

UNIVERSAL AND ETERNAL

The Law of Reciprocity Is One of God's Great Truths.

It is more blessed to give than to receive.—Acts xx. 35.

This text is the embodiment of one of the greatest of truths—the law of reciprocity. Similar passages in the scriptures are: "Whatsoever a man soweth, that shall he also reap"; "Give, and it shall be given unto you"; "Bear ye one another's burdens, and so fulfill the law of Christ."

Giving is like an endless circle. It is casting bread upon the waters, which returns in multiplied abundance after many days. It is the seed in the soil, bursting into the golden harvest. It is the banker, giving out to the borrower till the interest exceeds the principal. It is the philanthropist, receiving the gratitude of mankind. It is

THE MARTYR MISSIONARY, losing his life to find it. It is the discoverer and inventor, like Hendrik Hudson and Robert Fulton, giving their genius for the welfare of the people and receiving, generations afterward, the plaudits and thanksgiving of the world, because of the glory of their achievements.

Men who give get bills of exchange on God's banking-house, the interest of which is paid as we need it along the journey of life, while the principal awaits your arrival in the eternal city.

Giving is the philosopher's stone, which, instead of turning everything into gold, turns gold into everything—into halls of learning, libraries of information, missions for millions, homes for the homeless, Christ for the Christless, and life, eternal life, for the dying.

The returning compensation for all noble deeds comes in that which is better than an equivalent; in love and gratitude unpurchasable, as it is unfading and unspeakable in its glory and blessedness. It is

THE CROWN OF CHARACTER

on the brow of the individual or nation, resplendent, immortal.

Even though your gift is unappreciated or misapplied, it is irreversibly recorded in your being. Children may be ungrateful, but the parents are blessed on account of their expressions of kindness and care. Husbands may be drunken or brutal, but the wife who struggles patiently on has her reward in her own soul, and it may be the final redemption of her lost one. The Divine Christ, who gave himself upon the cross as a Saviour as an example of infinite self-sacrifice, possesses a name above every name and a throne universal and eternal.

REV. E. W. CASWELL.

THE S. S. LESSON

INTERNATIONAL LESSON,
AUGUST 15.

Lesson VII. Paul's Third Missionary Journey—Ephesus. Golden Text, Acts 19: 17.

I. Paul Enters Upon His Missionary Journey, and Strengthens the Older Churches.—Acts 18: 22, 23. When Paul had completed his second missionary journey he went up to Jerusalem to pay his respects to the mother church there, and doubtless, as at other times, he told the wondrous story of the work of God in bringing so many Gentiles into the kingdom. Here he would remain long enough to complete his vow, the apostle to the Gentiles in loving accord with the mother church of all.

Then he went down to the home church which had sent him forth. Here he was always welcome. Here he told the story of his missionary adventures, and the fruits of his labors. It is ever a blessed thing for the home church to hear from her missionaries, and the missionaries need to come in contact and fellowship with churches. The Missionary Boards are wise in having their missionaries come home every few years.

This is probably the last time Paul was able to visit Antioch.

II. Ephesus: Which Paul Made His Headquarters for Nearly Three Years of Missionary Work.—Ephesus was not only the capital of the province, but was the city of the greatest importance in all Asia Minor, and the principal emporium of trade in the East. It was called one of the eyes of Asia, Smyrna, forty miles to the north, being the other. The city stood on the south of a plain about five miles long from east to west, and three miles broad, washed on the west by the Icarian Sea, an arm of the Aegean.

The Colosseum, or Amphitheater, was the largest ever built by Greeks, and the Temple of Diana was in its crowning glory, and one of the seven wonders of the world.

III. Paul Finds an Undeveloped Church at Ephesus, and Brings Them Into the Fulness of the Gospel Light.—Acts 18: 24—19: 7. When Paul left Corinth at the close of his second journey, his friends Aquila and Priscilla went with him as far as Ephesus. Before Paul entered upon his longer work at Ephesus there came to Ephesus a Christian Jew of great eloquence (v. 25) knowing only the baptism of John, the gospel of repentance and forgiveness, and Christian morals, and of Jesus who proclaimed the kingdom of heaven at hand, and worked many miracles of love, and died on the cross. The story which was told in the earlier gospels.

But of the baptism of the spirit at Pentecost, his marvellous gifts of power and light and salvation,

of rich experience, of fulness of life, which came in overflowing abundance, for some reason Apollon had not heard.

