## NOTES AND COMMENTS

This is woman's age in part because it is an age when the finer forces that women use and the sweeter ideals that they love are being valued by the world. In a word, the spiritual and the esthetic forces were latent in cruder ages but now are beginning to operate There was a time when brute force was almighty. But that is not now. There was a time when soldiers and kings were thought the most influential personages in molding events. But that is not to-day. Some one is saying in a current review that if we wish to look for the sources of reforms and improvements we do not go to the statesmen and political and governmental figures. We go to the college laboratories and to the workshops of inventors and to the studies of the thinkers. Hence come the basic lines of betterment. It is these men that get to the root of our affairs and plan the radical changes that make for our betterment. It is the men of science, said a Frenchman, who are the real priests. It is they that save the race from its miseries and point the way to progress.

Yet the spiritual priesthood is not without its high sphere of usefulness. Above the intellectual forces are the spiritual. And as the race develops, rises to loftier levels, refines, the spiritual forces come increasingly into play. All the modern methods of criminal reform in lieu of punishment, all the modern charities and philanthropies, the modern homes for the deaf, the blind, the crippled, the insane, the poor, are the fruit of the spirit. They express the spiritual love, gentleness, mercy, longsuffering. Fruits of the spirit are the modern notion for shorter working hours, for shielding child workers, for educating all the people, and for providing conditions which shall enable all to live comfortably and to enjoy the daintier pleasures of existence. The function of the religious instinct is being appreciated. The spiritual nature is found to have a legitimate and useful role to fill. The mother's prayer, thinkers of one school declare, saves her heart from breaking. The mother's prayer, believes another school, saves not only herself but also the boy for whom she prays. Her prayerful thoughts are things that are wafted as she directs them to hover over him like angels' wings, to sustain and shield and control. But both schools realize that prayer is a real and a powerful thing.

And the power and reality of love as a force are being appreciated. Prof. Lester F. Ward, the eminent sociologist, remarks upon the psychic and the material forces. He says love is as real a force as any physical form of energy utilized by science, and that it should be treated as such. The bible and the women have always believed in the power of love. And they have always believed that evil is overcome by good. Public opinion is agreeing with them when it advocates the reformation of the delinquent instead of his imprisonment. And the women and the bible have always believed that faith could remove mountains. The time is coming—it is arriving—when the public and science will believe this, too. And will demonstrate it.

Music, too, has been a costly indulgence, a soft pleasure, with little if any hard work to do. Every girl has been expected to play the piano or to sing as a part of her education, which has been ornamental rather than useful. But music has a function of much grandeur and dignity to fulfill. The old Greeks knew this and used music to cure disease, to calm troubled spirits, to purify and uplift the mind. Their ideas are reviving. The therapeutic value of sweet sounds and harmonies is being appreciated. And the power of music to convey subtle and exalted thought is being realized. "Music begins where words leave off." To-morrow or day after to-morrow music will be a language. It will have to fill a role undreamed of to-day, but a role which we are anticipating to-day in our higher evaluation of its practical nature. All the woman nature which lay dormant, misunderstood through the base, bruitish ages, is now awakening and beginning to energize in the gentler times when its subtle power and sweetness have a legitimate place.

# THE SOURCE OF ALL SOLACE

## At Every Tick of the Timepiece We Can Address Ourselves to Him.

What have I in heaven, and besides thee what do I desire on earth. —Psalms lxxiii. 25.

This a cry from the tortured heart of David—a cry from one in need to a friend indeed. Poor, in very truth, is he who calls no man friend, but poorer he who is no man's friend.

This would be a bleak world without affection, and hence the master has established, as a primal source of all solace, a fountain of love springing up perennially in Himself. The fairest and most fragrant flower of that love is inseparable from friendship. The friends we have tried and not found wanting are the friends we trust, and where the trial of friendship has been longest our trust is greatest, and so old friends are best.

### OUR TRUEST FRIEND.

One there is who outdates and outclases all other friends. He knows us and He understands, and, above all, He is willing and powerful to help us. He alone possesses the fullest equipment of a friend. He knew us in the eternities. He shapes events so as to make us fit into the marvelous scheme of His universe. He cared for us since uor coming into all the bewilderment of this creation. We have walked erect or bent, and often have we stumbled and many times have we fallen. Yet whether upright or prostrate the touch of the strong hand of His friendship has been upon us, even when in insensate moments we have struggled to fling it off.

