

LIKE TOWERS OF STRENGTH

Undeveloped Forces in Christians Is Here Pointed Out.

Speak to the children of Israel that they go forward.—Exodus xiv. 15.

When the command of this text was spoken by Moses to the Israelites they were shut in completely. High mountains on either side, before them the great deep sea, behind them an embittered, cruel, determined foe. Calmly Moses is bidden by God to speak into the children of Israel that they go forward. You remember how that sea became a safe pathway to freedom and a fuller knowledge of a divine providence and grace. So God's forward call to-day to the undeveloped forces within us, if obeyed in as firm a faith, will be crowned with as marvelous results.

In putting into service these undeveloped forces of Christian manhood and womanhood, remember that the years of preparation or of slow progress in attaining our ideals or of apparent bitter defeat and failure are not lost to us. Much is accomplished in these struggles of the soul which only God and the individual really ever know. We may judge ourselves are only doing the little things,

THE HIDDEN THINGS,

yet if these be well done like towers of strength, we will rise and be enabled to do greater things afterward for God.

Remember, too, that God's call for the undeveloped forces of Christian manhood and womanhood bespeaks the exalted purpose of real life, viz., to remove obstructions. The ignorant and the indolent may hinder by standing in the way of God's plans and purposes for the betterment of humanity. But the office of a true man is to use all his accumulated knowledge in mak-

ing the pathway of life pleasant, peaceful and prosperous. Even as Jesus Himself sought to make it so for every man.

We may use our knowledge upon the undeveloped forces of nature and find profit therefrom; but when we have used our acquisitions in benefiting the bodies and souls of our fellow beings, so that afterward they rise up and declare we helped them, we have achieved the most exalted of all services.

Three things will aid in going forward in spite of every difficulty. Stronger faith in the word of our Master. To live well is no easy task but to attempt to live without the sincerest faith in the living Christ, within us and above us, is to curtail life of its powers and to draw the curtain of destiny. Another inspiration is more earnest conviction of personal duty. Christ speaks to us and asks for our service in behalf of a world. Love for Christ and for humanity is

ANOTHER INSPIRATION.

The poor, the neglected, the sore in heart, the helpless ought to find in us their truest friends, as we seek for opportunity to overcome in the difficult places of life. Such strong men and women God is continually calling into His service and blessing their obedience. Such, too, the world appreciates and honors. The greatest one who ever trod this earth declared of Himself, "I am among you as one that serveth." "I do always those things which please Him." When you and I have pleased God with our lives, when we have done what He would have us do we have emphasized the fact that the Christian life is only worth the living when it is lived well.

REV. ANDREW HAGEMAN.

A GRATEFUL MOTHER

Tells of the Remarkable Cure Dr. Williams' Pink Pills Wrought in Her Case—Had Undergone Four Operations Without Help.

When women approach that critical period in their lives known as the turn of life, they do so with a feeling of apprehension and uncertainty for in the manner in which they pass that crisis determines the health of their after life. During this most important time in the life of a woman, her whole aim should be to build up and strengthen her system to meet the unusual demands upon it. Devotion to family should not lead to neglect of self. The hard work and worries of household cares should be avoided as far as possible. But whether she is able to do this or not, no woman should fail to take the tonic treatment offered by Dr. Williams' Pink Pills, which will build up her blood and fortify her whole system, enabling her to pass this critical period with safety. We give the following strong proof of what Dr. Williams' Pink Pills are constantly doing for suffering women.

Mrs. Margaret Wood, Southfield, N.B., says:—"Some years ago I became a victim to the troubles that afflict so many of my sex, in the very worst form. The doctor in charge neither through medicine nor local treatment gave me any help, and he decided that I must undergo an operation if I was to have any relief. During the next two years I underwent four successive operations. During this time I had the attention of some of the best physicians. From each operation I received some benefit, but only of short duration, and then I drifted back into the same wretched condition as before. During all this time I was taking medicine to build up my system, but with no avail. I was reduced to a mere skeleton; my nerves were utterly broken down. My blood was of a light yellowish color, and I was so far gone that I took spells in which my lips, fingers and tongue would seem paralyzed. I cannot begin to express what I suffered and went through in those two years. I was completely discouraged and thought I could not live long. Then on the urgent advice of friends I began to take Dr. Williams' Pink Pills, and after some weeks perceived a change for the better. I continued to take the Pills for several months gradually growing stronger and suffering less, and in the end found myself once more a well woman and enjoying the blessing of such good health as I had not known for years. I now always keep these Pills in the house and after a hard day's work take them for a few days and they always seem to put new life and energy in my body. I sincerely hope my experience may be of profit to some other suffering women."

Dr. Williams' Pink Pills are sold by all dealers in medicines or will be sent by mail at 50 cents a box or six boxes for \$2.50 by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

SLEEP WITH HEAD TO NORTH.

