

GREATER THAN ALL IS LOVE

The Capacity for Happiness Is One of the Most Powerful Factors in Our Being.

These things have I spoken unto you, that my joy might remain in you and that your joy might be full.—John xv. 2.

All music is composed from the one scale, comprising seven notes. Good and bad music, dirge and anthem, all are made up from these notes and their modifications.

In like manner all the varieties of character are developed from a few notes with combinations. By naming these terms as we do in music, or in the scale of colors, with which there is also a parallel, we get this ascending scale: Birth, physical impulse, reason, faith, hope, love and joy.

Jesus came to earth that human lives might become anthems instead of dirges and be filled with joy and gladness. Any life which is under the sway of physical impulse only must be subject to all kinds of bitter passions and can never be filled with peace and joy.

The life which boasts of its complete control by reason cannot be ideal, for there is much in man that is

HIGHER THAN REASON.

Moving up the scale, we discover faith to be the primal force and energy of the moral realm, the world of personalities. When we critically inspect the steamship or interrogate the captain we are using our reasoning powers, but when we commit our wellbeing to the care of the captain and ship to cross an unknown sea it is the moral force inherent in faith, and that only, which gives the power to do it. Faith holds the same relative position in the realm of personality that physical energy does in the realm of the material. It furnishes vital energy for the moral religious life.

But we must pass above faith to hope, for hope opens vistas of possibility and inspires faith to new

ventures, becoming the means of moral and spiritual vision. By it Columbus saw new worlds in floating reeds, which faith, seeking afar, found. "Every one that hath this hope in him," said the apostle, referring to the life to come, "purifieth himself."

Greater than all is love, of which Jesus was speaking when He pointed the simple way to the happy life. Love is the final condition of entrance into it. When grief gives place to joy a new lease of life is issued. The very chemistry of the blood is changed. This powerful emotion of joy is attendant upon well-doing and well-being. Jesus was eminently faithful in all His work, conquering temptation and "becoming obedient even unto death, dwelling always in the consciousness of the Father's love; therefore

HIS LIFE WAS FULL OF JOY.

"If you do as I am doing," He said, "keeping God's commands and abiding in His love, My joy shall be in you and your capacity for joy shall be full."

Consciously or not, by putting the chief emphasis on one or another note, we choose a keynote for our character and destiny. Theoretically we may choose joy as the keynote and practically put the emphasis upon impulse or some other note and wonder why our life is not full of joy. The keynote for Jesus was love. This put Him in touch with God, who is love, and the consciousness of God's love made hope buoyant, inspired faith, illumined reason and led impulse captive. Joy and happiness could not be absent from such a life. This joy will come to other lives and their joy will be full as they follow this ideal life.

REV. A. MacDONALD REOCH.

THE S. S. LESSON

INTERNATIONAL LESSON, AUGUST 8.

Lesson VI. Paul's Instructions to the Thessalonians. Golden Text, 1 Thes. 5: 15.

I. Characteristics of the First Epistle to the Thessalonians.—Note the facts in "The Lesson in Its Setting." 1. Review the circumstances of the Thessalonian church as given in Acts 17. See Lesson III. of this Quarter. Three missionaries had come there from Philippi, two of them torn and bruised by terrible flagellation at Philippi, emerging from the lowest dungeon of a prison, their whole aspect bespeaking "their poverty, their sufferings, their earthly insignificance. A famine, says Farrar, "was raging in the Roman empire, and the commonest necessities of life had risen to six times their proper value." These poor persecuted wanderers supported themselves by weaving black goat's hair into tent cloth. Here they preached a few weeks, founded a church, and were driven away by persecution.

2. Paul longed to visit them again, and made three vain attempts to do so, from Berea, from Athens, from Corinth. He felt their need of training and of more knowledge of the truth, of comfort, of guidance.

3. Timothy had just come back from Thessalonica, and had brought a report concerning the church, giving a favorable account in general. But two facts were made known by him. One was that they were suffering severe persecutions from both Jews and Gentiles; the other that they were discouraged and troubled by the death of some before the second coming of the Lord Jesus.

4. The Epistle is very personal and retrospective, breathing a spirit of affection and of joy. It is full of "sweetness and light." "A loving-fatherly spirit breathes in every line."

