

OUR DAILY RELIGION IS SAID TO BE SIMPLE

Stay Not Weeping by the Tomb of Yesterday; Do the Work of To-day.

"Shew me thy faith without thy works and I will shew thee my faith by my works."—James iii., 18.

Is there a faith for the practically minded man and woman? Or is religion exclusively for the dreamers and those who are contented with sentiment and feeling? These people of action, who measure by results, who have no life to waste on things not evidently useful; these who feel so intensely the needs of humanity that they have no time to waste in anything other than work—is there a religion for them?

If one looks to the churches for an answer the encouraging replies are the exceptional ones. The average church is conducted on the theory that while humanity needs much spiritual nourishment, mostly of a water gruel character, it needs absolutely no spiritual exercise, and therefore no provision need be made for the practical expression of one's faith, at least in ways other than paying the pew rents.

But religion is not a form of life nor a point of view for one kind of people alone; it is the spirit of higher things coming into the lives of all kinds of people. Its expression will depend on the temperament of the individual. It may lead some to sing hymns, but it will certainly compel others to build houses and to

CARE FOR THE SICK AND NEEDY.

The truth is that in a world of men and affairs no man is actually religious unless his faith is finding some practical expression, and the greatest need of our day is that our hard-headed men and women who do things shall become inspired with the spirit and ideals of religion and shall do those things which religion's spirit of love and service would indicate as needing to be done.

Pious people are deluding themselves if they think that they are cultivating the religious life and meriting the rewards of faith by simply sitting in church and feeding themselves on beautiful sentiments and thrilling visions, or even by vigorously attacking all those who dare to differ from them in matters of religious philosophy.

Nor can religion find full expression in marking back over the centuries and elucidating the mysteries of ancient miracles or tracing the history of ancient peoples. A man might as well hope to cure the sick by a chemical analysis of a book on medicine as to serve and save

the world by biblical research. If as much brain and energy had been given to solving the problem of society and leading men into the way of right living to-day as have been given to digging into the historical and philological problems of scripture, the world would be a better world by far.

We must let the dead past bury its dead. There will be much more real religion in the intelligence, care, and sacrifice applied to the problem presented by the millions coming in at the gates of our country than in the most painstaking study of the emigration of a horde of Israelites millenniums ago. That is what the practical man feels; there is so much to be done, why waste things in dreaming of how things once were done or in wishing for a world where no need or sorrow exists? Therefore, he is apt to say, in the business of bringing things to pass religion has no place; it is only for the dreamers.

Yet no one needs religion more than the man who would do any worthy and lasting work in the world. Indeed, the possibility of such a work will not always dawn upon him without some of the spirit of religion, and the possession of desire to do great and worthwhile things is evidence of the heavenly flame within. Any work for the sake of humanity needs a wider vision than that of its own field. Courage fails and hope dies if we see only the dismal present; if we have only

THE PRACTICAL OUTLOOK.

Some vision of the ideal must enter into all great work; one must learn to see humanity in the light of divinity.

It is a good thing to be able to see the Divine in the commonplace, the hand of Providence in history, the work of the Most High as recorded in the daily papers, as well as in the gospels; to do our work, whether it be laying railroad track, selling dry goods, making or teaching or trading, as part of the service necessary to bring in the better day.

Here is the religion of the practical mind, to express by the service of heart and brain and hand the belief that he has in the possibilities of humanity, the hope that he has of a fairer, sweeter, nobler age than this, to make real the world's best ideals. So, seeking to bring to earth the best that heaven has dreamed, men have found themselves lifted into the light of infinite truth and love.

HENRY F. COPE.

INSANITY MADE HIDE GENIUS.

German Alienist Says Lunatics May Produce Something Worth While.

Officials of insane asylums, declares Professor Hildegarde, an eminent German alienist, should always be on the lookout for bursts of genius from the lunatics under their care.

There is nothing so true, he says, as the idea in Dryden's famous lines: "Great wits are sure to madness close allied and thin partitions do their walls divide." The only difference, he says, between a sane genius and a lunatic, is that the former has the power of self-control and self-criticism. He possesses the ability to voice his ideas in a manner which will impress the minds of those around him.