Any Other Position Contrary to Laws of Nature.

Two French doctors claim to have discovered that the proper position in which to sleep is to have the head to the north, and the feet pointing south. Any other position, such as east and west, is contrary to the laws of nature. Persons whose heads are placed east and west, therefore, lie in the wrong position at night, and instead of getting rest and comfort, the only wear themselves out in sleep. It was by measuring what they call the "neuro-psychological currents" in man that the two savants came to this conclusion. When awake, they further state, another position—namely east and west—is the best for prolonged activity. Owners of factories and offices where a large number of persons are regularly employed would, they add, find it to their advantage to have their establishments facing east and west. More work can be got out of a man in this position with much less fatigue. If literary men want to write a good composition, they should sit at their desks facing the east. How simple, after all, it will be hereafter to write better than Homer or Shakespeare, or to paint a masterpiece which would fill Michael Angelo with envy.

Cavalry cover four miles an hour when walking, nine miles an hour when trotting, fifteen miles an hour when galloping.

The Home

CURTAIN CHATS.

Unbleached Muslin Curtains.—Pretty curtains can be made of unbleached muslin stenciled with oil paints. To set the color, thin the paints with turpentine, vinegar, and lemon extracts in the following proportion: To three ounces of turpentine add twelve drops of vinegar and four drops of lemon extract. When the curtains are finished, press with a warm iron. Before laundering soak over night in salt water, wash with a white soap. Do not boil. Starch and iron before entirely dry.

To Renew Colored Borders.—I have some colored bordered lace curtains (they match the walls in the rooms where they are used). They became faded from the sun. I took stencil paint to match original colors, and brushed and traced the borders where faded, and find they look almost as nice as new. E. C.

Mending Lace Curtains.—Buy a bolt of the braid the proper width and baste on by following the pattern and sew on by machine. Wash and stretch and when dry cut out the edges that were torn by stretching them, and your curtains will look like new ones and last as long again.

How to Starch Curtains.—If you use flour in place of starch you will be surprised to see how pretty it makes curtains look, and they stay clean and stiff longer than with lump starch.

Curtains for Hall or Bathroom.—A pretty curtain for hall or bathroom window is made from a piece of common floor matting (a pretty design) the size of the window or door, as the case may be. Tack one seldedge edge to the top of window or middle way, wherever you choose, and cut the lower edge off about one-half inch. Cut the warp that weaves the matting, and unravel it the length of the window, leaving two threads of the warp at the top to hold it in place. It hangs full, and any one from the outside cannot see in, but the insiders can see out. Just try it.

STEP SAVERS.

To Sugar Doughnuts.—To sugar doughnuts, put a few at a time in a sack with a cupful of powdered sugar, hold the sack shut with one hand, and strike it on the bottom quickly with the other hand, and this will make them look like snowballs.

Grating Cheese.—When grating cheese or anything similar by laying the grater flat down on a piece of white paper the particles do not fly about as when it is held upright. The particles are all confined under the grater and are so easily poured from the paper.

Crackers Always Ready.—Buy a box of crackers, cover box with dark green crepe paper, and keep box on back of stove. You will always (at a moment's notice) have crisp, warm crackers. When box is empty, buy crackers in bulk and fill up box. Never serve crackers unless they are crisp and warm.

To Clean Mushroom.—Instead of paring with a knife soak for half an hour in cold water, then take a stiff hand brush and brush off tops and you will be surprised at the result. In this way there is no waste and it is done in half the time.

Use Newspaper for Kindling.—Get some lump resin, pound it in a bag fine, sprinkle a little on a news-

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paper, twist the paper in stove lengths. Use the same as you would any kind of wood to start a fire.

TESTED RECIPES.

Chile Con Carne.—Pick over and wash two cups red kidney beans. Soak over night and cook in same water until thoroughly done. In the meantime boil a large soup bone of beef until the meat is tender, then remove the meat from the bone and chop fine. Return the chopped meat to the soup in which it was boiled and add the beans, two medium size onions, cut up fine, one pint tomatoes, and two red peppers. Season with salt and boil for an hour. Serve hot with crackers.

Walnut Macaroon.—One and one-half cup of sugar, one-third cup of butter, three eggs, three cups of flour, one teaspoonful of soda dissolved in water, one teaspoonful of cloves, one teaspoonful of cinnamon, one cup of English walnuts, one cup of chopped dates. Do not roll the mixture as in ordinary cookies but drop into a greased pan with a teaspoon.

