

THE TRUE PEACEMAKER

People Whose Presence Is Always Like Oil on Troubled Waters.

"Blessed are the peacemakers, for they shall be called the children of God."—Matt. v., 9.

How simple are the gateways that open into the most sublime moral and spiritual privileges. The great teacher says that if any would be known as the children of the Eternal they have but to learn to be peacemakers among their fellows. The ordinary virtues commonly are the conditions of the extraordinary beauties.

If the teacher meant by peace quietness, indifference, ease, and sleep there was a time when the people of the church might well lay claim to being called the children of God; they were at peace with their own selves and willing to be at peace with the world if only they might continue to sleep undisturbed.

There are those who conceive of no other peacemakers than those who arbitrate between warring nations. If these are the only children of God the family is a small and by no means a homogeneous one. You may have little to do with the good work of disarmament and still be a true peacemaker as you bring to human conditions and relations greater calm and more perfect harmony.

They are peacemakers who have the spirit of the family of the greater Father in their hearts, who bring men together in these

DIVINE FAMILY TIES.

There never will be harmony amongst men by means of laws or agreements; one thing only will bring it—the spread of the spirit of brotherhood.

When a man begins to order his life for the helping of other lives, when he no longer plans to beat his fellows, but to bless the race, he becomes the servant of divine peace; he catches the spirit of the coming kingdom based on the universal brotherhood.

There are people whose lives breathe out calm, whose presence is always like oil on troubled waters. There are others who never fail to stir up strife, who have a faculty for accentuating antagonisms and for setting folks by the ears. The one looks out on life with eyes of love, with a desire to help and pro-

mote good feeling; the other with cupidity and enmity.

We need men and women who by their bearing and conduct will promote good feeling and friendliness a good deal more than we need laws for the banishing of weapons and plans of war. The finest peacemakers in this world are the plain men and women who help us to like other folk and live with them.

Whoever, in any way, succeeds in taking any of the friction and unrest out of life is a peacemaker. The kingdom of heaven that is coming will be the kingdom of perfect harmony; it will come when humanity learns the great lesson that all this experience of pain and joy should be teaching us, the lesson of living at peace and in love with our brothers.

Fair words about fraternity easily are spoken and soon forgotten; it is a good deal easier to preach peace than it is to practice it. Its day never will come so long as the chief concern of each life is to get ahead of every other life. It never will come until we fully see that Jesus meant something more than a pretty figure of speech when He talked of the divine fatherhood and

THE HUMAN BROTHERHOOD.

Why should there not be the same harmony amongst all men that there is in a family? Homes are enriched and the chief joys of our lives found by the process of ceasing to live for our individual selves and living for the social group.

Some day we will open our eyes to see the waste, the loss and pain and discord caused by our individualism. We shall see fully what we now but dimly apprehend—that the real riches, the lasting joys, the enduring prosperity of life spring from the things we have done for others without thought of ourselves.

So long as each is wholly for himself there will be conflict, discord, and pain; when each shall live for all, then all will be working for one common end, the race rather than the man, then all will move in harmony, peace will have her perfect work and all will be known as one family, the children of God.

HENRY F. COPE.

WOMEN MAYORS.

A Female Council Member Thinks They Would Check Extravagance.

By the passing of the Qualification of Women Bill women may now sit on country and borough councils, and may become "aldermen" and mayors in England. Mrs. Matilda Evans, a member of the Strand Board of Guardians, thinks that if women become mayors the cost of upholding the position will be reduced to a minimum. In public life women, she says, have been, and always will be, the sworn enemies of extravagance.

"Their presence introduces a cleaner atmosphere, and builds up an increased respect for women generally. I attend every meeting—sitting in the public gallery, of course—of the Westminster City Council, and I have been told over and over again that I act as a restraining influence. The councillors mind their 'p's and q's' more than was their wont because they know that I am present.

"I think women will in the future wear the gowns and capes of office quite as becomingly as men, to say the least of it."