5. If it seems strange that such a letter could be written to a church founded by Paul less than a year before, implying "the wonderful maturity of this infant church, when we compare it with the slow progress of modern missions we must remember that the first church members were Jews and re-

ligious proselytes, long trained in the religion of the true God." Moreover, many of the Greeks were cultivated and thoughtful people, who through the gospel had been enlightened by the Holy Spirit.

II. A Lesson in Morals for the Building Up of the Noblest Christian Life.—V. 23. First, the Ideal and Aim. The first sentences of the Lord's Prayer, and, therefore, of all prayer and all living. It is as necessary to have the right goal of life as for a sea captain to know the port for which he is sailing. It is by the ideal that we test our daily lives. "The religious view of heaven is no unpractical thing. Think of it, earth the place where heaven is shadowed forth! This means that our life and affairs and conduct are to show forth the very highest that we can know or conceive. If then heaven be the place of the real and true, is not that great, and noble, and practical?" The same is true of life. Every young person should know definitely and decidedly where he wants to go, what he wants to become, what is his ideal.

23. And the very God of peace. Better as R.V., "the God of peace himself," the God who brings peace—peace with himself, through sins forgiven, and natures in harmony with his; peace in the soul, peace of conscience, the peace of trust in God our Father; peace of righteousness, for it is only when righteousness is "as the waves of the sea" that "peace can flow like a river"; peace with nature and providence; peace with our fellow-men. Sanctify you. Make you holy, pure, free from sin and imperfection, from every taint of evil. Wholly. Unto completeness, to full perfection, in degree and in kind! Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: . . . and grow up into him in all things, which is the head, even Christ (Eph. 4: 13, 15).

Whole spirit and soul and body. Every part of your nature, the spirit that allies us to God, the highest moral nature. And soul. Our real selves, our immaterial nature, including all the faculties of our being. And body. The home of the soul, which should be as pure as a temple of the Holy Ghost. No one is preserved blameless, i.e., without spot or imperfection for which one can be blamed. No one is perfect till his body is under perfect control of his moral and mental nature; a perfect instrument of the spirit. Unto the coming. Greek "in (or at) the coming" of

our Lord Jesus Christ. As in Matthew 25, that you may be among those on his right hand, belonging to, having a part in his everlasting kingdom of righteousness and love.

CATS CATCH FISH.

Felines Would Make Fishermen Take Notice.

At the Union street secondbridge at North Adams, in the Berkshire Hills, Massachusetts, nearly every night about 7 o'clock two young cats give an exhibition of catching fish, which would cause the most ardent fishermen to sit up and take notice. For the last two weeks a crowd of people has watched the cats.

In just the position they would take to catch a bird they crouch upon the edge of the stream and as a fish comes in sight with one jump either one or both land upon it, not in the least minding the ducking that they often receive, and with feet and mouth break the neck of the fish back of its head. Hauling their prey to the bank they soon disappear, proudly carrying it away for a splendid feed, for cats like fish even better than meat.

Many persons have seen them catch a fish six or eight inches long, and one night last week Officer Nicholas Walsh while on the Union street beat saw the two cats working together catch a fish nearly a foot long. Both cats seem to enjoy the sport.

PALE, LANGUID GIRLS

Weak Blood During Development May Easily Cause a Life of Suffering.

A Tonic Such as Dr. Williams' Pink Pills is Needed to Build Up the Blood and Give New Strength.

At no time in her life does a girl stand in greater need of pure red blood and the strength which it alone can give her, than when she is developing into womanhood. It is then that any inherited tendency to anaemia or consumption needs only the slightest encouragement to rapidly develop. This danger is especially threatening to girls who are confined long hours indoors, in stores, offices and factories—girls depressed by worry and cares. All these conditions quickly impoverish the blood and are among the most common causes of sickness among growing girls and young women. If at any time a girl finds that her strength is failing and she is becoming pale and nervous, has no ambition and is languid, it is a certain sign that her blood is failing to meet the demands upon it, because it is impure and thin.

