

SURE CURE FOR TIMIDITY

A Faint Heart Is Often a Confession That Its Owner's Soul Is Not Yet Engaged.

Be strong and of good courage.—Joshua x. 25.

It was observed by an ancient that "faint heart ne'er won fair lady." Not only so, but "faint heart" never won anything worth winning. It stands before life's open doors hesitant, at the foothills of great possibilities, in the presence of some supreme achievement afraid.

Many a man is poor chiefly because he has been afraid to trust his money in other hands than his own. What uninvested millions lie hidden away in gunnysacks and under floors! All we need to start a panic is to suddenly increase the number of commercial "faint hearts." All the longed-for commercial revival waits is a restoration of confidence. So great campaigns remain unwaged, great deliverances un wrought, splendid continents unacquired and unsubdued because of our faint hearts.

A census of such timid folk would doubtless make a long list, but such a list is never quite so depressing as when it includes those from whom we have the right to

EXPECT BETTER THINGS.

"The worst thing about some good people is that they are such cowards." There is a species of cowardice which goes with respectability and belongs to great decorum. It is not by any means the cowardice of the wicked who flee when no man pursueth; neither is it the cowardice of the pure craven. It is the exhibition of those from whom we expect a different spirit—of a Nicodemus in the council chamber; of an Erasmus in the reformation.

It is said that certain enraged beasts invariably wait a sign of terror in the eyes of their victim and with the first intimation of

such terror the animal springs to the attack. Thus the forces of evil watch for some sign of weakening on the part of those who are set to defend the right. The mere blanching of a cheek, some first evidence of faint-heartedness, is all the signal the enemy needs.

But to say that men and causes are defeated by faint-heartedness is like ascribing death to "heart failure." The question still remains as to what induced the faintness—"Conscience," perhaps which "makes cowards of us all." There is no moral weakener like a sense of personal demerit. Few of us can carry comfortably and jauntily a guilty soul. That state of mind which needs no accuser acts like an inward paralysis upon

THE SOUL'S BEST POWERS.

Faint-heartedness indicates also want of conviction. Some one says that a bank never succeeds until its president takes it to bed with him. But this is only another way of saying that a man must believe tremendously in the work to which he sets himself. "He starved his business," explained a mutual friend by way of accounting for a certain commercial failure. "He never put himself into it." Nor can a man put himself into his task until he believes in his task.

But the fundamental cure of cowardice must be had from God. To be convinced of His immense opulence of resource, to know that He has a greater stake in us than we have in ourselves, to believe that He never sends His children on fools' errands is one part of a sure cure for timidity. "The secret of the Lord is with those that fear Him." And those who in the best sense fear the Lord are not afraid of anybody else.

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THE S. S. LESSON

INTERNATIONAL LESSON,
SEPT. 5.

Lesson X. Paul's Third Missionary Journey. Golden Text, Phil. 4: 13.

I. Paul's Journeys Among the European Churches.—Vs. 1-6. We learn from 2 Cor. 1: 8-10, written not a great while after Paul left Ephesus he took a trading vessel to Troas on his way to Philippi.

II. Paul's Experience at Troas.—Vs. 6-12. Paul and his company remained a week at Troas, a seaport on the Aegean Sea, a number of miles south of Homer's Troy. They reached Troas five days after the Passover, which in A. D. 57 was celebrated April 7-14. Paul, on the evening of the Lord's day, held a preaching service and holy communion in an upper chamber. As Paul was to sail the next morning the service lasted till midnight. A young man named Eutychus was sitting in the latticed window of the third story. The place was crowded and hot, the hour was late, and the young man was weary, so he was overpowered by sleep and fell down three stories to the ground and was taken up for dead. Paul immediately went down by the outside stairs common in Oriental houses, and fell on him, embracing him, as Elijah in the case of the son of the widow of Zarephath (1 Kings 17: 21), and Elisha, in that of the Shunammite's son. Doubtless Paul prayed as earnestly as those prophets, "and the close contact, the clasp of warm affection gave new intensity to the prayer of faith." His prayer was answered, and the young man was restored. The whole incident was very impressive and also comforting. It revealed the love, the faith and the power of Paul and the religion he represented.

III. Paul's Review of His Life at Ephesus.—Vs. 13-27. The change of pronouns to "we" in v. 13 shows that Luke had now joined the party, and he continues with them till they reach Jerusalem (Acts 21: 17).

