

MAKING OUR OWN WORLD

A Man Goes in the Direction Which He Is Facing.

"So teach us to number our days that we may apply our hearts unto wisdom."—Ps., xc., 12.

It is only natural and it is quite necessary that men should stop at times and ask, are we moving forward or drifting back, are we on an incoming or an outgoing tide? Old as the question is, it has a perennial interest for every generation. But these times of review and stocktaking always bring out the pessimism monger with his cry of the good old times and the present evil days.

Many people seem to be born with an inward persuasion of the total depravity of the whole universe; some of them are doing their best to demonstrate their beliefs by their practices. We need deliberately to free ourselves from any such paralyzing prejudice, from the notion that there is an inevitable moral gravitation of humanity toward the pit.

There are two possible views of this world: One, that it is normally wholly bad, with occasional heaven sent gleams of goodness to throw its night into greater relief; the other, that it is normally right, that wrong and sin are unnatural and that the trend of humanity is upward and heavenward.

The law of the moral world is such that neither of these views can be adopted as always absolutely true; there is no external law or force compelling us, in spite of ourselves, either

TO BE GOOD OR TO BE EVIL.

Even more sublime than the fact that the trend of mankind is forward and upward is the deeper fact that we are left ever free to choose what way life shall go.

There is another natural law in morals that must be remembered; that is, that a man goes in the direction which he is facing, he goes according to his faith. If he believes in the possibility of goodness he perseveres in his way; if he believes in the inevitability of evil he submits to its way.

We are each making our own world, each determining whether it be better or worse to-day than yesterday. There is such a thing as a world spirit, a tide in human affairs, but we are not deliriously drifting helplessly upon its on-

sweeping flood, or we ought not to be. Neither must we think we can take our course in life alone. Each helps to determine other lives, by influence, by example, by that mysterious something that binds us together, so that no one can adopt the philosophy of despair and give himself to its way without helping to make it true that all are moving to darker days.

To believe that the race is doomed is to doom it. Yet many have declared the good tidings of religion in such a way as to make it seem that perdition was the greatest certainty of all. It is a good thing that man shall know that he is not perfect; no one but a perfect fool ever thought he was; but it is an evil thing that we should come to think that we have nothing but augmenting imperfection before us.

THE PRINCIPAL DANGER

of moral stocktaking is that we manage to pass by things that are most worth preserving, those that are our really valuable assets, and charge against ourselves only our debits and dangers. Blindness to the good we have will work as much harm as blindness to the evil that may be.

No man was ever the worse for the discovery of good in him; every power of betterment we have gives promise of yet better things and greatest power. We need not only to fight our weeds, we need to foster and cherish our flowers of virtue and love and goodness.

It will make all the difference whether you go through the days that come simply looking for disease and depravity or go looking for the things of beauty and joy. You find that for which you look. This will be a year of darkness and defeat or of light and larger living according to whether you have larger faith in the good or in the bad.

Have faith in the good in yourself; trust that good. Believe in the good in others. Let your life tell for the upward life of all because as you set your face toward the heights, you believe that every good life may be lived again, that all good that has been may yet be in larger measure, that the infinite might that moves the world is the life of love and goodness.

HENRY F. COPE.

The Home

CHOICE RECIPES.

Have White Sauerkraut.—Peeling and slicing ten to twelve large juicy apples to about fifty heads of cabbage, will prove useful in keeping kraut white, juicy and nutritious.

Steamed Puddings.—Two eggs, one teaspoonful soda, one cup milk, one-quarter teaspoon salt, two cups seeded raisins, two cups dry, crisp breadcrumbs; beat the eggs well; dissolve the soda in the milk; mix the ingredients well; steam two hours.

Winter Ice Cream.—To a half a gallon of sweet cream add a little sugar; avoid making it too sweet. Freeze this until chilled. Mix together a cup of preserved cherries and a cup of preserved strawberries with a half a cup of sherry wine or whisky; add this to the cream and freeze until hard.

Beggar's Pudding.—Soak two cups of bread crumbs in one quart of milk, add the beaten yolks of three eggs and a piece of butter size of an egg, flavor with vanilla, sweeten to taste, and bake. When done spread the top with jelly and cover that with a meringue made with the whites of the eggs, and brown slightly. Good either hot or cold.

Oysters with Tenderloin.—Take two large tenderloins, split them, season with salt and pepper. Make a dressing of a pint of oysters and a cupful of cracker crumbs, and season with salt, pepper and celery salt. Spread one tenderloin with dressing, putting the other half of tenderloin on top, also spread the top thick with dressing, tie together, and bake, basting often.