At all times, sick or ill, waking or sleeping, sad or joyous, His love holds us like the clasp of a mother. Others have, never has He shut a door against us. He was no mere life-saver stirred by feeling or by thirst for fame or by hope of reward. He was all He was to us not because He had pity on us, but because he loved and wanted us. He is walking by our side ever. He meets us at the turn of every road. Whether our feet are in the narrow path and we need courage, or whether we are fighting with swine for their husks, it is always

### OUR BLESSED PRIVILEGE

to appeal to this Friend to keep us uncontaminated or to bring us back from our wandering under the roof of the Father.

Such friendship teaches us our own worth. If He values us so highly, if He thinks so much of us, to what heights of manhood and womanhood may we not climb. How pitiful to be surrounded by such an atmosphere of love and not to live of its vitality. What fools we are to starve amid such plenty. If we realized all this we would not leave this Friend until we had failed with every one else, but our prayer to Him for help would be as our breathing and would discover beyond doubt that old friends are best, and that of all old friends He, the ancient of days, is verily oldest and best.

REV. P. A. HALPIN.

# THE S. S. LESSON

INTERNATIONAL LESSON, AUG. 1.

**Lesson V. Close of St. Paul's Missionary Journey. Golden Text, John 16: 33.**

I. Corinth, the Vanity Fair of the Roman Empire. Corinth, the center of government, commerce, and business, as Athens was of learning, literature, and art, was situated on the isthmus which joins the two great divisions of Greece.

The city has been called "The Star of Hellas," "The Eye of Greece," "The Bridge of the Sea," "The Gate of the Peloponnesus," "The Vanity Fair of the Roman Empire."

It had an almost ideal situation for commerce. It attracted strangers from all over the world on account of its delightful climate; the Isthmian games to which contests Paul refers twice in his letters to the Corinthians (1 Cor. 9: 24; 2 Cor. 2: 14-16); and its position as the center of government, where riches could be gained by dishonesty and oppression; and tne seat of unrestrained sensual pleasure, and of every kind of licentiousness and excess. Vice and profligacy here held high revels, with a shamelessness consecrated by the rites of their false gods.

II. Paul's Labors Among the Corinthian Jews.—Vs. 2-6. I. His Opportunity. This great city with its worldliness, and absorption in pleasure, its vigorous and varied life, its infinite needs, gave Paul a great opportunity. It is just the kind of place which attracts ministers and missionaries. And yet the difficulties were so immense, the obstacles so insurmountable that it is no wonder that Paul came to them feeling his "weakness, and in fear and in much trembling" (1 Cor. 2: 3), and needed the vision of cheer (v. 9).

2. His Four Friends. Paul had a strong, social nature, and felt the value of friends. He could say "I am wealthy in my friends," and he obeyed the precept. "Grapple them to thy soul with hooks of steel."

2. He found a certain Jew. Paul always began with the Jews, as the best possible opening for his work. Named Aquila, a tentmaker. A man of some wealth, born in Pontus, but doing business in Rome, till lately he had been driven from Italy by the decree of Claudius Cesar, early in A.D. 52, banishing the Jews, and had carried his business to Corinth. With his wife Priscilla. As Aquila is called a Jew, but Priscilla is not, it has been inferred that she was a Gentile. As she is usually, by Paul, mentioned first in speaking of the husband and wife, it has been inferred that she was of higher social rank, better educated and of more marked ability than her husband. But it is worthy of note that both are always mentioned together. He was the business man who by his ability and success made it possible for his wife Priscilla to devote herself to religious work. It may be for this reason, as the one most directly in touch with the religious work, that she is mentioned first. They were true yoke fellows, and both are mentioned as instructing the eloquent Apollos in the gospel truths.

Paul while in Corinth was the guest of this family (v.3).

5. In addition to these friends, Silas and Timotheus came from Macedonia. They had been left at Berea, when Paul was compelled to leave (Acts 17: 13-15). Timothy had been sent to Thessalonica (1 Thes. 3: 6), and from Philippians 4: 15 we judge that he had visited Philippi also. Paul's friendly heart was cheered by their presence. Timothy also brought him glad tidings of the faith and love of these churches and of their longing to see him, so that he was comforted concerning them in all his distress and affliction through their faith. The Philippians also sent him aid, which, like Joseph's wagons to Jacob, brought proof of the abundant harvest of faith and love in the Philippian church.

