PRACTICAL CHRISTIANITY

Lend a Helping Hand, Say a Kind Word' Do An Encouraging Deed.

"Who went about doing good, healing all that were oppressed."—Acts x. 38.

The tendency of business life is to make men calculating, selfish, limited in their sympathies. This disposition, stressed each work day and emphasized by competition, becomes a habit of the soul which takes control of life.

The tendency of the life of pleasure is the same. Those whose eyes are single to their own enjoyment, who are intent upon every opportunity for amusement, become superficial, cold and limited in sympathy. Selfishness with them likewise becomes a habit.

Qualities that we admire—nobility, kindness, sympathy, service—are to be secured like the practical qualities of life by making them

HABITS OF THE SOUL.

They will not come as the result of spasmodic action or sentimental day dreams. Acts performed daily ripen into habits. Do you want to keep from being the mean and selfish individual the practical life of business would make you? Plan to do some deed of kindness every day, some act which has no relation to your business, your own happiness or success.

Do your own work faithfully and well, but see if there is not an opportunity to lend a helping hand to another, to say a kind word, do an encouraging deed. In the midst of the hurly-burly of life, in the daily contact with men, take time for a look now and again for the weaker man, for the man fighting bravely against odds, for the wounded and bruised in the battle of life. Cultivate the habit of kindness, of consideration for others with whom you come in contact.

But not only for those with whom you come in contact, but others you do not see—a countless host in this great city, who daily stare with the courage they can muster, but with dread as well, into the raging eyes of

THE WOLF OF POVERTY.

Our cities abounds in distress and suffering and misery which men might see if they would step out of their selfish routine. Do some deed of kindness each day until it sets into a habit of the soul. This is practical Christianity.

A good way to create such a habit is to commit one's self to some form of Christian or altruistic service. One of the objections urged by our pleasure-loving natures against definite service of any kind i sthat it ties us down. This is really one of its advantages. When you commit yourself to the service of others or make engagements with yourself to perform some duty, your good intentions do not dissipate into thin air, but are harnessed into practical work, and the disposition to be of use to your fellow men becomes yours at last, as the result of the habit of definite Christian activity.

Rev. Dewitt L. Patton,

THE S. S. LESSON

INTERNATIONAL LESSON, MAY 2.

Lesson V. Paul's First Missionary Journey—Cyprus. Golden Text, Mark 16: 15.

Introduction. — How does Paul rank among missionaries? Of course, Jesus Christ was the greatest of foreign missionaries, as well as the greatest of home missionaries; but if we except him, then the world's greatest missionary is assuredly Paul. Among his successors are great names—Carey, Judson, Moffat, Livingstone, Morrison, Martyn, Patteson, Williams, Chalmers, Eliot, Whitman, Paton—and the stories of their deeds are full of inspiration; but no history save that of our Lord is so inspiring as Paul's. We stand in this lesson at the beginning of that glorious missionary story, and we shall find it to be an epitome and foreshadowing of all missionary works.

I. The Missionaries' Call and Consecration.—Vs. 1-3. Upon what new division of the book of Acts are we entering? The second, or missionary division, which reaches out, with Paul, over the great Roman Empire. The first division covers about sixteen years of time, and describes the growth of the church in Palestine and Syria, and especially the influences that led up to this great work for the Gentiles.

II. The Missionaries Going Forth. —Vs. 4, 5. What was the course of the first missionaries? They departed unto (R.V. "went down" —down the River Orontes, from the highlands to the coast) Seleucia, the seaport of Antioch, sixteen miles away; and from thence they sailed to Cyprus, a voyage of eighty to one hundred miles.

III. The Missionaries Win Favor and Meet Opposition.—Vs. 6-8. How thoroughly did the missionaries work? They went through the isle (R. V. "the whole island") unto Paphos, now Baffo, at the western end of Cyprus. They not only traveled the 150 miles of the length of Cyprus, but its 60 miles of breadth, probably visiting all the synagogues. No "half-way doings" for Paul! Here is "the first use of a word (translated went through) which has been fitly called one of the missionary words in Acts."

IV. The Missionaries Win the Victory.—Vs. 9-12. "There stood before the proconsul the apostle of truth and the emissary of falsehood, like Moses and the magicians before Pharaoh."—Dean Vaughan. Victory over the opposition of the sorcerer was a specimen of all the missionary victories that have been won since, in countless numbers, all over the world. It was won by three means.