MAKE THIS UP AT YOUR HOME

What will appear very interesting to many people here is the article taken from a New York daily paper, giving a simple prescription, as formulated by a noted authority, who claims that he has found a positive remedy to cure almost any case of backache or kidney or bladder derangement, in the following simple prescription, if taken before the stage of Bright's disease:

Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Shake well in a bottle and take in teaspoonful doses after each meal and again at bedtime.

A well-known druggist here at home, when asked regarding this prescription, stated that the ingredients are all harmless, and can be obtained at a small cost from any good prescription pharmacy, or the mixture would be put up, if asked to do so. He further stated that while this prescription is often prescribed in rheumatic affections with splendid results, he could see no reason why it would not be a splendid remedy for kidney and urinary troubles and backache, as it has a peculiar action upon the kidney structure, cleansing these most important organs and helping them to sift and filter from the blood the foul acids and waste matter which cause sickness and suffering. Those of our readers who suffer can make no mistake in giving it a trial.

In Switzerland all boys in a school begin to receive a military training at the age of eight.

SUSPECTING ALL MEN.

Everyone Distrusts the Other in Autocratic Russia.

The habit of suspicion is one of the most unfortunate which can take possession of the mind. Yet it is the trait most conspicuous in the Russian character, according to Mr. Thomas Stevens. "How can it be avoided," he asks in his book, "Through Russia on a Mustang," "when mutual distrust is the legitimate legacy which an autocratic government transmits to the people? The government has to be suspicious in order to exist."

The usefulness of the Czar's chief of police depends on his amount of suspicion and his alertness in putting it into active use. In the humble peasant of a squalid hamlet suspicion is inherent.

For several weeks I was thrown in daily, intimate contact with Sascha, my travelling companion. He was a transparent, warm-hearted young fellow, but from first to last he never ceased to regard me with suspicion.

At one village he lost his passport. Ten hours later, after I had bribed an official to let him proceed, he confessed in a burst of confidence that he had believed I had destroyed the passport in order to get rid of him. All day he had nursed his suspicion, unsuspected by me, until I had unwittingly cleared myself by my bribe to the police.

Among the peasants suspicion takes curious forms. In a general way, I was always regarded as a secret agent of the government; by the women as a wizard. The host of an inn always watched me closely, to see that I did not clear out and leave him unpaid. He would even give sly peeps into my room at night.

I was always being suspected of trying to pass counterfeit money.

"What makes them so long with the change?" I asked Sascha once.

"They are afraid the money is bad."

"Well, the change is only thirty coppecks; we will not wait any longer."

"That would never do. Then they would be sure it is bad."

The length of time I was kept waiting for change or a receipt depended on the denomination of the bill. For a two-ruble note the host would be satisfied with the verdict of two or three other capable financiers. A five-ruble note meant extraordinary precautions, and consultations with half the experts of the village.

"Aren't your shoes comfortable?" "I don't know; but my feet aren't."

Mr. Tompkins, whose father had suffered the extreme penalty of the law, was naturally very anxious to conceal the fact. He was, therefore, somewhat embarrassed when Miss Jenkins innocently asked, "And was your father long ill before he died, Mr. Tompkins?" He satisfied truth and Miss Jenkins, however, when he replied, "No, he dropped off very suddenly."

The Home

TESTED RECIPES.

Pickled Pears.—Ten pounds of Bartlett pears, not quite ripe; wipe them and remove the blossom end, then cook them in boiling water until tender. Remove fruit and strain the water. To one quart of vinegar, five pounds of sugar, and half a cup of mixed whole cloves, allspice, mace, and stick cinnamon. Put it on to boil for half an hour, then add the pears, and when scalded remove them and pack in glass jars. Boil the syrup down until there is enough to cover the fruit; pour it over and seal at once.

Creamed Mackerel.—Put mackerel to soak over night, in the morning put in a pan, add two cups of sweet milk. Boil ten minutes, pour milk off, return fish to fire. Add one cup of milk and tablespoonful of butter, a dash of milk and tablespoonful of butter, a dash of pepper. Let come to a boil; serve at once with a little parsley.