It is at a time like this that Dr. Williams' Pink Pills are invaluable to young women and growing girls. They build up the blood, make it rich, red and pure, tone the nerves and give new health and strength to every part of the body. They have cured so many cases of this kind that they may truly be called a specific for the common diseases of girlhood. Miss Minnie Smith, Creighton street, Halifax, says:—"I have proved that Dr. Williams' Pink Pills are all that is claimed for them in cases similar to mine. About three years ago I suddenly began to run down. I grew so weak that I could hardly attend to my school studies. I suffered from headaches, my heart would palpitate violently at the least exertion, and my appetite was very fickle. I tried doctors' medicine and emulsions, but the treatment did not help me. Then I started taking Dr. Williams' Pink Pills and after taking seven or eight boxes I was stronger than ever before. I feel that I owe my present good health to Dr. Williams' Pink Pills, and gratefully recommend them to other ailing girls."

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

DODGING WORK.

"It's too hot to do housework," sighed the wife.
"I know it is."
"Let's go and spend a few days with the Browns at their summer cottage. They'll be tickled to death to have us."

He—"They tell me you're great at guessing conundrums." She—"Well, rather good." He—"Here's one for you: If I were to ask you to marry me, what would you say?" She—"Ask and find out."

The Home

HOMEMADE ICE CREAM.

Before setting about to make ice cream give heed to this statement by an authority on the care of milk. He says: "Whenever you hear of cases of 'ptomaine poison' from eating ice cream you may be certain that the poison came from the germs left in the seams and bottoms of ice cream freezers which were not properly scalded. Dirty, rusty ice cream freezers breed millions of germs and are the real cause of illness from eating ice cream."

Therefore, scald your freezer well, both can and dasher, before you freeze your cream. Place the can in the pail, fitting all the parts together and turning the crank to see that everything works, before you begin. This will be a time and temper saver.

To prepare the ice for freezing the cream place it in a canvas bag and pound with a mallet until fine. When the cream is ready fill the space between can and pail with alternate layers of ice and salt. Use rock salt, one measure of salt to three of ice. The trick about freezing is to turn the crank steadily until the cream is stiff. Then remove the dasher, put a clean cloth over the top of can and a cork in the hole in the cover. Drain the water from the freezer, repack, and allow the cream to stand an hour or more.

To Make Good "Makeshift."—Sometimes an occasion arises when you wish to make a small quantity of ice cream, just enough for an invalid or when one friend drops in to luncheon. You do not feel equal to using the family freezer, but would like to know of a good "makeshift." You will find that a small tin can with close fitting cover (cans you buy cocoa or various articles of food in) will do nicely. Fill the can with the cream mixture. Then set it in the middle of a deep dish and pack around with alternate layers of ice and salt. Be sure the can is covered closely. Then lay wet cloths on top and set in a cool place. It should freeze solid in from one to two hours, according to the amount of mixture to be frozen. Cut into the thick layers on the sides of the can once or twice while it is freezing. Whipped cream frozen this way is delicious. One of the best mixtures for this "individual ice cream" is the Philadelphia. This is uncooked, pure, sweet cream sweetened and flavored. For one pint of scalded sweet cream allow three-quarters of a cup of sugar, one teaspoonful of vanilla, and one tablespoonful of brandy if you desire. The whites of two eggs beaten stiff is a valuable addition.

Vanilla the "Family" Dish.—Should you desire on special occasions to serve ice cream in individual molds take the ice cream from the can when it is stiff, pack it in the little molds, seal the edges of these with melted paraffin, repack in ice, and salt. To keep ice cream a long time cover the freezer with thick wet cloths or towels.

Vanilla is the ice cream most used for the family table. The simplest way to make it is by the rule given for Philadelphia cream. Cooked vanilla ice cream is made by using two cupfuls of hot milk, three-fourths of a cupful of sugar, one egg, one-eighth teaspoonful salt, one pint of cream, two tablespoonfuls of vanilla. Mix the sugar, salt, and beaten egg and add the milk gradually while stirring. Cook in the double boiler for twenty minutes, stirring well. When cool add the cream and flavoring. Strain and freeze.

To make chocolate use the same recipe: Melt two squares of chocolate and pour the hot custard slowly on it, then cool before adding the cream. For fruit ice creams, strawberry, raspberries, peach, use either recipe for vanilla ice cream, adding one cup of fruit mashed and one-half cup of sugar to the cream.

THE LAUNDRY.