Professor Hildegarde asserts that it is entirely wrong to scoff at the notion of the insane. He points out that while the emanations of their soaring imagination may in nine cases out of ten be simply ludicrous, there is just the chance that the tenth may be a flash of brilliance that will be of incalculable value to mankind.

Consequently, he would create if possible a bond of sympathy between the keeper and his insane protege, so that in the event of an idea of value being born in the mind of the lunatic it would not be lost.

In order to support his theory that masterly thoughts come out of the disorderly intellects he calls attention to

cases where such things have occurred. The most striking case he points out is one which happened right in our own country.

The patient became possessed of the thought that he could lay a cable in 24 hours. His scheme was to send up a monster balloon until it reached a height where it would be stationary. Then he would let the earth revolve beneath it and as the continents and the seas passed he proposed to pay out the cable, and, of course, as the earth revolved only 24 hours to revolve it appeared manifest to him that the cable laying could be accomplished in that period of time.

Finally, after he had bored everybody in the asylum with this theory, he was weaned of it. Then he got another scheme in his head. This was that an attachment could be placed upon a tennis racket which would make it unnecessary for a player to stoop after the ball which fell upon the ground. This attachment he was allowed to make and now the model of it is on view in the patent office in Washington. It is expected that it will be placed on the market next summer.

Such cases as this Professor Hildegarde claims are numerous.

Even a hungry man draws the line at eating his words.

Men who always pay cash seldom owe an apology.

EASILY MIXED RECIPE FOR WEAK KIDNEYS AND BLADDER.

Tells Readers How to Prepare This Home-Made Mixture to Cure the Kidneys and Bladder.

Get from any prescription pharmacist the following: Fluid Extract, Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces.

Shake well in a bottle and take a teaspoonful dose after each meal and at bedtime.

The above is considered by an eminent authority, who writes in a Toronto daily paper, as the finest prescription ever written to relieve Backache, Kidney Trouble, Weak Bladder and all forms of Urinary difficulties. This mixture acts promptly on the eliminative tissues of the kidneys, enabling them to filter and strain the uric acid and other waste matter from the blood which causes Rheumatism.

Some persons who suffer with the afflictions may not feel inclined to place such confidence in this simple mixture, yet those who have tried it say the results are simply surprising, the relief being effected without the slightest injury to the stomach or other organs.

Mix some and give it a trial. It certainly comes highly recommended. It is the prescription of an eminent authority, whose entire reputation, it is said, was established by it.

THE DOLMAN.

Garment Worn by Hussars That Had Its Origin in Early Turkish Wars.

"What is the meaning," asks a correspondent, "of the garment called, I believe, a dolman—a sleeved tunic hung from the left shoulder—worn by the King of Spain at the Bourbon Wedding? The bridegroom, too, I notice, was similarly overdressed." The immediate meaning of it was that the two personages mentioned were wearing the most splendid clothes they could find in their wardrobes, says the London Daily Mail. It signifies in the second place that both of them were officers of hussars, to whom the dolman is peculiar. Regarded as a historic relic, the dolman means even more important things. In a sense it means the salvation of Christendom from the hordes of Islam.

For hussars were invented by Matthias Corvinus, King of Hungary, one of the great opponents of the Turk in his long struggle to break into Europe. Matthias raised a special force of light cavalry by enrolling one man out of every twenty in the villages of Hungary, and "huzsar" means in Magyar "twentieth."

"The world has always looked to Austria and Hungary for example in the matter of light horse, and hussars have come to be copied all over Europe with out any thought of the meaning of the name. Great Britain, never quick to innovate, changed two light dragoon regiments to hussars only a hundred years ago and has since added eleven hussar regiments to these. Along with the name the distinctive details of the bushy and dolman have been copied too.

The dolman tells plainly of the Turkish wars of the fifteenth century. The Hungarian troops had borrowed from their hostile neighbors the idea of the "dolama"—the word is Turkish—a sleeved robe worn over the other garments, probably for warmth. Whether it was Turk or Magyar who conceived the idea of casting it loose and going into action with it flying picturesquely on the breeze we do not know.

The hussar's bushy too is Hungarian, the bag depending from the crown being a rudimentary form of a long stuffed bag that hung from the Magyar's bushy to save his head and neck from sword cuts.