Cottage Cheese.—Cook the clabbered milk until the curd separates from the whey; then pour into a colander and let cold water run through it until the whey which drains from it is clear. Salt and let it stand for half an hour in the colander, with a weight on it, to drain. Season with pepper and dress with thick cream. Cheese made in this way has been pronounced most excellent by those not prone to complaint.

Chocolate Sandwiches.—Take two teaspoonfuls of chocolate, which is sweetened, mix with a little water, and heat to a thick paste. Chop fine a half pint of nut kernels, walnuts, hickory nuts, almonds, or any desired variety, or mix, if you choose. Stir the chocolate paste when cooling, add the nuts, and spread thinly between narrow wafers. Let harden. If a slight acidity is desired, add a pinch of powdered citric acid in the paste. These are delightful sandwiches for receptions, teas, etc.

Lemon Tasty.—Put into a saucepan one-quarter pound of butter, one-quarter pound sugar, four eggs, peel of two lemons (grated), juice of one lemon. Put on the stove and stir constantly till the ingredients thicken, which will be a few seconds after it boils. When cold it is ready for use. Spread on bread or plain biscuits; makes you eat and enjoy it. A spoonful placed on squares of puff cake makes a dainty and pretty dish for the table.

Almond Pudding.—One-half cup of blanched almonds cut in small pieces. Place one quart of rich milk in double boiler to heat. Take three heaping tablespoons of corn starch in a bowl, with pinch of salt, to this add enough cold milk to dissolve. Then stir in scalded milk until it thickens. Add the yolks of four eggs well beaten, with one cup of sugar, then the almonds. Cook three or four minutes. Turn into granite pan and cover with meringue made of the whites of four eggs and one cup of sugar. Bake until light brown. When cool serve with sweet cream.

Quick Mayonnaise.—Making mayonnaise is by no means the bugbear many housekeepers believe it to be, and it is quite possible to make it to perfection without adding the oil drop by drop, as so many of the recipes insist must be done. The egg and oil used in making it should be as fresh and cold as possible and all the utensils to be used should also be ice cold. Break the yolk of the eggs into a bowl, add half a teaspoonful of salt, a dash of cayenne, a pinch of white pepper, half a teaspoonful of white sugar, and a pinch of dry mustard. Mix them together with a silver fork until smooth. Then, without a shadow of misgiving, add at once eight teaspoonfuls of olive oil and two teaspoonfuls of vinegar. Beat thoroughly with an egg beater and in a few minutes the dressing will be quite as thick, smooth and creamy as if made in the old laborious way of adding the oil drop by drop. The mayonnaise may be made more delicate by adding just before it is served one cupful of cream whipped stiff.

HINTS FOR THE HOME.

Floor Polish.—Melt a tablespoon of lard and put into kerosene. Better than any floor polish.

There is no better pudding-cloth than a piece of cheese cloth. This material being coarse does not retain the grease, and is easily cleaned.

Unplucked poultry should be examined by the following rules: Ruffling back the feathers to notice the skin, the eye should be bright and prominent if freshly killed. Young birds have down under the wings and short pin feathers.

Keep Out Cold Drafts.—First, paint the surface, whether it is a door or window casing. Then mix dry putty with varnish to the consistency of window putty and apply to crevice. It will become like stone and will keep out water, as well as cold.

Have Neat Door Trimmings.—In cleaning the brass around a keyhole it is almost impossible not to soil the surrounding wood. Get a piece of cardboard about four inches square, cut a hole in it the shape of the brass, and put it over

the keyhole when cleaning and the wood will not be loushed.

Securely Tied Shoe Bow.—A shoestring will never become untied of itself if in tying it one of the bow ends is carried over the central knot and then turned back through it again to its natural position before drawing both of the bow ends tight. This knot may be untied as readily as any other by pulling the ends.

Ventilate Without Drafts.—To properly ventilate a room at night, at the same time shut out early morning light, lower the shade and fixtures eighteen inches, then as close as possible above place another shade to roll upward and away from the window with a catch pulley in ceiling eighteen inches from the ceiling. The window may be dropped from the top any distance, allowing free passage of air, which cannot blow directly on the child.

It is wonderful what an effect a bright look or smile may have on one we meet. If we only knew just how much good it may do, we should always try to carry smiles about with us. A warm smile, a look of sympathy, are things that cost nothing, and we know from experience how just one may brighten a whole day. Life is hard at best, so let us do all we can to brighten the lives of others, and thus brighten our own lives.

