elmira, N. Y., those who are not considered chronic criminals are subjected to a course of Turkish baths, followed by showers, and by a cold douche—the idea being that their criminal instincts are due to physical degeneracy, which may be thus counteracted. At Sherborne, Massachusetts, female criminals are punished—and also reformed—by giving them, at first, poor clothes, and cracked crockery from which to take their food; good dresses and better table equipment being provided, and leave being given to keep pet animals, as an improvement in their conduct is made manifest. Bigamists in Hungary are compelled to submit to an odd punishment. The man who has been silly enough to marry two wives is legally forced to live with both of them in the same house.

Even the proprietor of a canning factory sometimes says: "I can not."

THE SONGS WE SING.

It may or may not be the case that a race's temperament can be judged from its folk-songs, but it is interesting to note the difference of subject matter in the songs of various peoples. The Irishman, for instance, seems to sing for the most part about his lady-love. Hardly any of his songs are not addressed to his "Somebody Mavourneen." The Scot, on the other hand, sings about his country and its history, as a rule. "Scots Wha Hae," "Ye Banks and Braes o' Bonnie Doon," "Loch Lomond," and so on, might be taken as examples. The Englishman, it is interesting to note, sings about himself all the time. His songs are about his own glory, his ships, his men, his power. He refers occasionally to old England, but only as a place he made famous by his own prowess. Unlike the Irish and the Scotch, he sings little of his women and his country's beautiful places.

POWER OF FALLING WATER.

It is perfectly well known to everyone that water constantly dropping upon a stone will wear it away, and there is a trite old proverb regarding this fact. The force of a single drop of water falling from a height is not great, but the results of this tiny blow when it is many times repeated are astounding. There is a story of one poor wretch who was bound with his back to a stone wall and had a stream of water "of the bigness of a man's finger" directed on to his bare head, the water falling from a height of about eighteen feet. The receptacle from which this apparently harmless stream trickled was a barrel holding only twenty odd gallons, but before the water had more than half run out the man was dead, with a hole in his skull which exposed the brain.

CALENDAR CURIOSITIES.

October always begins on the same day of the week as January, April as July, September as December. February, March, and November begin on the same days. May, June and August always begin on different days from each other and every other month in the year. The first and last days of the year are always the same. These rules do not apply to Leap year.

OUR DAILY ROUND.

Hurry,
Worry,
Thus we go.
Toiling,
Moiing,
Blow for blow.

Raging,
Ageing,
Speeding fast,
Sinning,
Winning
At the last.

Rapid,
Vapid,
Pace we set.
Tainted,
Painted
Gauds we get.

Sighing,
Dying,
Maybe fame,
Dust to
Dust. So
Ends the game.

TRY TO UNDERSTAND.

Let us not judge another life
By what it seems to be,
It may have fallen in the strife
For lack of sympathy.
Some pains are footholds up the steep,
To heights of life unguessed;
But other griefs are buried deep
Within the aching breast.

Too often, 'neath a merry smile
A wound lies bleeding still,
And eyes whose light our heart beguiles
With bitter tears may fill.
Judge kindly, for we cannot know
What was or might have been:
The happiness one must forego,
The joys one might not win.

Too often in this world of ours
Hearts ache through life alone,
For human hearts are like the flowers—
They open to the sun;
One word of tenderness can thrill
A heart in sore distress,
And loving ministry can fill
The world with happiness.

TERRIBLE SHOCK.

In the simultaneous discharge of eight of the ten 12-inch guns of the Dreadnought, a shock was given that vessel of 400,000 tons, more than double that of any broadside ever before fired. The vessel of 18,500 tons skidded sideways several yards, listing many degrees. The guns are 53 feet, and each shell of 850 pounds is discharged by 265 pounds of cordite, with a muzzle velocity of 2,000 miles an hour.

In producing the first incandescent gas-lamp Edison and his assistant worked almost continuously for three days and three nights.

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