From Troas to Assos, one day's sail, there were two routes. The delegation went by vessel the long way around the promontory of Lectum, and on account of the peculiarity of the winds at that season they must start very early, "soon after midnight."

Paul decided to wait a little while

longer at Troas and take the shorter land route, twenty miles across the promontory, and join the company at Assos. It is probable that he wanted to remain longer on account of Eutychus, and to complete his address which was interrupted by the accident.

On the fourth day they reached Miletus beyond Ephesus. The vessel was detained here for an uncertain length of time, and Paul sent for the Ephesian elders to come to Miletus and meet him, for it would not be safe for him not to be ready to embark at short notice.

Luke was probably present at the meeting, so that he was able to report what Paul said.

Those present knew that he was speaking the truth. What he had done and taught was an example for them to follow, and on inspiration to faithfulness.

IV. Farewell Counsels to the Ephesians.—Vs. 28-35. 1 V. 28. Take heed . . . unto yourselves. See that you are fit instruments for the work God has given you to do, and set an example that aids your work. Take heed to your intellectual life, to your spiritual life, and to your bodily life that your body may be the most perfect instrument of the spirit.

WONDERFUL ROCK GARDEN.

Englishman Has a Reproduction of the Matterhorn.

The largest rock garden in England is that of Sir Frank Crisp, at Friar Park, Henley. It is a faithful reproduction of the Matterhorn on a scale of about three acres. Seven thousand tons of limestone was brought from Yorkshire to make it.

The snow capped peak is represented by quartz. Below it are thousands upon thousands of alpine flowers growing in pockets between the rocks and filling every chink in the trails that ascend the mountain. There must be two hundred different species in bloom at once.

At the base of the mountain, says Country Life in America, is a miniature Swiss chalet, where one may sit and enjoy the scene, comparing all the main features with a little bronze model of the Matterhorn which Sir Frank had made for the entertainment of his guests. A brook courses down the mountain side and just before it reaches the chalet it forms a pretty cascade and then spreads out at your feet into a miniature lake decorated with pygmy, primroses, gentians and other alpine flowers.

It's a toss-up between the bragging man and the nagging woman.

The Home

VEGETABLE DISHES.

In boiling beets great care must be taken not to let the vegetable "bleed" out its juices until it has a palid and uninviting appearance. Wash the beets, rubbing them carefully with the palm of the hand to dislodge dirt, but not so hard as to bruise the tender skin. Drop into fresh, cold water as you clean them. Put into a sauce pan of salt ed boiling water and cook briskly for an hour. Drain, scrape, slice and serve in a deep dish with melted butter poured over them. They are best when a tablespoonful of hot vinegar is added to the melted butter.

Creamed Beets.—Select the smaller beets and cook with two inches of the stem on to prevent bleeding. Have ready a cupful of cream, heated, with a pinch of soda. Rub the skin off, top and tail the beets, and slice them thin into the cream, setting the saucepan containing it in a pan of boiling water. When all are in stir in a tablespoonful of butter rubbed into one of flour, pepper, salt and a teaspoonful, each of sugar and onion juice. Simmer two minutes to cook the flour, and dish.

Stewed Carrots.—Wash, scrape off the skin, cut into dice and leave in cold water for half an hour. Put in the inner compartment of a double boiler with no water upon them except that which clings to them after washing. Cover closely and cook tender. An hour should be long enough for this. Turn into a deep dish, pepper and salt, and cover with a good white sauce.

Mashed Carrots.—Scrape and slice, and boil in two waters. Drain, rub through a colander, and mash with a potato beetle. Beat light with a tablespoonful of melted butter, add salt and pepper and serve hot.

Cauliflower au Gratin.—Cut a large cauliflower into eight pieces and boil tender in salted water. Drain, lay in a deep pudding dish, stems down and pour over it a plain white sauce into which two hard boiled eggs have been chopped. Sprinkle with bread crumbs and bake to a light brown.

Stewed Celery.—A bunch of indifferent celery may be utilized for this dish. Cut into half inch bits and put in ice cold water for an hour. Stew tender in slightly salted water. Drain and transfer to another saucepan containing a cupful of heated milk, thicken it with a tablespoonful of butter, rubbed in a teaspoonful of flour, and stir to a boil. Mix the celery well with this, season with pepper and salt, heat all together for one minute, and serve.