These things Priscilla and Aquila expounded to him. Then he went to Greece (v. 27) and helped them much which had believed through grace. Of this Paul once speaks in his letter to Corinth, "I planted, Apollon watered, God gave the increase" (1 Cor. 3: 6).

IV. Paul's Preaching and Teaching.—Vs. 8-10. As usual, Paul began with the Jews who were best prepared to receive the gospel. 8. And spake boldly. It required no little courage to take the unpopular side, which had so often brought him into trouble. Every preacher must sometimes risk his life and reputation and worldly support, and preach boldly at any cost. But must see to it that he risks them in the cause of truth. Disputing, R. V., "reasoning," arguing with "logic on fire," and persuading, using every legitimate influence and motive, to induce them to receive the gospel of the kingdom of God, the real kingdom which all the Jews were expecting, and which had already begun to take on its perfect form under Jesus our King.

V. Two Kinds of Testimonies to the Power and Value of the Gospel.—Vs. 11-12. In addition to the holy conduct and noble spirit exhibited in the ordinary daily life, there were two outward and visible testimonies to the truth and power of the gospel. First. Miracles of Healing and Help. II. God wrought special miracles. "Extraordinary with which the deeds of the Jewish exorcists could not be compared."—Exp. Greek Test. By the hands of, the instrumentality of, Paul. In Ephesus, the center of magic and witchcraft, special power was given Paul to work miracles that conquered them in their stronghold. He actually did what the sorcerers only pretended to do. The Ephesians were so bound up in belief in magic that it seemed necessary to show that the gospel was mightier than these other powers, which came from Satan the father of deceit.

THE MISSING LINK.

A lawyer having offices in a building wherein there are some hundreds of tenants recently lost a cuff-link, one of a pair that he greatly prized.

Being absolutely certain that he had dropped the link somewhere in the building, he caused a notice to be posted in the following terms:—

"Lost. A gold cuff-link. The owner, William Ward, will deeply appreciate its immediate return."

That afternoon, on passing the door whereon this notice was posted, what were the feelings of the lawyer to observe that appended thereto were these lines:—

"The finder of the missing cuff-link would deem it a great favor if the owner would kindly lose the other link."

The Home

CANNING AND PRESERVING.

Canning Help.—Line the fruit cupboard and wrap the canned fruit in newspaper, and the thermometer may go to zero and the fruit not freeze.

Don't Skim Jellies.—Skim fruit cover—Just fill jelly glasses or glass jars with fruit and scrape off the skim with a silver knife before sealing. It is much easier and quicker than skimming while cooking.

Cherries.—When preparing cherries for canning you will find it a much quicker way and cherries will look much nicer in cans if you take a penholder, putting a pen in point down in holder, and use the other end for stoning. You will find results good.

Cucumber Pickles.—Five medium sized cucumber pickles, sliced fine and round, and four good sized onions. Slice and salt alternate in stone jar. Let stand over night. Then add two ounces of mustard seed, one red pepper, one-half tablespoonful of celery seed, one quarter pint of olive oil, and three pints of cider vinegar. Be sure and put olive oil on first, as then the vinegar cuts it.

Seedless Jam.—Small seeds may be removed from fruit by crushing the fresh berries through a sieve. To do this by hand is tedious. A rotary flour sifter will perform the work quickly, effectively, and with out staining the hands. The sifter costs 35 cents.

Canned Cherries.—Cherries canned this way keep perfectly and preserve their delicious flavor unimpaired: Stone the cherries and to two pounds of the fruit allow a pound of sugar. Put one layer of cherries, then sugar, and so on; have sugar on top layer. Let stand over night and you will be surprised at amount of juice. Put in stove and let come to a boil and can.

MIDSUMMER Dainties.

Chilled Peaches.—Pare ripe yellow peaches, remove stones, and cut the fruit in quarters, dusting it generously with powdered sugar. Pack in a tightly covered mold and bury in ice and salt for an hour. Serve with whipped cream.

Unique Sandwich.—Pound yolks of three hard boiled eggs with one ounce butter, season with salt, a dash of cayenne, and grated cheese. Spread on brown or white bread which has been buttered, trim sandwiches into any preferred shape, garnish with parsley, and serve.

Molded Farina.—Cook farina the preceding day and mold in pourd baking powder tins. When ready to serve for breakfast, unmold, cut in thick slices. With a spoon remove enough of each slice to leave a sort of cup. Fill with bananas cut fine, chopped dates, stewed figs, peaches, or berries. Cover with cream. Serve ice cold.