V. Are You a Missionary? The missionary call comes to every true follower of Christ as distinctly as to Paul and Barnabas. It may not summon us to distant lands, and it may. It is the summons to subordinate our worldly and temporal plans to the great work of saving men from sin and leading them into the Christian life. Mothers in the home may be missionaries to their children, those children may be missionaries to their schoolmates, the father may be a missionary in the office, or the call may come to carry the good news to China or Africa.

TRAINED TREES.

They May be Made to Fit Any Space or to Take Any Form.

An expert can make a vine of an apple or a pear tree, a tree of a gooseberry or currant bush, or a snake of either. He will twist, pinch and fondle the descendant of some mighty apple tree, with its gnarled branches and its forty foot spread, measuring, planning and nursing until instead of assuming the shape of its parent it will grow to fit some space on the side of his house, nugging the wall like a vine, or possibly will form a screen to hide his kitchen porch.

In the rich man's garden abroad we see all sorts of curious forms to which fruit trees have been trained. Some are beautiful, some are freakish, but all are wonderful. In vases, lyres, shields, crests, monograms, soldiers, beautiful maidens, the apple or pear tree and the currant bush lose their identity.

Those that are trained like vines, says Country Life in America, certainly possess a distinctive decorative value. In the old days every estate in England worth while had a specimen box tree—a superior example of topiary work—which was pruned to resemble Queen Elizabeth.

In the poor man's garden abroad a trained fruit tree finds its greatest usefulness. No garden is too small for a few trees. The peasant, with a scant six inches or a foot between his walk and his neighbor's fence, still has room to plant a tree and train it against a lattice. While the necessity for maximum returns from minimum acres is not a part of our national point of view, the possibility of the training of trees as a hobby has been very much overlooked.

In Germany you can buy a tree to measure to fill in any space on your garden wall or house, just as we buy a ready made suit of clothes. While the training of fruit trees has become popular only within ten years, the Formobstbaumschulen, or schools where trees are trained, are now to be found everywhere in Germany. There are commercial nurseries where experts in espalier work are constantly making new forms and creating new marvels. Certain shapes have become standard, such as pyramids, cordons, palmettos, and so on.

There are practically no nurseries in America that have taken up the propagation and sale of trained fruit trees in a serious way, and there is almost no American literature on the subject; consequently one who wished to take this work up as a hobby will be forced to look to Germany, France or England for his inspiration and for his stock.

A successful politician, like the interest on a mortgage, keeps everlastingly at it.

Gyer—"I dropped my watch in the river, and didn't recover it for three days. It kept right on running, though." Myer—"A watch won't run for three days." Gyer —"Of course not; I was speaking of the river."

The Home

COOKING AND SERVING MEATS.

Tender Round Steak.—Put in your frying pan a little fat and have it smoking hot. Dip your round steak in cold water, roll it in flour, and fry, and you will have a tender steak.

To Serve Small Game. — Small birds which need carving may be simply split longitudinally just beside the breast bone and the spine. Their bones can be cut easily. This will apply to partridge, pigeon, prairie hen, pheasant, and all other small birds.

Pressed Meat.—Take the same amount (in price) of the following meats: Boiling beef, veal stew, and pork hock. Put beef in kettle with enough water to cook it, and when it has boiled a half hour put in veal; when boiling good put in pork, adding more water if needed. Cook until meat falls from bones. Pick meat to pieces, taking out all bones and gristle, and pack in baking powder cans. Nice for picnic dinners.

To Serve Roast Veal.—As veal is rather a tame tasting meat, roast veal is greatly improved in the eating by having a piece of boiled salt pork served with it. The combination of flavors is delicious. Boil the pork slowly until the rind can be loosened with a fork. Remove the rind before serving.

Browned Ham.—Take slice of raw ham, place in rather shallow pan. Cover with hot water and allow to simmer in the oven for forty minutes. Now take out of water and brown on both sides in frying pan before serving. This dish will be found more delicious than fried ham and as tender as boiled ham.

Cold Cutlets.—Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat. Should there be too much, dip in beaten egg, roll in cracker crumbs, and fry in hot drippings. Serve with tomato sauce. Cut six tomatoes in two, put tomato sauce into a stewpan with two small onions, one clove, one blade of mace, one cup of gravy or starch, one pinch of salt, and cayenne to taste, simmer until the tomatoes are tender, rub the whole through a sieve, boil a few minutes and serve.