Breast of Lamb Jardiniere.—Boil a couple of breasts of lamb in the stock pot until the bones will slip out. Remove the bones from the meat and put the meat under a heavy weight to cool. When cool trim and cut each in two, dust with pepper and salt, and dip in oil or melted butter; roll in crumbs and broil a delicate brown on each side. A jardiniere garnishing is composed of as many kinds of cooked vegetables, each cooked separately and about in equal parts, as you can conveniently command. Heat all the vegetables in a bechamel and arrange round the meat.

Breakfast Dish.—Broil about six slices of breakfast bacon, have ready six good sized apples sliced without paring. Take up the bacon and put the apples in the meat fryings, sprinkle with half cup of sugar, cover until nearly done. Remove the lid and let them get a little browner, but be careful not to burn.

Dry Corn for Table.—Boil the corn until soft. When cold cut off the cob with a sharp knife. Dry a half cupful or a cupful at a time in bags made of mosquito netting. Dry in the sun or place in shallow tin plates and put in the oven. Care must be taken not to burn nor let it sour. This is better than canned corn, besides being cheaper, for it retains the fresh taste when boiled in water or milk for half an hour or until soft, and flavored with butter, pepper, and salt.

Fig Candy.—One cup sugar, one-third cup of water, one-fourth teaspoonful cream of tartar; boil until it spins a thread, then pour over figs which have been cut open and spread.

Whipped Cream Pudding.—Soak one-fourth box of gelatin in half cup of milk for one hour. Beat well one egg and add to this one cup of sugar. Add a pinch of salt to the egg while beating. Scald one cup of milk in double boiler, add to it the beaten egg and sugar. Cook until smooth, and then add the gelatin. Just before it hardens add two cups of whipped cream. This should be made ten hours before serving. Sprinkle over it powdered macaroons.

Cheese Straws.—To three-quarters cup sifted flour add one-half cup grated cheese, one heaping tablespoonful butter, salt, and cayenne pepper. Mix well; roll thin; cut in long, narrow strips and bake in a slow oven. Serve with salad.

Red Tomato Jam.—Remove skins, cut in small pieces, drain, and press out all the water, then weigh and boil for thirty minutes, skimming frequently. While tomatoes are boiling boil in pure water some large lemons (in proportion of one and one-half to every seven pounds of tomatoes) until tender. Cut and squeeze out the juice, remove seeds, then chop fine skin and pulp, add all with the sugar, three-quarters of a pound of fruit, and boil again for twenty-five minutes.

ELEVEN SCHOOL LUNCHES.

1. Two lettuce sandwiches, two of brown bread and cream cheese, two macarones, two olives, an orange

2. Two chicken sandwiches, two of chopped figs, a handful of peanuts, a little sponge cake, a pear.

3. Two brown bread and egg sandwiches, two of white bread and orange marmalade, a chicken drumstick, a square of fruit water, a peach.

4. Two sandwiches of dates and white bread, a slice of lamb, two ginger snaps, some molasses candy.

5. Two sandwiches of whole wheat bread and stewed prunes and chopped nuts, two chocolate wafers, two olives.

6. Two sandwiches of cream cheese, lettuce, white bread, two of preserved ginger, a little round cake, an orange.

7. Two roast beef sandwiches, two of cream cheese and chopped peanuts, two small celery stalks, two sugar cookies, a jar of apple jam.

8. Two minced ham sandwiches, two of chopped celery with a dressing, cantaloupe.

9. Three sandwiches of plain bread and butter, a jar of mixed fruit salad, a slice of cold meat, three ginger cookies.

10. Two sandwiches of dates and nuts, a small spice cake, a jar of orange salad, a bunch of grapes.

11. Two celery sandwiches, two of chopped chicken and olives with a little mayonnaise, a jar of stewed prunes, ginger bread.

HINTS FOR THE HOME.

To Clean a Bedstead.—Try sponging all parts thoroughly with alum and water.

A teaspoon of milk boiled with the potatoes, will keep them from turning black.

Fried Breadcrumbs for Game.—Dry some pieces of bread in the oven till crisp, crush them with a roller, and press through a wire sieve. Fry quickly in butter, season with pepper and salt, drain thoroughly, and serve very crisp.

