

# THE POWER OF PRAYER

It Is the Cherishing of Every High Thought and Glowing Vision.

"And as he prayed the fashion of his countenance was altered."—Luke ix., 29.

Has prayer any power? Does it produce and result? How can my weak petition or even my tears change the course of nature? The philosopher will always ask such questions. Men may have no ready answers and yet, in days of heartache, of emptiness of life, of great sorrow and need, they will pray again, and find refreshing in their praying.

He whose teachings have led the footsteps of humanity into the paths of peace, whom we all acknowledge as supreme in the moral and spiritual realms, taught us how to pray and himself as a man set us the example of prayer. No one has accused him of hypocrisy; but everywhere, in every creed and in none, we join in the prayer he taught us.

There is a seeming contradiction about this whole matter of prayer. Men always have prayed; they pray in every religion; honest, open-eyed men of business and affairs, free from delusions or superstition, pray to-day. Yet we know full well that natural laws cannot be changed, that though all men should pray that this might never might fall darkness would set in just the same.

There are even more serious difficulties about prayer than the natural ones. Can we conceive that a great Father,

INFINITELY WISE AND GOOD,

waits for his children to petition him to take care of them, waits for us to pester him into doing good? If it were so would not the act of prayer be gaining an immoral advantage over those who might lack either time, knowledge, or disposition to pray?

Power in prayer even has come to mean the ability to persuade the Almighty to do unjust, cruel and wicked things, to win him as an ally in an unworthy cause, to secure for ourselves the immense advantage in the world's business and competition of having Omnipotence move crops and control mighty affairs for our profit.

So long as men think of prayer only as petition they will fall into such errors. The keynote to all prayer is the

word the Great Teacher set at the beginning of the prayer he taught. It is, Father. It would be a strange child who never spoke to his father save to ask for bread or for his signature on a cheque. Prayer is not prayer so long as it is only an order for a bill of goods.

The power of prayer is not the power to secure earthly benefits at heavenly discounts; it is the power to bring the thoughts and the will, the whole life, over into the atmosphere of things eternal and spiritual. The effect of prayer is seen, not in things obtained, but in transformations effected in the character that breathes the air of heaven.

Men always become like the things of which they think most. When prayer is the outgiving of the thoughts in aspiration, in contemplation of that which is high and noble, a reaching after that which surpasses the flesh and the present, a recognition of things infinite and divine, its efficacy is seen in the outer life.

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is not in bringing heaven down, but in lifting man up. It becomes a Jacob's ladder on which the soul ascends to heaven instead of lying prostrate at its feet. It serves to remind us, when we would be engrossed with the things that are but temporal, that there are things eternal. It is the inner life breathing and eating.

Prayer is the directing of the life toward what is best. It is like the correspondence we maintain with a dear friend, not because we would obtain favors from that friend, but because our hearts are hungry for friendship. So is the heart of man hungry for that which lies beyond bricks and business, for that which age cannot whither and death cannot affect.

If we live only for the bread that perishes and for the things that are seen, how soon we become of these things, the heart turns to clay, and the heavenly light dies from the eyes. But to live toward the ideal, to seek the truth, to recognize and reach after the world greater than that of things, this is to pray and thus to be changed by the power of prayer into the glory of a greater life.

HENRY F. COPE.

## A FARMER'S TRIALS.

Weak and Worn Out Through Overwork and Long Hours.

The farmer's life is always a hard one, but if he is weak or suffering it is almost unbearable. The hours are long and the work so hard that none but the strongest can stand it. An illustration of the fact of hard work on the system is given by Mr. Geo. Huntsberg, a farmer of Spry, Ont. He says:—"I have lived nearly all my life in the Bruce peninsula. I am a farmer and have always had my share of hard work and like a good many other men I thought there was no wear-out to my system. In this I was mistaken, for about a year and a half ago I began to go gradually down hill. I would tire at the least exertion, my appetite failed me; I had a severe pain in my side and around my heart. The doctor told me I was suffering from pernicious anaemia; that I was almost bloodless. I doctored for six months, but instead of improving I grew so weak that I could hardly move without assistance. I lost flesh till I was almost a skeleton. A friend from Stokes Bay told me of the great benefit she had derived from the use of Dr. Williams' Pink Pills and advised me to try them. My sister-in-law had also received great benefit from their use, so I decided to give them a trial. After using the pills about a month I began to gain strength and from that on I improved rapidly. New blood seemed to course through my veins; my appetite improved, the pain left my side and heart and I gained in weight. After using about a dozen boxes of the pills I was again enjoying the best of health. I have nothing but praise for Dr. Williams' Pink Pills as they cured me after medical treatment had failed—I really believe they saved my life."