Meat Pudding.—Chop two pounds of round veal steak into pieces as small as dice and season with salt and pepper to suit taste. Then take one quart of flour, one teaspoonful salt, two teaspoons of baking powder, one-half cup lard, and enough water to form a smooth dough. Be careful not to get the dough too soft, as it will break. Roll out to thickness of one-half inch. With the dough rolled out, wet edges and fill with meat, adding one tablespoonful of butter and three of water. Draw edges together and put in cloth; tie cloth, allowing a little room to swell. Drop in kettle of boiling water with saucer in bottom to prevent scorching and boil one and one-half hours, not letting the water boil too hard, as it will be likely to burst.

SPRING SALADS.

Salmon Salad.—For salmon salad flake salmon, moisten with boiled salad dressing, and arrange in nests of crisp lettuce leaves. Garnish with yolk of a hard boiled egg forced through a potato ricer and the white of a hard boiled egg cut in strips.

French Dressing.—An ordinary French dressing is easily and quickly made. Mix three-fourths of a teaspoonful of salt, one-fourth of a teaspoonful of pepper, two tablespoonfuls of vinegar, and four tablespoonfuls of olive oil. Stir until well blended.

Potato Salad.—Potato salad; cut cold boiled potatoes in half-inch cubes; there should be two cupfuls. Add one-half a cupful of finely cut celery and a medium sized apple, pared, cut in eighths, then eights cut in thin slices. Marinate with French dressing, arrange in a mound, and garnish with celery tips and sections of a bright red apple.

Lenox Salad.—For Lenox salad remove the skins and seeds from white grapes. Add an equal quantity of English walnut meats broken in pieces. Marinate with French dressing and arrange on lettuce leaves.

Boiled Dressing.—There are many people who do not care for olive oil, and for them there must be a boiled salad dressing. Mix one-half tablespoonful of salt, one-half a tablespoonful of mustard, three-fourths of a tablespoonful of sugar, one egg slightly beaten, two and one-half tablespoonfus of melted butter, and three-fourths of a cupful of thin cream. When thoroughly blended add slowly one-fourth of a cupful of vinegar. Cook in a double boiler, stirring constantly until the mixture thickens slightly. Strain and cool.

Tomatoes Stuffed with Pineapple. —Tomatoes stuffed with pineapple makes a delicious salad. Pare medium sized tomatoes, remove a thin layer from the top of each, and take out the seeds and some of the pulp. Sprinkle inside with salt, invert, and let stand in a cold place for twenty minutes. Fill cases with pineapple cut in small cubes or shredded, and nutmeats broken in small pieces, using two-thirds pineapple and one-third nutmeats mixed with mayonnaise dressing. Arrange on a bed of lettuce leaves and garnish with mayonnaise dressing halves of nutmeats and thin slices of tomato.

CARE OF A GUN.

Various Oils Recommended, but Elbow Grease Needed.

It is a fact that you can determine to a great extent a man's character by the condition of the gun he uses, says Fur News. If his gun is rusty and pitted and shows signs of abuse beware the man! Be sure of his yellow streak.

On the other hand, if his gun is clean, the barrel bright and the locks working with that oily precision which is so desirable, there you will find a sportsman—a man who keeps his friendship as bright as his rifle barrel, and a hunter who quits when he has enough.

It is a careful, delicate piece of work to clean a gun thoroughly and leave it in condition to resist dampness and rust for an indefinite period. However, with all the oils, rods, plugs and cleaners at our disposal it is less difficult than it once was.

Many different kinds of gun oils are made, and they are nearly all good, but they will not do the work alone. A liberal amount of elbow grease must be used with them.

A rag well dampened with a good solvent oil will remove the coarser fouling in the barrel. This should be followed alternately with dry rags and oiled rags until no stain is visible. If the bore is then coated with a thin application of vaseline or gun grease it is rendered rust and damp proof for an extended period. This happy state may be furthered by plugging each end of the barrel with oiled waste.

When it is possible a rod of wood or brass is preferable to a steel rod, as the softer material will not scratch or mar the bore of the gun. Field cleaners have their uses, but a watchful eye should guard the cord and replace it with a fresh cord when the old begins to fray. Otherwise the shooter may have the unpleasant experience of a wire bristle brush lodged in the rifling and a broken cord in his hand. A wire brush or a heavy bristle will remove the most obstinate cake and does no harm to the barrel.