Corn Pudding.—Mix together two cupfuls of finely chopped corn, two beaten eggs, a half a pint of milk, a pinch of soda, a tablespoonful of melted butter, and a tablespoonful of sugar. Grease a shallow baking tin, turn the mixture into this, sprinkle with buttered bread crumbs, cover and bake for half an hour, then uncover and brown.

Boiled Onions.—Peel and lay for an hour in cold water. Boil in two waters until tender. Drain, sprinkle with pepper and salt; put into a deep vegetable dish and pour over them a great spoonful of melted butter.

Pea Croquettes.—Heat a can of peas and while hot run through the vegetable press. Beat to a smooth paste with a tablespoonful of butter and two of flour. Pepper and salt to taste, drop in a dish of onion juice; lastly, beat in a well whipped egg. Stir in a vessel set within another of boiling water until hot all through and set away until cold. Mold into croquettes, dip into beaten egg, and cracker crumbs; leave on ice for half an hour before frying in deep fat. Drain and serve hot.

Steamed Peas.—A most delicious way of cooking canned peas is to put them in a basin without any water and place in a steamer. It will require half an hour to cook them by this method. When tender season we'll with butter, salt, pepper and hot milk. Serve as hot as possible.

If dried pease are used they should be soaked over night in cold water. In the morning put them on and parboil. Drain and put into fresh water. Cook until tender.

Stewed Tomatoes.—Put a quart of tomatoes over the fire in an enameled saucepan—never in tin. Stew fast twenty minutes. Season with a lump of butter rolled in flour, a tablespoonful of sugar, salt and pepper to taste. Stew five minutes longer and serve. Some cooks

substitute fine dry crumbs for flour. Unless some thickening is used the tomatoes will be watery and thin.

Boston Baked Beans.—Soak a quart of beans in cold water all night. In the morning soak them for two hours in warm water. Drain and put into a pot with enough water to cover them and bring them slowly to a boil. When they are tender turn them into a deep bake dish, first pouring off the surplus water. Cut gashes into a half pound piece of par-boiled salt pork, and place this in the centre of the dish. To a pint of the water in which the beans were boiled add a gill of molasses and a saltspoonful of French mustard. Mix well and pour this over the beans and pork. Cover the dish and bake in a steady oven for six hours.

MEAT DISHES.

Delicious Veal.—Take a steak from the round bone, cut off all the fat, and cut out the bone. Cut into pieces the desired size, then dip first in crumbs, then egg, then in crumbs again. Fry in an iron spider till a light brown, cover and turn a low flame for a few minutes, then pour in enough milk to cover the meat, place in the oven for one hour. The milk will all be absorbed by the meat and the meat will be so tender only a fork will be needed to cut it. Always season bread crumbs before breadening any meat.

Beefsteak Pudding.—Line a dish with thin suet crust, cut some steak into slices, mix a little pepper and salt together, and dip slices into it. Then place around the dish in layers till nearly full. Fill the middle with oysters or mushrooms, tie cloth over it tightly, and boil for three hours, but do not let the water in pan reach to top of dish, which should be a deep bowl.

Baked Steak.—Butter the dripping pan; lay steak, cut about one-half inch thick, in pan, cut an onion over top season with salt, pepper, and butter; bake in a quick oven for about fifteen minutes. Then make sauce by straining the liquor from a can of tomatoes, thicken liquor with a little flour, season with salt, cayenne pepper, and a teaspoonful of sugar; bring to a boil and pour over steak when ready to serve. A club, round, or sirloin steak may be prepared in this way.

Smothered Chicken.—Prepare chicken as for frying, roll each piece separately in flour, and place into hot iron skillet into which has been placed two tablespoonfuls of melted butter. Salt and pour over all one-half cupful of rich sweet cream. Cover tightly and place in a moderately hot oven, bake until tender, remove the cover from the chicken, and let it brown for a few moments. This is an excellent way to cook chicken, both young and old.

THE SEWING ROOM.

To Mend Woolen Clothes.—To mend woolen clothing, use ravelings of same goods, and if neatly done the mend will be almost invisible.

Girls' Bloomers.—Instead of making little girls' bloomers of the same material as the dress, try making them of black percaline. It is strong and firm, holds the skirts cut nicely, wears much better than black sateen, and saves such a lot of washing.