Never throw away bread crumbs. Toast them and cut in squares for soup or roll them and put away for meat and fish dressings. Use them instead of flour for fried meats and cutlets and chops. They are invaluable for puddings, the best of which we think are the Brown Baly and Queen of Puddings.

MONTHS OF AGONY.

A Severe Case of Rheumatism Cured by Dr. Williams' Pink Pills.

"For many weary months I suffered untold agony. I could not walk. I could scarcely raise myself to a sitting posture. I was under medical care, but in vain. Finally I tried Dr. Williams' Pink Pills and they have restored me to my former healthy condition."

This strong statement was made to a reporter recently by Mr. Charles S. Keddy, formerly of Kingston, N. S., but now living at Port Maitland. Mr. Keddy is a carpenter by trade, and is now able to work every day. He adds: "I cannot speak too highly of Dr. Williams' Pink Pills, as they cured me after other medicine failed. While I was living at Kingston, N. S., I was seized with rheumatism in its most violent form. I was compelled to take to my bed and for months was an invalid. I was so weak that it was difficult for me to raise myself to a sitting posture. It is impossible to tell how much I suffered day and night, week in and week out. The pains were like piercing swords. I had medical attendance, but it failed. Then I tried medicines advertised to cure rheumatism, but with the same result—money wasted. One day when hope had almost gone a friend advised me to try Dr. Williams' Pink Pills. I told him my experiences with other medicines, but he assured me that these pills would cure rheumatism, so I sent for a supply. After using a few boxes I was able to leave my bed, and from that on my restoration to health was rapid. I am now as well as ever I was, and have not had the slightest touch of rheumatism since. The change they have wrought in my case is simply miraculous, and I can strongly recommend Dr. Williams' Pink Pills to any one suffering from any form of rheumatism."

Rheumatism is rooted in the blood. Rubbing the aching limbs with liniments and outward remedies cannot possibly cure it. You must get the rheumatic acid out of the blood and Dr. Williams' Pink Pills is the one sure medicine to do this, because they actually make new blood. That is why these pills cure anæmia, headaches and backaches, neuralgia, indigestion and the secret ailments that make miserable the lives of so many women and growing girls. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

IN PICKLING TIME.

Dill Pickles.—Wash small cucumbers with a brush and cover with cold water. Allow to stand for twelve hours, then drain and wipe dry. Pack closely together in glass jars, using plenty of fresh dill, if obtainable, between the layers. Fresh dill imparts a better flavor to the pickles, but dill seed in proportion of a rounding tablespoonful to each half gallon jar can be used. To each quart allow one small red pepper, half a teaspoonful of pepper corns, one bay leaf, and a thin round of horseradish root. To six quarts of water add a level teaspoonful of powdered alum, two pounds of sugar, a pound of rock salt. Bring to the boiling point, then add a quart of pure cider vinegar, and pour over the pickles, sealing white hot.

Tomato Chutney.—Allow to twelve green apples, six green tomatoes, two green peppers, four small onions, one quart vinegar, two tablespoonful mustard seed, two of salt, one of powdered sugar, two cups brown sugar, four ounces powdered ginger, and a clove of garlic. Seed the raisins and pep-

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pers, then add tomatoes and onions, and chop very fine. Put vinegar, sugar and spices on to boil, add chopped mixture, and cook one hour. Add the apples, pared cored, and quartered, and cook slowly until soft.

Chili Sauce.—Scald a half peck solid tomatoes, then peel. Chop fine two small red peppers, and one onion, and add to the tomatoes, together with half a cupful grated horseradish, one cupful white and black mustard seed mixed; two tablespoonfuls black pepper, two tablespoonfuls celery seed, one cup brown sugar, two tablespoonful ground allspice, a quart of vinegar, and a teaspoon each cloves and mace. Mix well, scald, then bottle.

WHEN SHE FOUND OUT.

"And when," asked her friend, "did you discover that you didn't really love him?" "When I saw him trying to eat corn from the cob without brushing back his whiskers."

A New Orleans woman was thin. Because she did not extract sufficient nourishment from her food.

She took Scott's Emulsion.

Result: She gained a pound a day in weight.

ALL DRUGGISTS: 50c. AND \$1.00