The Circumstances in which Paul Worked. 1. He earned his own living by working at his trade. It was Jewish law that every boy be taught some kind of trade for his support.

III. Paul's Work Among the Corinthian Gentiles.—Vs. 7-22. Paul's preaching place was in the house of a man named (v. 7) Jestus, one that worshipped God, a Gentile believer in the one true God, but not a Jew, whose house joined hard to the synagogue. Here would be a perpetual invitation to the Jews, while at the same time the Gentiles would feel welcome to go there.

Paul Encouraged. 9. Then spake the Lord (Jesus) to Paul in the night by a vision, as at other crises of his life (Acts 16: 9; 22: 17; 27: 23). As we have seen this was one of the most trying crises of Paul's life. Sick in body, striving against the bitterest organized opposition, looking in the face of difficulties like black mountains in a dark night, Paul needed a fresh, clear, undoubted revelation of God's will and God's presence.

Compare the visions which the apostle John saw when in the midst of persecutions which could be represented only by great earthquakes, the sun darkened, the moon turned into blood, the stars falling from heaven, death and hell and famine, the star wormwood, the smoke of the bottomless pit, till men sought death and could not find it, and desired to die, but death fled from them. Then how the visions of the martyrs with crowns, and white robes, singing songs of redemption, "Blessing and glory and wisdom and thanksgiving and honor and power and might be unto our God forever and ever"; and visions of the redeemed earth, the perfect success of the cause for which they gave their lives, gave courage and hope and assurance. They do the same for us to-day.

### CONTINUAL DOUBT.

"How many children have you?" said the tourist affably.

"I dunno exactly," answered the tired-loooking woman.

"You don't know?"

"Not for certain. Willie's gone fishin', Tommy's breakin' in a colt, George's borrowed his father's shotgun to go huntin', an' Esmerelda Ann is thinkin' of elopin'. I never know how many I've got till supper time comes, so's I can count 'em."

### ONE OF MILLIONS.

**Many Young Men Are Dead Weights in Business.**

It is a commonplace that the really valuable man, in business or anything else, is the man who has ideas, or imaginations. Mr. Lorin F. Deland, writing in the Atlantic Monthly, tells of a young man who went to him for advice as to some way of getting an increase of salary. He was even debating whether he had not better give up his situation and trust to luck to find something better. "I urged him at once against such a course," says the writer, "and told him to look for something better while he was holding his present situation. I said to him:

"'Mills, the important thing for you in this matter is to ascertain whether you are paid all that you are worth; and that settled, whether you can make yourself worth any more. But first of all, let us see if you can make yourself worth any more, whether you are paid for it or not. If you can, you had better stick, and look for your raise at the first fair opportunity.' He agreed, and I went ahead with my plan.

"First, I told him for thirty days to put his mind on one thing: To devise some method whereby his house could sell at least one hundred dollars' worth more of goods. It must be a practicable plan, and should be presented as any interested employe would present such a matter to his superior.

"Thirty days passed, and Mills came to me again. With all his thinking, he had found no method by which the business of the firm could be extended even one hundred dollars a year.

"I then put him to work on his second month's labor: To discover any method by which the firm could transact its present volume of business with greater economy, so that, by improved methods, there should be effected a saving of at least fifty dollars a year.

"At the end of the time he came back to me with his report. He had been able to discover no new method whereby the firm could economize. He had, however, discovered one thing, namely, that he would not need to go ahead for another thirty days with our experiment, for he had about made up his mind that he would continue where he was.

"'My boy,' I said to him, 'just realize for a moment where you stand. You are not able, though you have worked three years in this house, to increase the volume of the business one hundred dollars a year, nor can you point out a way to save that amount. My warning is lie low! Attract as little attention to yourself as you can. Don't let the proprietors or the manager remember that you have been three years in their employ, if you can help it.

"'You are an absolutely unproductive man. I don't mean that you are a bit inferior to thousands of other young men who are in the stores and wholesale houses of this city; but you, like them, are simply sitting upon the head of one of the bright men in the counting-room. He has to solve all these problems. You and fifty others in your establishment are just sitting on the top of his head, like so many deadweights. If the business prospers, you expect a raise of salary, when it is his head-work that has gained every inch of progress. He has to carry you all.'

"The young man went off, sadder and wiser than he came. For five years thereafter, in which I was able to follow his course, he held the same place and at the same salary."