Traveler's Needlecase.—The case is made of a strip of ribbon, three inches by eighteen, turning up at one end two inches, which should be stiffened by cardboard. Line with flannel the ribbon which is left and into it run needles threaded with black and white cotton and darning cotton, as well as with silk, the color of the gowns taken in the trunk or suitcase. Roll up around the cardboard and fasten with ball and socket fasteners.

Veranda Work.—A pleasant occupation for the veranda is the decoration of bedroom towels. Boiling does not harm them as it might a finer piece of work accidentally left in the dust, and it is industry that calls for little skill. Scalloping the hems in buttonhole stitch will add a daintiness to a plain towel, and the design can be quite easily marked by using the end of a spool of cotton and a pencil. Monograms or a simple conventional figure may be embroidered above the hems. The buttonholing alone, however, is pretty.

System in Sewing.—The sewing for a family is accomplished by system, as is every other department of home economics. Making dresses is not of much importance when compared to the necessary stitches to be taken every day. A friend of ours works it in this way and it is fine: She has a sewing bag in every room of her small home, supplied with necessary articles. In the kitchen a muslin bag with a draw string so it can be laundered easily and in it towels and dish

towels ready to hem or ironing holders ready to make, with thread, thimble and needles ready threaded. In her bedroom a bag to correspond with the cretonne drappings of the room; in another a bag with all articles for crochet or knitting. The one point she emphasizes is to have everything ready, for we all know how many idle minutes are spent because "nothing is ready to sew." If you say that the making of all these bags is quite an item, then get pretty baskets at the store, also thimbles at the same price. In this way all you church and common sewing is done and you hardly know it.

A WEAK STOMACH BRINGS MISERY

Dr. Williams' Pink Pills Restore Despondent Sufferers to Health.

Nothing is so distressing as a weak stomach—the victims of this trouble suffer from indigestion, biliousness, dizziness and frequent headaches. No food agrees with them—meal time is a time of misery; not a time of pleasure. Relief from this suffering can be found through the use of Dr. Williams' Pink Pills—they never fail to make the weak stomach strong; to banish the distressing headaches; biliousness and dizziness. Mrs. C. S. Steeves, of Hillsboro, N. B., is one of the many who have been cured through the use of these pills. She says:—"I suffered very much from stomach trouble and would often leave the table without tasting food. I got no relief worth speaking of till I began the use of Dr. Williams' Pink Pills. They gradually restored my health and strength and now I am as well as ever I was. I would earnestly recommend them to all those who suffer as I did."

It is the blood—bad blood—that is the cause of nine-tenths of the ailments from which both men and women suffer. The blood is the life-giving fluid of the body. When the blood is bad it is bound to poison some part of the human system and thus it is that rheumatism, kidney trouble, indigestion, headaches and backaches and a host of other troubles make their appearance. Dr. Williams' Pink Pills cure all these troubles—and they cure them thoroughly—simply because they fill the veins with rich red blood. The genuine Pills bearing the full name "Dr. Williams' Pink Pills for Pale People" are sold by all dealers in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

CHINESE EATING-STALLS.

The eating-stall is quite an institution in China, says a writer in the Wide World Magazine, and the average Chinaman thinks nothing of stopping and having a feed at a street restaurant. The proprietor carries the whole of his stock in trade on his shoulders. The stall itself consists of two cylindrical boxes attached to a yoke or pole. One of these boxes usually contains a fire, on which John cooks weird dainties into the composition of which it is unwise to enquire, for the Chinaman has a scientific appetite—that is to say, he will eat anything that in any way forms food. Squeamishness is a sensation unknown to him. The keepers of these street stalls sell good fruit, excellent pasteries and simply delicious sweets at a price so low that it would astonish even the proprietor of an Italian restaurant.

VILLAGE RULED BY WOMEN.

The village of Froissy, near Paris, furnishes arguments for the Suffragist cause in that nearly all the important posts are filled by women. Passengers alighting at the railway station are met by a woman, who is stationmaster, whilst her husband is only a guard. A barber's shop bears the notice that "Mlle. Jeanne" will "henceforth shave her customers only on Tuesdays and Fridays, as she has undertaken other work." At the post-office the local telegraph messenger and postman, Mme. Lessobere, is met. She walks on an average twenty miles a day. The municipal drummer is a woman in her ninetieth year.

Professor—"I must beg you to give me your undivided attention. It is absolutely impossible that you can form a true idea of this hideous animal, unless you keep your eyes fixed on me."