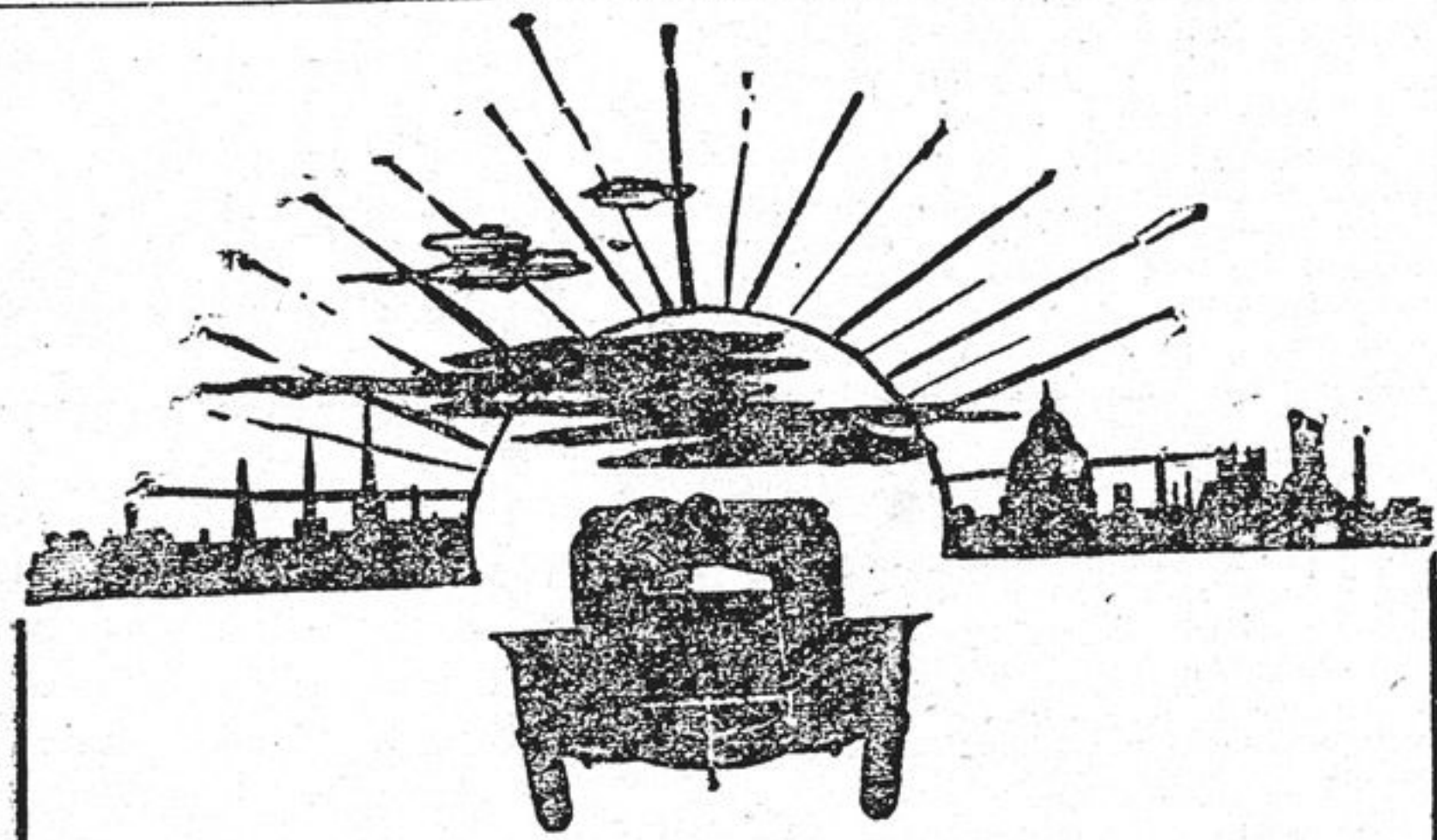
To Improve Mashed Potatoes.—Mash potatoes well and when adding seasoning put in a pinch of baking powder. Stir and whip well. The potatoes will be improved 100 per cent.

Escalloped Ham.—Make a rich milk gravy, season with salt, pepper, and butter; put into a baking dish a large ground smoked ham, cooked or uncooked; a layer of crackers crumbs, a layer of hard boiled eggs, sliced thin, and a layer of the gravy; repeat, and on top put a layer of cracker crumbs and butter. Bake until a nice brown.

SHIRTWAIST HELPS.

Shirtwaist Belts.—Don't cut a belt for a shirt waist on the length of the material because it will shrink. Cut all belts on the cross of the goods. Collar bands and wrist bands should also be cut on the cross of the goods. Don't work vertical buttonholes in the box plait or fly of shirt waist. They will stretch as soon as there is the slightest strain on the waist and the buttons will slip out easily. Work the buttonholes crosswise. The only exception to this rule should be made when shirt studs are used instead of buttons. In that case the buttonholes on left side of waist should be vertical and on the right side horizontal.

Dress Shield Loops.—A better and more convenient way than sewing or pinning dress shields in a shirt waist is to make a buttonhole loop across the end of each shield and tie it into the waist with narrow tape that has been sewed to the binding of the armholes.



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