### JAIL WITH ONLY TWO CELLS.

**The Smallest Prison in the World is That of Sark.**

Sark, the loveliest of the Channel Islands, possesses a quaint old prison of two cells, more as a matter of form than of necessity, for serious crime is almost unknown in the island, which has no paid police, but simply an elected constable.

It is some years since the prison was called into requisition, says the Strand, and on the last occasion the bolt was found to be so rusty that it had to be broken before the door could be opened. The prisoner was then put in, left all night with the door open and made no attempt to escape.

On another occasion a young English servant who had stolen some clothes was sentenced to three days imprisonment. The prospect so terrified her that the authorities took pity on her loneliness and considerately left the cell open. The little maid sat in the doorway and was consoled by kindhearted Sark women, who came to keep her company.

A still more curious incident is told of a man who was convicted for neglecting his wife and children. He was ordered to betake himself to the prison and there wait for the arrival of the constable. This he did, sitting outside until the door was opened to let him in.

Don't boast because you have never been in jail. Possibly the officers of the law were not on to their job.

# The Home

### MEATS.

Ham Darioles.—Chop fine enough cold ham to fill a cup, one-quarter cupful of sifted bread crumbs, the yolks of two hard boiled eggs passed through a sieve, two tablespoonfuls of melted butter, one-quarter teaspoonful each of salt and paprika, two beaten eggs, and one-half cupful of milk. Bake the above mixture in patty pans, mixture to be three-quarters of an inch thick in the pans. Cook on several folds of paper and surrounded with boiling water until firm in center. Unmold on rounds of toast and set a poached egg on top. This will be found delicious and is something new; it may be used as a course at a luncheon party or principal course at a home luncheon.

Delicious Veal.—Take a veal 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, crumbs again, and then into the egg again. Fry in an iron spider till a light brown, cover and turn a low flame for about ten minutes; then pour in enough milk to cover the meat and 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 in cutting it. Season bread crumbs before breading any meat.

Smothered Chicken.—When the chicken is dressed ready for cooking, split it down the back and place flatly in a covered pan, dredge with salt, pepper, and flour, and spread with softened butter. Have only enough water in the pan to produce steam. When closely covered it soon becomes tender. Then remove cover and brown. Serve with rich cream gravy. The best way to cook a spring chicken—far superior to frying.

Meat Souffle.—One cupful of cold meat chopped fine, one cupful of sweet milk, one large tablespoonful of flour, one small tablespoonful of butter, two eggs, seasoning to taste. Scald and milk, thickened with the flour and butter; stir in the beaten yolks; pour this while hot over the meat, stirring; set aside to cool. Then stir in lightly the beaten whites and bake in a quick oven fifteen minutes. Serve hot.

### SEASONABLE RECIPES.

Pickled Cherries.—Seven pounds of cherries, four pounds of sugar, one pint of vinegar, one ounce whole cinnamon, half an ounce of cloves. Cook all together slowly half an hour. Cool and put in jars for use.

Rice with Water Cress.—Boil tender one cupful of rice in salted water, drain and let steam for five minutes. Meantime, wash, dry, and break two bunches of watercress. Fry until crisp in a tablespoonful of butter. Arrange with rice in a deep dish in alternate layers, with rice at top and bottom. Scatter grated cheese over the last layer.

Stuffed Beets.—Slip the skin off boiled beets. Scoop out the inside, leaving cup. Mash fine some boiled lima beans, mix with mayonnaise dressing and chopped celery, and fill the beets. Serve ice cold on lettuce or grape leaves.

Egg Plant Scallop.—Reheat some cold cooked eggplant in the oven. Butter a baking dish, stew with alternate layers of grated cheese, eggplant, and salt and pepper to taste. Pour over all a cupful of rich sweet milk. Bake covered. This is a good dish.

Chops.—To two parts of shredded codfish add one part of hot seasoned mashed potatoes. Bind fish and potato with beaten egg. When cool mold into form of chops. Insert piece of macaroni for chop bone. Dip in beaten egg, then in bread crumbs. Fry to a golden brown in deep fat.

### THE LAUNDRY.

Braided Linen Dresses.—Pin two bath towels, one upon the other, smoothly over the ironing board. Do not sprinkle, but put the skirt upon the board wrong side out. Wet a yard of cheesecloth, wring it tightly, and, putting it over the goods, iron from hem to band until thoroughly dry, using heavy irons. In this way you will avoid "rocks" in the skirt and dust from the floors upon wet goods.