Dyeing Lace.—To dye lace or embroidery to match colored dresses put a little oil paint, the nearest color of your dress, in a cup and dissolve in gasoline. When dissolved add enough gasoline to cover your lace and test a piece of the lace. If too dark, add more gasoline; if too light add more dissolved paint until the right shade is obtained. The odor will soon leave the lace and the dye will not wash out.

To Restore Light Dress.—If you have an old, faded party dress or

waist of net or thin silk, buy the tube paint used for painting, mix with gasoline and immerse article to be dyed. Be sure of the shade before dipping. Try and get a small sample from some part of dress to try the color. If too vivid add gasoline and more paint, if too pale. This works wonders. Was worked on a white point d'esprit party dress (much soiled); was colored a dainty pink and the effect was great.

Bleaching Faded Dress.—Soak the dress over night in strong soapuds. Fill a boiler half full of soft water, put in one pint of javelle water (made by pouring one gallon of boiling water upon one pound of chloride of lime). Dip often to bleach evenly and then rinse through three waters.

To Clean Neckwear.—The daintiest neckwear which is impossible to wash, if left over night in air tight vessel of gasoline will look fresh and clean when carefully dried.

SUMMER SALADS.

Cherry Salad.—Remove the stones from the fruit, and fill the cavities with whole blanched almonds or finely chopped nut meats. Mayonnaise flavored with maraschino is served, and cream cheese balls mixed with chipped maraschino cherries and rolled in powdered nut meats are placed on the side of the dish in which the salad is served.

Delicious Salad.—For a delicious salad make a lemon jelly with less sugar than when it is used for dessert, add English walnut meats, and stiffen in small molds. Before serving turn the jelly on to plates covered with shredded lettuce leaves arranged in neat fashion and serve with mayonnaise.

Cabbage and Peanut Salad.—Prepare two cupfuls of finely shredded white cabbage and one-fourth cupful of finely chopped or ground peanuts. Pour six tablespoonfuls of olive oil into the salad bowl, add two teaspoonfuls of vinegar, a level teaspoonful of salt, and a salt-spoonful of pepper. Beat until thick; stir in nuts and cabbage.

NEW PIE RECIPES.

Southern Spice Pie.—Two cupfuls of sweet milk, three eggs (yolks), one cupful of sugar, four heaping tablespoonfuls of flour, one large lump of butter, one teaspoonful of cloves, one teaspoonful of allspice, one teaspoonful of cinnamon, one teaspoonful of nutmeg, and one teaspoonful of lemon extract. Mix and cook until thick. While this cools bake pie shells; then add the filling, using the whites of the eggs for frosting. Brown and serve cold.

Tomato Pie.—This is a delicacy. The bottom of a rich paste is sprinkled with sugar, then the tomatoes are sliced, more sugar added, and to each pie a tablespoonful of vinegar. Put on a top crust and bake the same as peach pie.

USEFUL HINTS.

If the icing fails to harden on your cake, put it in the oven for a few minutes. It forms a thin crust which in no way destroys the delicate icing.

Put a window shade in front of pantry shelves. If they are unprotected by doors it will keep out the dust much better than a curtain on a rod.

If you want to rush the contents in the inner vessel of your double boiler, add some salt to the water, one-half teacupful to two quarts of water.

Eggs may be kept from September until March by wrapping each separately in newspaper, putting in pasteboard boxes in a cool place and turning each day.

A split banana on a lettuce leaf, half a dozen cherries, sprinkled with blanched peanuts, and served with a salad dressing is a refreshing and pretty salad.

When pressing dark linen frocks it is just as well to cover the board for the time with a piece of dark material, and thus avoid pressing white lint into the material.

Red pepper is peculiarly obnoxious to vermin of all sorts. Made into tea with boiling water and applied hot to shelves and floors it is as effectual and more convenient than when used dry.

Ham may be kept from getting hard and dry on the outside thus: Take some of the fat part of the ham and fry it out. Let it get hard, then spread on the cut end of the ham, half an inch thick.

A good washing fluid is made with sal soda, one pound; stone lime, one-half pound; water, five quarts. Boil a short while, stirring occasionally; then let it settle and pour off the clear fluid into a stone jug and cork for use.

Self-satisfied people have nothing more to live for.