Good blood is the secret of health. Keep the blood pure and such diseases as anaemia, rheumatism, sciatica, indigestion, heart palpitation, eczema and the secret ills of women will not exist. The most perfect blood tonic and nerve restorer in the world is Dr. Williams' Pink Pills. 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.

## GIRAFFE-BREEDING IN ENGLAND.

These Animals Are Extremely Timid and Also Very Stupid.

In view of the fuss made over the birth of a baby giraffe at the "Zoo," it sounds strange to say that this institution once furnished half Europe with British-bred specimens of the animal in question.

Yet such is the fact. The first giraffe ever seen in England was a present to George the Fourth, and died in the King's menagerie at Windsor. The sensation his advent caused roused the Zoological Society to action, and in 1836 they imported four "camelopards"—as they were then called—all at one time. Their capture involved a special expedition into the wilds of Kordofan.

The total cost worked out at \$11,930, and loud were the outcries over the society's "reckless extravagance." But the bargain was not a bad one, for all from those four giraffes sprang the course some forty others, the bulk then being sold at remunerative rates to foreign "zoos."

Altogether more than \$2,500,000 worth of baby giraffes were thus disposed of. But what promised to develop into a flourishing British industry in a small way was suddenly cut short after an extremely tragical fashion. On November 7th, 1866, the giraffe house in Regent's Park was burned down, the bulk of the giraffe's perishing in the conflagration.

This was the end, until the other day, of giraffe breeding in Britain, although, of course, stray specimens have been since imported, and shown to the public, both in the gardens and in private menageries.

The great difficulty in rearing these creatures, it may be added, lies in their extreme timidity. They are also very stupid, the net result being that if a young giraffe, unversed in the ways of menageries, can by any possibility discover a chance to injure itself, it takes immediate advantage of it.

## MAKES THE DEAF HEAR.

Remarkable Demonstration By a Paris Physician.

A striking demonstration of what modern science can do was given last week at the Academy of Medicine, Paris, France, when, in the presence of a hundred physicians and surgeons, a girl of twenty, who two months ago was believed to be an incurable deaf mute, sang a solo, and later answered questions asked her by doctors in the audience.

She is one of four pupils of Dr. Marage, and exhibits in her accomplishments the good effects of his new system of training deaf mutes to hear and to speak.

He uses in his practice a so-called "vowel-syren," an instrument commonly used by Paris professors of acoustics to amplify the volume of the human voice.

According to Dr. Marage cases of absolute deafness are exceedingly rare. By use of the vowel-syren he says the rudimentary faculty of his patients is rapidly developed, and at the same time they learn to imitate sounds, and thus become able to speak.

"Whatever his degree of deafness," said Dr. Marage, "the deaf mute is susceptible of improvement if he can repeat what he hears. The young girl who sang and spoke has been under treatment only six weeks."

# The Home

## SOME DAINTY DISHES.

Sweet Cranberry Sauce.—Put a pinch of soda in your cranberries while cooking and you will not be troubled with any bitter taste.

Supper Salad.—Take a half cabbage, chop and mix well with a good boiled salad dressing. Just before serving add a can of salmon; stir well together with a fork, garnish with parsley and lemons.

Irish Cake.—One cup of sugar, one and one-half cups of butter and lard, two eggs, one cup of mashed potatoes, one teaspoon of cinnamon, cloves, and nutmeg, one-half cup of chocolate or cocoa, one pound of raisins, seeded, one cup of sour milk, one teaspoon of soda, and two cups of flour.

Egg-in-the-Nest.—Separate the white of an egg from the yolk. Beat the white stiff and dry; put it in a small bowl or a cup, making in the top of it a hollow the size of the yolk. Slip the yolk in hollow, place cup in a covered saucepan of boiling water. Cook two minutes.

Yellow Tomato Preserves.—Make a syrup—two cups of sugar to four cups of water, add one lemon sliced thin, six inches of cinnamon stick; let this boil fifteen minutes, then add the tomatoes and one-half cup of seeded raisins and simmer slowly five minutes; put in fruit jars while boiling.