In case of lead fouling, or leading, as it is usually called, a little mercury will remove the foreign metal if it is applied when the rifling has ben wiped perfectly dry. A cork may be placed in the chamber and the mercury poured into the barrel. If it is allowed free contact with the lead it will unite rapidly with it and both are easily removed.

The exterior surface of the gun should be wiped clean with an oiled rag. The locks seldom need cleaning beyond that which may be given with an ordinary feather dipped in oil. If the gun has been out on a wet or very cold day it is advisable to place it where it will dry thoroughly before cleaning it. Otherwise the moisture may ruin the arm. Finger marks will result in rust spots unless they are removed with a rag. A case or cloth cover excludes the dust and dampness and prolongs the life of the gun. In choosing an oil one should use care in not getting the kind that gums or freezes easily. Inferior oils of this quality cause many aggravating misfires and afford no great protection to the gun. If my previous advice is followed and the gun barrels corked with rags—be warned! See that the rag or cork is removed before firing, and avoid burst gun barrels.

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, they 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 or 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.

All men who stand upright do not act accordingly.

WARNING TO AMERICANS

J. H. COLLINS SAYS CANADA HAS WHIP HAND.

He Sayst the Dominion is in the Position of Master and Dictator.

"In Canada, Uncle Sam has a neighbor to whom he has paid scant attention the past generation, despite the fact that she is a lady, and a mighty good customer. With less population than Pennsylvania, she takes about as much of our products as all Asia and South America put together. She stands third in our export trade, coming after Great Britain and Germany. Yet Uncle Sam doesn't really know her. From time to time, in building up his own share of the continent, he has stepped on her skirt, trod on her tenderest toe, snubbed her, elbowed her out of the way. His neglect has, however, been an excellent stimulant in the end. More than anything else, it has made Miss Canada what she is today. He has given her a truly Spartan training—but she isn't grateful to him. The best thing that ever happened to Canada was your Uncle Sam—but she didn't think so at the time. Now, having left his hard schools, she is in a position to give a few lessons in return, and is unquestionably going to do it."

This is a portion of a plain talk to the American people by James H. Collins, New York, in the Saturday Evening Post, of Philadelphia, his subject being "The New Canada." He starts off with a brief discussion of the pulp and paper question, observing, in connection with the proposed removal of the American duty on wood pulp, that the Canadians reason thus: "If you Yankees take off the duty on pulp we might as well put an export duty on logs and pulp. That will bring some of your Yankee mills into Canada. Last year we sent away a million cords of pulp wood, getting only three or four million dollars. If made into printing paper it would have brought at least twenty-five million dollars or double that for better grade. We have hewn wood long enough for Uncle Sam. Let's make paper for him instead."

WHAT MAY BE EXPECTED.

"And to-day in Canada," says Mr. Collins, "it looks very much as if this course would be followed."

"If Canada does this," he goes on, "it will merely be in line with her general policy towards the United States. Already, through her Post-office, she has put a heavy handicap on the circulation of our periodicals, and as we need her lumber and wheat and other raw materials from time to time, in the future—which we certainly shall—she can deftly adjust her own laws to make a punishment that will fit the crime. It will seem a grevious, spiteful punishment to anybody in the paper business, furniture and woodenware, lumber, flour milling or whatever industries the blows may fall upon. But let a Yankee go to Canada with broad sympathies instead of special interests. Let him be the sore that he has been taught to take care of himself in a bargain. Let him listen to the Canadian side of the matter, and look from Canada at our own policies toward that country in the past. He will find it difficult to feel sorry for himself or his suffering country."

A COSTLY SLAP.

Taking up the question of trade between the two countries Mr. Collins accuses the McKinley tariff of "cutting Canada off in a day." While Americans were considering other countries in the adjustment of that tariff, "Canada, the best foreign customer any nation has anywhere, was cut off, not designedly, but without knowing she was there." He then adds:

"It made her fortune. For ten or twelve desperate years she nearly starved. Her West was little known and frost caught the first wheat crops in Manitoba then, because of the very richness of its soil. Water-power hadn't become fashionable, transportation and mining were backward. British capital went to Argentine, and we drained Canada of its enterprising youngsters. Factories had to be developed, a tariff fought through Ottawa, and direct trade established with other countries. But she led on, lived through it, worked, saved and became as hard as nails. To-day she has growing industries, an aggressive young foreign trade, great transportation, mining and agricultural projects. British capital is flowing in—last year John Bull sent her more than two hundred million dollars.