Lemon Cream.—Beat yolks of four eggs light, add four tablespoonfuls of sugar, juice and grated rind of a lemon, and two tablespoonfuls of hot water. Cook in double boiler till it thickens. Remove from fire and fold in whites of eggs beaten stiff and sweetened. Serve cold with sponge cake.

Plum Snowballs.—Take large blue plums, remove pits carefully, refill with finely chopped nuts and pulverized sugar; dip each one into the well beaten white of an egg and roll into freshly grated cocoanut.

SANDWICHES.

Emergency Sandwich.—Chop fine with a knife or put through the food chopper one pound of dried beef. Remove the stems and seeds from two large green peppers and chop with the beef. Spread thin between buttered slices either of white or graham bread and your guests will wonder where you got the idea for those delicious "Mexican" sandwiches.

Nut and Cheese Sandwiches.—Chop English walnut meats fine and mix with cream cheese and a little chopped watercress, seasoning with salt and a little mayonnaise if desired. Spread on thin slices of bread or on thin toast and serve with a garnish of sprigs of watercress.

Crystallized Fruit Sandwiches.—Rutter lightly thin slices of crustless white bread. Chop crystallized fruit fine and spread a thin layer of it on the bread and cover with a layer of thick cream. Lay another slice of bread on top and press together.

Cream Cheese and Olive Sandwiches.—Stone a dozen large olives and chop fine. Mash a Canadian cream cheese into a paste with a

large silver spoon and work into it the minced olives. Spread on rounds of steamed brown bread.

Japanese Sandwiches.—Chop cold boiled chicken fine and season highly with black pepper and salt. Add a one-third part of chopped green pepper and a little mayonnaise. Spread on thin slices of unbuttered bread and serve.

Tartare Sandwiches.—To half a cup of boiled ham add three boned and skinned sardines and chop all together. Add three small sour pickles, also chopped, and half a teaspoonful of mustard, walnut catsup and vinegar. Season highly with salt, pepper, and a little cayenne and spread thin on slices of bread cut in finger lengths.

Pecan and Honey.—Split cold soda biscuits which have been made extra small in halves, butter and spread with a mixture made of four tablespoonfuls of thick honey mixed with two tablespoonfuls of chopped pecan meats.

Orange and Date Sandwiches.—To one-half cupful finely chopped dates add two tablespoonfuls of orange juice and mix well. Spread between buttered slices of whole wheat bread.

Chocolate Sandwiches.—Carefully melt sweetened chocolate over hot water and stir into it half a cupful of chopped almonds. Pour on to crisp unsweetened wafers and set another wafer above the chocolate before it hardens.

SOME SUMMER DISHES.

One and one-half tablespoonfuls of sweet cream with one square of cream cheese, cut or chop pimientos and spread between lettuce leaf on bread for sandwiches.

Creamed chicken with mushrooms wafers: One egg, one teaspoonful of sugar, one pint of milk and flour to make batter as thin as batter for pancakes. Dip rosette iron into hot lard to heat before dipping it into the batter, not letting the batter come over the top of the iron. Return it to the hot lard, thoroughly covering the iron with same for at least twenty seconds and not over thirty-five seconds. These wafers will keep for months and can be served cold or heated in oven and served hot.

Shredded lettuce leaves in bird nest shape filled with sliced hard boiled eggs, sliced radishes, chopped celery, raisins and sweet mayonnaise dressing served on lettuce leaf with sweet pickles and olives.

Shredded cabbage, pimientos cut in fine cubes, mayonnaise dressing, and walnuts.

Tomato shells filled with cube shaped pineapple, red raspberries and whipped cream.

Grape fruit, pineapple and oranges pressed through potato ricer, put back in grape fruit shells and sweeten to taste.

CLEANING.

To Wash Black Goods.—To make black silk, alpaca, serge, and lawn dresses look like new: For the undertaking get 10 cents' worth of soap bark and boil it in one quart of hot water. Let it steep a while and then strain into a basin for use. Now take the whole dress apart and rip off trimming, brush off all loose dust first, and then with a sponge dipped in the soap bark decoction wipe over each piece thoroughly, folding up as you proceed. Now have your irons hot and smooth each piece on the wrong side, even the silk trimmings, and when put together you will be surprised to see the results. Instead of your old dress you will have one that looks like new.