Maple Ice.—A scant cup of maple syrup and one-half cup of milk or cream put in a double boiler, a good pinch of salt, and a small pinch of soda. When hot add the well-beaten yolks of six eggs; stir until it creams. When cool add one pint of whipped cream, freeze, and serve in sherbet glasses.

Sweet Potato Pie.—One teacup sweet potatoes or put through a sieve; two eggs, well beaten, one cup of sugar, one pint milk, one tablespoon of melted butter, one spoon of flour, pinch of salt, one-half teaspoon cinnamon (ground). Stir well together and bake as you do pumpkin by filling crust.

French Broiled Pigeons.—First clean and prepare pigeons, then split open the backs; cut the legs at the first joints and run them through the skin so that the ends come out on the inside; dip the birds in beaten eggs, roll them in bread crumbs, and broil. White broiling, knead butter, chopped parsley, and lemon juice together. Spread some on pigeon when dished. Serve hot.

Reboiled Potatoes.—Put on the usual amount of water and let it come to a brisk boiling point. Drop in the cold boiled potatoes, a few at a time, so as not to disturb the temperature more than can be avoided. If small, boil for five minutes; if large, for ten. They will be as white and mealy as freshly boiled ones and without a warmed over taste.

Sauce for Winter Salad.—One gallon of vinegar, one-half pound of mustard, one-half ounce celery seed, one-half ounce tumeric, one and one-half pounds brown sugar, one cup flour. Mix celery seed, mustard, tumeric and flour in a seed, mustard, tumeric and stir into the sugar and gallon of vinegar when at the boiling point. Strain and pour over salad.

Vegetable Pudding.—One-half pound of cooked potatoes, one-quarter pound of carrots boiled until tender and worked through a wire sieve or colander, one-half pound currants, one-half pound seeded raisins, one-quarter pound moist sugar, one-quarter pound finely chopped suet, one-half pound flour, two ounces candied peel, one tablespoonful of syrup, a little grated nutmeg. Put these ingredients into a bowl, stir until thoroughly mixed, leave it to stand all night covered with clean cloth. Next day grease a pudding basin, boil four hours, or put in cloth, tie pudding securely. This is good and economical.

Pear Conserve.—One-fourth peck of green pears, two large oranges, three lemons, four pounds sugar, two ounces of green ginger root, one-fourth cup of water. Peel, quarter and core one-fourth peck hard green pears, dropping same in cold water as prepared in order to prevent turning color. Drain and put through food chopper. Cook till tender in one-fourth cup of water the grated rind (the yellow only) of three lemons. Scrape the gray coating from two ounces of green ginger root and cut up the root in food chopper. Combine all with four pounds of granulated sugar, the juice of two oranges and three lemons, and cook for two and one-half hours. This quantity will fill twelve jelly glasses.

## THINGS WORTH KNOWING.

Avoid Tearing Curtains.—Lace curtains should never be rubbed between the hands. This stretches the mesh and is apt to tear holes in it.

Use Old Stockings.—When sweeping stir old stockings legs over broom stick; also over the carpet sweeper or mop sticks. It saves the trouble of putting on and off gloves and keeps the hands from blistering.

Dry Shoes Carefully.—If shoes have been thoroughly wet don't attempt to dry them near the stove. Rub in plenty of vaseline or plain lard and let stand in a cool place several days, and much of the original oil will be restored.

Restore Shrunken Flannel.—An excellent way to restore flannels that have been badly shrunken: Wring a piece of cheese cloth out of cold water, lay it smoothly over the swollen garment, and then iron with a hot iron till the cloth is dry. The shrinkage will disappear and the garment look like new.

Timed Saved on Washday.—Instead of cutting soap into shavings, delay the boiling, put soap into stew pan, cover with water, and boil; when dis-

solved put into boiler and fill boiler with cold water. Put clothes in as fast as they are rubbed, and by the time your boiler is full it will be boiling and ready for the next lot.

Iron Shirt Yokes Easily.—To iron the yokes in men's shirts easily, before ironing the neckband, at the lower edge of the yoke fold the back of the shirt under the yoke. This will allow the yoke to be spread out on the ironing board flat and smooth and will no longer be the hardest part of the shirt to iron.