DESERT DIET.

Dates and Figs the Natural Food of Desert Wanderers.

While journeying across the desert, Mrs. A. Goddard-Freer, author of "In a Syrian Saddle," met a lonely traveller bound for Medeba. On hearing that the caravan was bound for the same place, he asked permission to join them. Incidentally he furnished an illustration of the difference between necessities and luxuries.

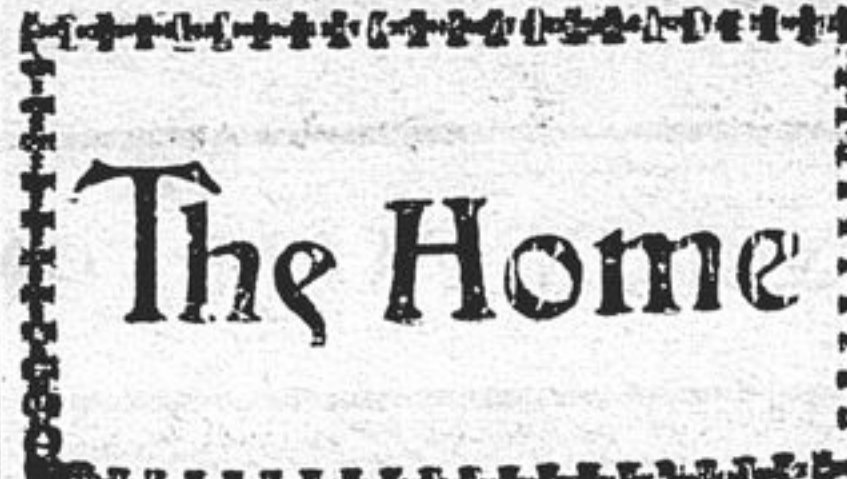
We were very grateful, says the writer, for coffee and an excellent lunch of sausage, poited meat and jam, with white bread, brought from Jerusalem. We ate our dainties with some sense of guilt, as the newcomer produced his lunch of dates and figs.

Dates and figs, he informed us, were the natural food of desert wanderers, sufficing to the body, stimulating to the mind. The wheat, the flesh, above all, the alcohol of civilization, were mere irrelevancies.

Was it not diet such as this—and he waved a pair of sensitive hands over his ascetic larder—which had enabled him to reply to the inquiry of a personage as to how many hours a day he could ride in the desert, "Twenty-four, your majesty, since a day does not contain twenty-five."

Was it not on a diet of figs and dates that he had ridden sixty hours without dismounting? Was it your meat-eater, your wine-drinker, who remained sound and wholesome when necessity obliged him to refrain from abstinence for twenty-one days?

At this point he carefully counted his date-stones, observing that two more were yet due to his appetite, and finished his frugal luncheon.



The Home

SOME DAINY DISHES.

Captain's Biscuits.—Sift some fine flour, season it with salt, and make it into a paste with new milk, knead till very smooth and stiff, then divide and roll out thin, cut the biscuits round with a plain cutter, prick over, and bake fifteen minutes.

Ginger Wafers.—Rub four ounces of butter into nine ounces of flour, then three ounces of sifted sugar, and half an ounce of ground ginger. Mix into a tolerably stiff dough with a beaten egg, adding a little milk, if necessary. Roll out thin, mark into divisions, and bake in a moderate oven.

Swedish Jam Cake.—One cup sugar, one-half cup butter, two cups flour, three eggs, three tablespoons of sweet milk, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon cloves, one cup blackberry jam stirred into batter. Bake in two round tins; put together with frosting.

Wholesome Oatmeal.—Cook the evening before from one to two hours in double boiler. When going to bed put it on the best register or radiator in the house. Then when ready to begin breakfast the next morning put it on the stove again and cook quickly.

Stuffed Tenderloin.—Take six even-sized pork tenderloins; cut open from end to end. Be careful not to cut through. Stuff with good veal dressing. Fasten with toothpicks. Bake in a steady oven one hour. Make gravy after taking from pan. Garnish with fried apples.

Shrewsbury Cakes.—Beat four ounces of butter to a cream, add the same quantity of sifted sugar, and mix well together; beat one egg, and add it with six ounces of flour and half a teaspoonful of caraway seeds; leave for a short time, then roll out very thin, cut into rounds, and bake in a moderate oven.