To keep apples through the winter in a barrel, bore holes in the bottom and sides of the barrel and store on a dry platform a foot or more high. Where only a few apples are available for storage, a good plan is carefully to wrap them singly in paper. This will effectually protect them against any drying influence of the atmosphere. They may then be packed in layers, three or four deep, in shallow boxes or hampers, and placed in the coolest available position in the house or outbuilding.

Many Articles from One Sweater.—From a partially worn sweater of desirable color a pair of leggings may be made from the sleeves; a good length stocking cap, by severing the double rolling collar, unfolding to single length, and adding tassel made from yarn of corresponding color; a warm skirt from the part below the waist line for a good-sized girl; a chest protector and several pairs of small mittens from fronts and back above waist line. These articles would cost twice the price of the sweater if bought singly at store.

BEAR THESE IN MIND.

A piano is a very delicate instrument, and requires careful treatment if its life is to be a long and useful one. A musician gives our readers the following hints, which are worth bearing in mind: Never leave a piano in a damp room. Damp rusts both strings and tuning pegs. It also swells the felt on hammers and dampers, causing the mechanism to move sluggishly.

Do not place heavy loads of books or ornaments on top of a piano, otherwise it may retaliate by emitting discordant sounds.

For dusting the case use an old soft silk rag. Rub the wood lightly, and in one direction only. Polishing the keys with alcohol will keep them clean.

A piece of camphor placed inside the instrument will ward off the attacks of moths on the felt.

In placing a piano in a room, the best way of finding its proper position is to move it about until the most satisfactory results are obtained. There are no fixed rules on the subject.

A WORD TO MOTHERS.

Baby's Own Tablets is the only medicine for children that gives the mother the guarantee of a Government analyst that it is absolutely free from opiates and poisonous soothing stuff. The Tablets cure all stomach and bowel troubles, destroy worms, break up colds and simple fevers, and bring teeth through painlessly. They give baby sound natural sleep because they remove the cause of crossness and sleeplessness. Mrs. Ralph Judd, Haven, Ont., says: "Baby's Own Tablets have given me great satisfaction both for teething troubles and constipation." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"CRUSADE" LIKE THE CAMORRA.

Great Criminal Association Exists in Rome, Italy.

A criminal association resembling the Camorra of Naples, and known as the "Crusade" has recently been discovered in Rome, Italy. Cases of stabbing and murder have been very frequent there, and the criminals not only escape, but the motives of the crime remain a mystery. A typical case was the murder of an old shoemaker, who was stabbed during broad daylight. There was no clue to the murderer and no clue was possible till the police discovered that the old man had been on the friendliest terms with a young man who, a few years ago, was one of the worst characters in Rome, but who is now married and living honestly. Investigation showed that his reformation was due to the old shoemaker, who had found him work and continually watched over him and kept him straight.

It seems that the young man had been a member of the "Crusade," which, deceiving him a traitor, had notified him that, unless he rejoined with the band, the first murder would be the shoemaker, and then, if he still refused, they would kill him. The police arrested several members of the "Crusade," and have charged them with murder, but they have no evidence, and the prisoners probably will be acquitted. But the fact is established that a gang similar to the Camorra exists and flourishes in Rome, and, like the Camorra, strikes in the dark and enjoys the same immunity.

If it wasn't for the fool and his money lots of wise guys would starve.

DR. WILLIAMS' PINK PILLS CURE ANAEMIA

Pale Faces, Dizzy Spells, Palpitating Heart, Headaches and Shortness of Breath are Symptoms of Anæmia.

Watery blood is an open invitation to disease to take possession of your system. Watery blood is responsible for nearly all the headaches and backaches and sideaches that afflict woman-kind. Watery blood is responsible for the dull eyes, sallow cheeks and the listless, dragged-out feeling that is found in so many growing girls. Good blood means good health, and good blood actually comes through the use of Dr. Williams' Pink Pills. Weak, ailing, despondent women who use this medicine are made active and strong; listless, pale-faced girls are given new health, rosy cheeks, bright eyes and a new sense of happiness and security. Mrs. E. S. Nighthale, Chesley, Ont., says:—"My daughter was ill for a long time with anæmia, and would often be confined to bed for three or four days at a time, and we feared she was going into decline. A lady friend advised the use of Dr. Williams' Pink Pills, and I got half a dozen boxes. By the time these were used there was a marked improvement, and I got a further supply for her. The change these pills have wrought in her condition is so great that you would not think that she was the same girl. I will always have a kindly feeling for Dr. Williams' Pink Pills."

You can get these pills from any medicine dealer or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

NO AMPUTATIONS IN CHINA.