"And now Canada, having learned Uncle Sam's close-fisted way of bargaining, is ready to strike some hard bargains in return. We passed the McKinley tariff to build up our own industries. Canada has always believed we did it solely to starve her into the Union. Annexation is, with us, just a topic for mild editorials when there are no big murder trials. But over the line it has been almost an issue, and is still a fine political bugaboo; while to loosen the purse strings in London it is enough to shout: 'Help! The Yankees are annexing us!' But now Canada really believes in only one form of annexation. She is going to annex Uncle Sam, without malice, on a business basis, and has several ways to do it. If he comes quietly it can be made pleasant and profitable. If he prefers to make a fuss, there are the billy and the handcuffs."

Mr. Collins then proceeds to pass in review Canada's raw materials which the Americans would like to have, such as wheat, timber and asbestos. "Canada can be mistress of certain situations," he says, with little legislation. That is what she means when she declares that reciprocity must be discussed at Ottawa instead of Washington."

Attention is next directed to the establishment of subsidized steamship lines to Great Britain and Europe, South America, Mexico and the West Indies, which "in a few years has given the Dominion ten per cent. of the Atlantic shipping where she had practically nothing."

Then he observes that "Canada is arranging preferential tariff deals with British colonies and foreign countries.' He notes that a treaty with France has already been affected, and adds:

"In time, it is certain that many of these schemes will be worked out in actual schedules, and then some of our big manufacturers may find it easier to build up foreign trade from Toronto, Hamilton and other growing industrial centres over the border. Canada offers them free hides and wool. Her riches in water-power are enormous. It costs twenty-five to thirty dollars a year to develop one horse-power by steam, whereas Ontario can now deliver water-power electricity at about sixteen dollars. There is an electrical-product plant in Ontario that is said to save one thousand dollars a day by running at night, taking its current on the 'low peak.'"

The writer notes that in smaller manufacturing also, Canada can exert pressure, and mentions collars as a specific instance. The Troy brand, which costs twelve cents in the States, sells for twenty cents in Canada because of the tariff. "This," he says, "is bound to take the manufacturers in such lines to Canada where they will make their goods for the Canadian market instead of here."

OLD TIME MILITARY DRILL.

How it Was Conducted in the Good Old Days of '37.

The style of drill described below is calculated to please any seasoned martinet. One can imagine the well-ordered ranks after they had been put through the evolutions. This gathering of militia took place in Canada, and is described in "Humors of '37," by Robina and Kathleen Macfarlane Lizars.

There was a scope for much originality of uniform in the drill of the militia. For the cavalry, a carving-knife fastened on the end of a pole sometimes served as a spear or lance.

Of the infantry, a few had coats, a few, jackets; most were in their shirt-sleeves. Some carried firelocks, some old swords. The great number walking sticks, and there was an occasional umbrella. Commands would be given as follows:

"Gentlemen with the umbrellas, take the ground to the right.

"Gentlemen with walking-sticks, take ground to the left."

All ran after each other, elbowed, kicked, chattered, and if the commanding officer turned his back, sat down. The captain was apt to be obsequious in his orders.

"Now, gentlemen, I am going to carry you through the evolutions of manual exercise, and I hope you will be patient I shall be as short as possible, and if I should be going wrong, I hope you will put me right. With your permission I will read the words of command.

"'Tention! Please observe at the word fire you must fire, all of you who have guns. You gentlemen who have sticks, riding-switches and cornstalks needn't go through the firing, but stand as you are.

"Draw rammers! Those who haven't any rammer needn't draw. Charge bayonets! Excuse me, that is wrong; I turned over two pages at once. Advance Arms! Very well done, gentlemen; you improve wonderfully."

THE PROPER THING.

Fred—"I've only just heard of your marriage, old chap."

Joe—"Yes, I was married nearly six months ago."

Fred—"Well, it isn't too late to offer congratulations, of course?"

Joe—"A little late for congratulations, my boy, but not for sympathy."

MILD REPROOF.

Father (gruffly)—"Get away from the fire, Tommy. The weather isn't cold."

Tommy—"Well, I'm not warmin' the weather. I'm warmin' my hands."