Cleaning Woodwork.—For natural finish woodwork that has become scratched or dented there is nothing better than a coat or two of shellac. It is prepared at home by adding the dry yellow flakes to about 95 per cent. alcohol. It shaker occasionally it will dissolve in a few hours. Shellac is a convenient form of varnish to have in a house, as it readily covers any mark on furniture.

Straw Hats.—Make a warm suds with any white soap and a little ammonia; lay hat on table, and using a small rug brush, scrub hat with suds; rinse well, then put a cord through top with knot on outside, hang in a barrel or box, so it can swing freely. Have ready pieces of sulphur cloth, which may be done by dissolving sulphur in old tin and laying strips of cloth in it until covered. Lay these on an old pie tin and place under the barrel and light with a match, and when hats become dry they will look like new.

THE TOLLERS.

The English language is full of subtle meanings and unexpected turns. Not long ago a man asked an acquaintance a number of questions about his business.

"How many people work in your office?" he inquired.

"Oh," said the other, carelessly, "about two-thirds of them."

BABY'S HOLD ON LIFE.

Baby's Own Tablets cost 25 cents a box. A box bought now may save baby's life. Summer complaints come suddenly, and carry away thousands of little ones every year. If the stomach and bowels are kept in order there is little danger of these troubles coming on. Baby's Own Tablets is the best medicine in the world for preventing and curing stomach and bowel troubles. They can be given with perfect safety to the new born baby or to the well grown child. An occasional dose of the Tablets will regulate stomach and bowels and prevent summer complaints. The mother who keeps these Tablets beside her has a reasonable assurance that her little ones are safe. If you have not got a box of Tablets, get one without delay. Do not wait until trouble comes, it may then be too late. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ANCIENT SITE OF MADRID.

Arid Now, it Once Abounded in Forests and Garden.

Travellers find it hard to believe that Madrid ever abounded with water. The modern town stands on so bleak and arid an eminence, its surroundings, save in early spring, are so parched and dusty and the water peddler's cry of "Agua! Agua!" is so insistent and ubiquitous one fancies Madrid must have been thirsty from the beginning. Yet its ancient coat of arms was a large flint half immersed in water, with steel hammers striking it on either side, the ascending sparks forming a sort of canopy around it. Appended was the motto:

I was built on water.
My walls are of fire.
Such is my emblazonment.

This device was emblematic only of the city in its early days before Charles V. had started it on its headlong career of greatness merely because he credited its climate with having cured him of a fever. He it was who first conceived the project of elevating it to the rank of capital. It was left, however, to his son, Philip II., to promulgate the decree declaring the town to be unica Corte.

At that time Madrid was a small town embowered in gardens and woods and meadows and with springs and wells lavishly supplied by nature. The Manzanares, now a melancholy, meagre stream, was of a measurable depth. But with the apportioning of her territory into palaces and lodging houses for the royal hangers-on and the cutting down of the trees to swell the royal treasury the inevitable followed. The sun of well nigh 400 summers has burned and reburned the site of the old town and its bestripped suburbs and dried up the natural moisture. At present the climate of Madrid is nearly the most trying in all Europe.

BREADLESS FOLK.

In Some Parts of the World Bread is Seldom Seen.

Baked loaves of bread are practically unknown in many parts of south Austria and Italy as well as the agricultural districts of Roumania, says the Bakers' Weekly. In the villages of the Obersteiermark, not very many miles from Vienna, bread is seldom seen, the staple food of the people being sturz, a kind of porridge made from ground beech nuts, which is taken at breakfast with fresh or curdled milk, at dinner with broth or fried in lard, and with milk again at supper. This sturz is also known as heiden, and takes the place of bread not only in Steiermark but in Carylthia and in many parts of the Tyrol.

In the north of Italy the peasantry live chiefly on polenta, a porridge made of boiled maize. The polenta, however, is not allowed to granulate like Scotch porridge or like the Austrian sturz, but is boiled into a solid pudding, which is cut and portioned out with a string. It is eaten cold as often as it is hot, and is in every sense the Italian peasant's daily bread. The modern Rumanians are held by many scholars to be descended from a Roman colony, in other words to be the cousins of the Italians, and curiously enough a variation of the polenta called mamaliga is the national dish of Rumania.

The mamaliga is like the polenta in that it is made of boiled maize, but it is unlike the latter in one important respect, as the grains are not allowed to settle into a solid mass but are kept distinct, after the fashion of oatmeal porridge.