It may occur to people that they have never seen a Chinaman bereft of an arm, leg or other member of his body. The reason for this is that all Orientals maintain a profound objection to surgical operations. Indeed, they much prefer to die rather than to be deprived of a member, because as it is undeniable that they came into the world with two arms, two legs, eight fingers, two thumbs, etc., they must of necessity go out of it with the same number. Otherwise, once on the other side, they might be sent to hunt for a missing member and spend the greater part of eternity in finding it. Perhaps the nearest approach to internal surgery that a Chinese doctor will attempt is to stand on the patient's body and with bare feet move about on the part afflicted. In dentistry the Chinese have reached the discovery that the nerve is a worm and the best method to treat an aching tooth is to loosen it by driving in wedges in order that the worm may escape.

PASSION FOR PIGTAILS.

A man Arrested for Cutting Off Hair of School Girls.

A man named Beaudet was recently arrested in Paris for cutting off the hair of school girls. Two detectives were watching him in one of the large shops, as they believed him to be a pickpocket, saw him cut off the plait of a girl of 12. When they searched his room they found ninety-seven pigtails of different lengths and colors, tied up with pink, blue and green ribbons.

Beaudet declares that he has an unconquerable passion for pigtails, of which he has a large store hidden away. He will not disclose their hiding place, but he declares that he has cut off hundreds in his time, and that he has never sold a single one.

BEST EVER WRITTEN

PRESCRIPTION WHICH ANYONE CAN EASILY MIX AT HOME.

Said to Overcome Kidney and Bladder Afflictions — Shake Simple Ingredients Well in Bottle.

Mix the following by shaking well in a bottle, and take in teaspoonful doses after meals and at bedtime: Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. A prominent physician is the authority that these simple, harmless ingredients can be obtained at nominal cost from any druggist, even in the smaller towns.

The mixture is said to cleanse and strengthen the clogged and inactive Kidneys, overcoming Backache, Bladder weakness and Urinary trouble of all kinds, if taken before the stage of Bright's disease.

Those who have tried this say it positively overcomes pain in the back, clears the urine of sediment and regulates urination, especially at night, curing even the worst forms of bladder weakness.

Every man or woman here who feels that the kidneys are not strong or acting in a healthy manner should mix this prescription at home and give it a trial, as it is said to do wonders for many persons.

NEW BRITISH ACTS, 1908

SOME IMPORTANT LAWS ARE NOW IN FORCE.

Rural Laborers May Now Enjoy All the Boons of Peasant Proprietorship.

Many important Acts passed by the British Parliament have taken effect lately. Chief among these is the small holding law, giving rural laborers for the first time in scores of years a chance to cultivate their own land and enjoy all the boons of peasant proprietorship. The object of the measure is to stop the rush of the people away from the farms. The enthusiasm for it is said to be great, in some counties every available acre of land already having been applied for.

Another important act provides for the revocation of patents where it can be shown that they injure the trade and industry of the United Kingdom. It requires alien patentees getting British patents to work them in this country. The new Health Act enlarges the powers of the local authorities in sanitary matters, and in the control of the people's food.

WILL OFFICIAL "CAN NEVER DIE." The public trustee law creates an official with perpetual existence to execute wills—a functionary who "can never die, become incapacitated, leave the country or prove false to his trust." It

is expected that this office will be of great benefit to thousands of persons of limited means.

Under the new Vaccination Act the conscientious objector is relieved of the necessity of appearing before bench magistrates to claim exemption. All he has to do is to swear to his conscientious exemption before a commissioner of oaths. The new Criminal Appeal Act gives persons convicted the unconditional right of appeal as to questions of law and also with the leave of the Court of Criminal Appeal or on the certificate of the trial judges the right to appeal as to questions of mixed law and fact. The Court of Criminal Appeal may set aside the verdict of a jury, quash the conviction or vary the judgment or sentence.

FACTORY WORKSHOP ACT. The amended Factory Workshop Act limits the hours of women working in laundries to sixty hours a week and provides for the inspection of manual labor in charitable and reformatory institutions. In the future a court may release a prisoner on probation, furnishing him with a statement of the conditions which he must observe while at liberty.

Such are some of the liberal measures which are expected to affect British social life deeply for years to come.

TOOK.

Miss Gettington (archly): "I hear you are thinking of matrimony, Mr. McCoy." Mr. McCoy: "Me? Say what do you take me for?" Miss Gettington: "Oh, Jack! For better or for worse, of course—but this is so sudden!"

Girlhood and *Scott's Emulsion* are linked together.

The girl who takes *Scott's Emulsion* has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, *Scott's Emulsion* provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS, 50c. AND \$1. CO.