Laundry Bags.—A handy laundry bag is made as follows: From denim, ticking, or heavy unbleached muslin cut a piece 20x36 inches; cut another piece 22x30 inches. This latter piece is the front and is slightly wider to make a pouch. The back is longer than the front, the extra length falling over the rod, forming a flap. The bottom is buttoned together so that the clothes may fall out when the buttons are unfastened, instead of top to a curtain rod, which may be placed on the back of the closet door.

To Preserve Colors.—To wash delicately tinted fabrics and have them retain their color, make a large pauful of thin flour starch. When sufficiently cool, take one-half of the starch to wash the garment in, rubbing carefully by hand, and when all the soil has been removed, rinse in the clean portion of starch, and hang in the shade to dry. Stenciled curtains are nicely laundered in this way, which would fade if washed in the usual way or sent to be dry cleaned.

To Remove Iron Rust.—Wet the spots of iron rust with water, then cover them thickly with cream of tartar. Roll up the garment so that the cream of tartar will remain on the spots and place it in a vessel with cold water and bring to the boiling point. The spots will have disappeared. This method is quick and effecutal.

Starch That Will Not Stick.—Dissolve starch in lukewarm water, add enough boiling water to make it clear, stirring briskly while you pour in the boiling water; add one teaspoonful borax and shave in about one tablespoonful of paraffin, then bring to a boil for five or ten minutes.

To Mend Lace Curtains.— A fine way to mend lace curtains is to remove the feeder on your sewing machine and, placing torn part of the curtain under the foot of the machine, swing back and forth until hole is filled. By removing feeder the goods will not draw and will make a strong twisted thread that cannot be distinguished from the curtain itself.

### TWO PICKLE RECIPES.

Large Cucumber Pickles.—Large cucumber pickles can be put up for table use by salting, peel them, slice them a quarter of an inch thick, pack them in wooden kegs, with plenty of salt sprinkled among them. Allow them to remain in salt twenty-four hours; then drain them, put them in glass jars, or earthen jars, with more salt, and close them airtight. When they are wanted for the table soak them in plenty of cold water, until they are perfectly freshened, then dress them like fresh cucumbers. Green corn, string beans, and asparagus may be preserved in this way; cauliflower and lima beans, also.

Spanish Pickles.—Two large heads large pickles, chopped fine; and one and one-half dozen large onions, four green peppers, all chopped fine and separate; salt overnight in sparate jars; in the morning mix all together, put in a cloth, and press perfectly dry; put on the stove to cook in a porcelain kettle with vinegar enough to cover, dilute vinegar, put in a small cupful of sugar, 5 cents' worth of tumeric, 10 cents' worth of white mustard, three tablespoonfuls of ground mustard, 5 cents' worth of celery seed. These pickles are not hard to make and are excellent for this season of the year.

### HOUSEHOLD PESTS.

To Banish Rats.—Chloride of lime is infallible; it should be put down the ratholes and spread about wherever they are likely to appear.

Sparrow Hint.—To keep sparrows from roosting on your porch take an old paint brush and some tar and late in the afternoon paint the top of the pillars and the birds will not come back.

Ant Exterminator.—Purchase 5 cents' worth of tartar emetic from your druggist. To one teaspoonful of powder add one-third teaspoonfull of sugar and moisten with a little water. Put it on shelf or any place where ants are found. A few will eat it and leave and will not return. Powder will dry, but can be moistened again and left in place until ants entirely disappear. One day is sufficient.

### A FRIENDLY SUGGESTION.

An old man in a Scotch village had a big eight-day clock which needed repair, so he took it on his back to carry it to the watchmaker's. As he went along the village street an acquaintance met him, glanced at him and passed on. After he had gone about fifty yards away his friend called out to him, "Hi!" Back went the old man laboriously to where the other stood. "Man," said his friend, "would it not be far handier if ye carried a watch?"

### EVEN EXCHANGE.

Angry Patron—"That's the third time you've given me the wrong number. You must have what they call the telephone ear."

Girl in Central Office—"I beg your pardon, sir, but that isn't the trouble. You have what we call the cornmeal mush voice."

### A WHALED PRODIGAL.

"Who's that a-hollerin' down yonder in the branch?"

"That's the prodigal son. The old man's a-whalin' thunder out o' him fer runnin' away."

### NEVER TRIED IT.

Patience—Jack's very accommodating. I never asked him to do a thing that he didn't do.

Patrice—Then you never asked him to open a car window for you?