For Pancakes.—Mix three beaten eggs, one pint of milk, a little salt, and sufficient flour to make a thin batter. Grease an omelette pan, pour in sufficient batter to coat it to the thickness of a penny, and shake the pan to prevent its sticking. When one side is browned, toss and cook the other. Roll up on a paper, sift sugar over, and serve very hot.

Macaroni Soup.—Boil a handful of broken macaroni and a large onion in a quart of milk and water for an hour. Take out the onion, and add a breakfast-cupful of tomato puree. Season the soup with white pepper and salt, and just before sending to table add a gill of cream, or, if that be not possible, a piece of butter.

Potato Scenes.—Mash half a pound of cold potatoes, add a little salt, then knead in as much flour as the potatoes will take up, being careful not to allow it to become lumpy; add as much milk as you require to make a stiff dough. Roll out very thin, cut into small rounds with a tumbler, and prick with a fork. Bake on a hot griddle for about five minutes, turning so as to brown on both sides. These can be easily baked, but must be turned. Serve hot.

Ashantee Pudding.—Half a pound of chopped suet, half a pound of bread-crumbs, three ounces of ground rice, two ounces of flour, a teaspoonful of baking powder, the grated rind of a lemon, three eggs, and a little milk. Mix the dry ingredients together, then add the eggs and milk, place in a nicely-greased mould, and steam for two hours. Turn out, and serve with sweet sauce.

Salted Almonds.—Pour boiling water over one pound of nuts, let stand until cool; take out a few at a time, as they blanch more easily when damp. Lay on a paper over night to dry. In the morning put in the oven. When heated take out, put in a piece of butter the size of an English walnut. Stir thoroughly, salt to taste. Put back in oven, stir repeatedly until a delicate brown. Do not have oven too hot or they will burn. Better watch them closely.

Turkey Scallop.—Make a pint of gravy from the bones and skin; chop fine bits of meat picked from the bones; have ready a buttered pudding dish with a layer of dried and rolled bread or cracker crumbs. Add a layer of the minced turkey and dot with bits of butter, seasoning with salt and pepper. Moisten each layer with some of the gravy, with either milk or oyster liquor added, and so continue until the dish is full. Let the top layer be of crumbs, seasoned and dotted with butter and moistened with the gravy. Spread it smoothly over the top about a quarter of an inch thick. Invert a pie dish over it and bake in a moderate oven until it begins to bubble at the sides; remove the cover and brown. After you have partaken of this dish you will think the second stage of that bird better than the first.

USEFUL HINTS.

Blue Window Water.—If the water in which windows are washed is blue they will retain their brilliancy longer and polish easier.

Hanging Basket of Old Hat.—A pretty and ornamental hanging basket for any veranda or bay window can be made out of an old wire hat frame, bent into any desired shape, by lining it with moss and planting a pretty vine in it.

Wrap Cloth on Curtain Rod.—Before placing curtain rod in heading wrap a piece of paper or cloth of any kind over end of rod and you will find that it will not only save time and patience, but will prevent rod from tearing the curtains.

Save Piano from Heat.—To prevent piano being injured by steam heat remove the board above the pedals and place within it a jar of water. This will prevent the piano from becoming too dry. Remove this as soon as the heat

is turned off in the spring to prevent rusting of wires.

Economical Floor Finish.—If one has a rug that is too small for a room and the floor is not sufficiently well finished to leave uncovered, take a strip of plain ingrain wall-paper, paste it on the floor next to the wall, and then varnish. It will make a pretty border for the room, and does not cost much. It will not rub off.

Patch Stockings.—When the holes in a stocking are good sized, don't darn them. Patch them as you would anything else, only don't turn the raw edge under, as that makes a ridge that is uncomfortable, just whip it down neatly. This not only saves time and work, but does away with the drudgery of darning, and is really more comfortable to wear.

Art of Bed Making.—If all but the lower sheet of a bed is not tucked under excepting at the foot, and is then folded neatly over onto the top of the bed, the edges of the covering are spared the usually unavoidable soiling resulting from contact with the springs. When the bed is opened in the evening the lower sheet will not pull out, but will remain as tight as when first tucked in.