Hose Supporters.—Cut off the legs of stockings that the feet are past doing anything with, measure stockings you are wearing from waist down to top of stockings. Split cutoff leg down, sew it firmly to top of stocking, by machine is best, then fasten about the waist with safety pins back and front. They are comfortable, and no coming down or getting out of order.

How to Clean Travelling Bags.—For black bags there is nothing better than liquid shoe polish put on with an old tooth brush, rubbing in the cracks and corners. For the tan bag make a thick lather of castile soap and rub hard with a sponge. Let the lather stand on the leather a few moments, as in this way it will moisten the dirt. Rub dry with a clean cloth. Use the least water possible to avoid staining.

How to Clean Silk.—For black goods, wash thoroughly in good soap and water. In rinsing use raw potato water. The acid in the potato brings out the color of the black so that it looks like new. The potato water should be prepared by grating six or eight good-sized potatoes with the skins on, as that is the beneficial part of it. Put on sufficient water to cover goods, let it stand all night. Next morning strain and rinse thoroughly.

## THOUSANDS TRY THIS

HOME-MADE MIXTURE SAID TO BE CURING RHEUMATISM.

The Philadelphia and New York Newspapers Print Simple Prescription Which Cures Thousands.

Some remarkable stories are being told in the large Eastern dailies of this simple home-made mixture curing Rheumatism and Kidney trouble even after the noted health resorts failed. Here is the recipe and directions for taking. Mix by shaking well in a bottle one-half ounce Fluid Extract Dandelion, one ounce Compound Sargan, three ounces Compound Syrup Sarsaparilla. Take as a dose one teacupful after meals and at bedtime.

No change need be made in your usual diet, but drink plenty of good water.

This mixture, writes one authority in a leading Philadelphia newspaper, has a peculiar tonic effect upon the kidneys; cleansing the clogged-up pores of the eliminative tissues, forcing the kidneys to sift and strain from the blood the uric acid and other poisonous waste matter, overcoming Rheumatism, Bladder and Urinary troubles in a short while.

A Toronto druggist who has had hundreds of calls for these ingredients since the first announcement in the newspapers last October stated that the people who once try it, "swear by it," especially those who have Urinary and Kidney trouble and suffer with Rheumatism.

Any druggist can supply the ingredients, which are easily mixed at home! There is said to be no better blood-cleansing agent or system tonic known, and certainly none more harmless and simple to use.

## THE DOCTOR'S MISTAKE.

A doctor, who thinks that all the ills of the human race can be traced to the drinking of coffee and tea, entered a restaurant recently and seated himself opposite an Irishman who was busying himself trying to dispose of a steaming cup of coffee.

"How often do you use coffee?" queried the doctor.

"I drink it morning, noon, and night, sir."

"Don't you experience a slight dizziness of the brain on retiring at night?"

"Indeed, I do, sir, very frequently."

"You have a sharp pain through the temples and in and around the eyes."

"Right you are," replied the Irishman.

"You are possessed with a drowsiness when you awake in the morning, and your head often aches and feels very heavy."

"Right again," answered the Irishman, still sipping his coffee.

"Well, then," exclaimed the doctor, sitting erect in his chair, "aren't you now convinced that the coffee is the cause?"

"Is that so?" said the Irishman, in astonishment. "Faith, I always thought it was the whiskey."

## "A SPLENDID PRESCRIPTION."

An eminent physician informs us that he has used the following prescription in his practice for a number of years, and found it very successful in the treatment of Kidney, Liver, Bladder, and all Urinary affections. He claims that a very few doses will relieve the most severe pains in the back, arising from disordered kidneys and impure blood: One ounce of sweet spirits of nitre, one ounce of Vinosa Compound, and four ounces of syrup of rhuibarb. These ingredients can be obtained at any reliable drug store. It should be taken in dessertspoonful doses after meals and at bedtime in water. It is unsurpassed for the cure of rheumatism, driving the uric acid entirely from the system. The ingredients are inexpensive and harmless, and can be given to children with safety.



Rapid changes of temperature are hard on the toughest constitution.

The conductor passing from the heated inside of a trolley car to the icy temperature of the platform—the canvasser spending an hour or so in a heated building and then walking against a biting wind—know the difficulty of avoiding cold.

Scott's Emulsion strengthens the body so that it can better withstand the danger of cold from changes of temperature.

It will help you to avoid taking cold.

ALL DRUGGISTS; 50c. AND \$1.00.