Fire Hints.—In escaping from a fire creep along the floor of the room, with face as near the floor as possible. Smoke ascends and there is always a fresh current of air in which one can breathe with greater ease near the floor. If a lamp gets overturned water will be of no use in extinguishing the flames. Earth, sand, or flour thrown on it will have the desired effect.

Waste Paper Catcher.—Take a common old sack. Sew a small hoop at the top of sack with twine. The small hoop off a butter tub would do. Then take a piece of twine and form a loop at the top of sack to hang on a hook in a convenient place in the kitchen. A ready catcher for store paper. When full, a handy way to carry to the furnace to burn or to waste-paper can at the alley.

Flour Sack Aprons.—Pretty aprons for home wear can be made of the best large flour sacks. Occasionally there is one that is of good quality, and when washed and boiled a few times, looks like the best grade of cheesecloth. Make the apron twenty-four inches long, twenty-six inches wide at the bottom (rounding the corners), and twenty-two inches wide at the top. There is plenty of material for a ruffle an inch and a half wide where hem is put in and the remainder used for strings. For trimming use some pretty white calico cut on the bias an inch wide. There are always some "leftovers" from other things that will do. For the band use the same trimming.

Grow Parsley in House.—There can be nothing prettier for a dining-room window than a box of the common garden parsley of the curly leaf variety. Get a narrow box, just long enough to fit your window sill. Get a can of white enamel and give the box two coats. When dry fasten to sill, fill with good soil, dig the parsley roots from the garden and plant several in your box, using the smallest roots you can get. Give plenty of water, and if it gets sunny even part of the day it will soon be as pretty as a fern. A part of the leaves will fall over the white box and the contrast is beautiful. You can cut the leaves freely for garnishing and it will always make new growth.

DOG ATTACKS LION.

Heroic Fox Terrier Saves Life of Master in South Africa.

A story of a heroic fox terrier that saved its master's life by attacking an enraged and wounded lion comes from Rhodesia.

While out shooting at Lomagundi, a settler named Marsh, accompanied by a fox terrier, encountered a fine male lion. A rifle bullet rolled the huge brute over, and it lay, to all appearance dead. But as Marsh approached it, the lion leaped upon its assailant, knocked him down and severely mauled him.

The terrier pluckily rushed upon the beast and worried it so much that the lion was compelled to turn upon its tormentor. This gave the man an opportunity to reload his gun and shoot the lion dead with a bullet through its brain.

Marsh was conveyed to a hospital in a serious condition.

TORTURED DAY AND NIGHT.

Zam-Buk Cures Piles.

That there is no end to the healing powers of Zam-Buk is being demonstrated every day. Mr. Julius Glacier, of Denbigh, Ont., was tortured day and night with blind bleeding piles, so bad that he says: "I could find no comfort standing, sitting or lying down, and was unable to do any work. One day my eyes rested upon a little sample box of Zam-Buk. I picked it up and read the words, CURES PILES. I started using Zam-Buk that night, and before I could purchase a large box I was already cured, and HAVE NOT BEEN TROUBLED SINCE. You may publish this if you wish for the benefit of other sufferers." This is only one of the many cases where Zam-Buk has healed piles when all else failed. Why do you go on suffering when such a splendid remedy is near at hand?

Zam-Buk heals sores, cures eczema, skin eruptions, ulcers, ringworm, itch, barber's rash, blood poison, bad leg, salt rheum, abrasions, abscesses, cuts, burns, scalds and all skin injuries and diseases. Of all stores and druggists at 50 cents, or from Zam-Buk Co., Toronto, for price, 3 boxes for \$1.25.

"Get busy" may not be good English, but it's good advice.

There are many sick-of-home rogues on the sea of matrimony.



Is your baby thin, weak, fretful?

Make him a *Scott's Emulsion* baby.

Scott's Emulsion is Cod Liver Oil and Hypophosphites prepared so that it is easily digested by little folks.

Consequently the baby that is fed on *Scott's Emulsion* is a sturdy, rosy-cheeked little fellow full of health and vigor.

ALL DRUGGISTS; 50c. AND \$1.00.