GREAT NAMES IN HISTORY

The Meaning of "The Shadow of a Great Rock" Pointed Out.

As the shadow of a great rock in a weary land.—Isaiah xxxii. 2.

The metaphor expressed in these words was very vivid to the dwellers in Palestine. The sun during the dry season blazes down day after day unceasingly without a cloud to veil its brightness. Vegetation withers and springs and streams go dry. Travelers push along listlessly in the parching heat.

Yet, as in all tropical countries, the heat is not oppressive in the shade, out of the direct rays of the sun. Such a shade may be found "in the shadow of the great rock," which in mountainous sections juts out from time to time from the surrounding barrenness. Such great rocks are always most welcome to the traveller. In the long shadows cast by them there is refreshment and rest. Often

A SPRING OF PUREST WATER

gushes from the rock. Vegetation flourishes in the rock's shadow. There is safety, too, in the caverns of the rock against the sudden attack of marauders. So David sang "Thou are my rock and my hiding place." Safety, refreshment and inspiration are found "in the shadow of a great rock in a weary land."

An honorable man in business, in politics, in social life, is a great rock in the circle in which he moves, affording refuge, encouragement and inspiration. A man of honor in business whose word is as good as his bond, who scorns trickery, who gives good measure, whose service is honest, whose work is up to standard, is such a rock.

The influence of his character is not confined merely to those who come in contact with him. The shadow of his influence reaches to multitudes whom he does not know who observe him, take notice of his integrity and uprightness and know thereby that honor is not yet dead among men and are encouraged in their own place and sphere to imitate his example.

Such, likewise, is the influence of a noble woman in the social life of the day, in the midst of the scandal of the time, surrounded by the malicious gossip of a community, for gossip is usually malicious and has little connection with the truth.

Such a woman puts the vicious to silence, the scandal-mongers to shame and renews our faith in the innate purity of womanhood. Her influence reaches far beyond the circle of her acquaintance. She is as a

"GREAT ROCK IN A WEARY LAND."

The great names in history viewed from this point of view are great rocks of safety, refreshment and inspiration in a toiling, struggling world. Serene and immovable, like giant peaks, they live their lives in a higher atmosphere, in the midst of petty, self-seeking, mean, ambitious and cringing selfishness of their day. In their presence moral distinctions, which in the hazy atmosphere in which most of us live become obscure and blunted, grow clear and plain.

The grace of God can make us rocks of influence in the midst of circles in which we live. Consider St. Peter, the "man of rock," whose name Simon was changed to Peter (which in the Greek means rock). Originally vacillating, unstable and impulsive in disposition, Christ saw in him qualities that were noble and rocklike and named him what through his grace he would become, Peter, the "man of rock." So with all of us. We can overcome faults and failings in our lives; there can be developed in use new graces and virtues unknown to us, so that standing four square and immovable in the midst of the untoward influences of this world, we, too, may be rocks of refuge, encouragement and inspiration, casting a shadow of blessed influence upon multitudes in this weary world.

REV. DE WITT L. PELTON.

THE S. S. LESSON

INTERNATIONAL LESSON, AUGUST 8.

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

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

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

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

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

5. If it seems strange that such a letter could be written to a church founded by Paul less than a year before, implying "the wonderful maturity of this infant church, when we compare it with the slow progress of modern missions we must remember that the first church members were Jews and religious proselytes, long trained in the religion of the true God." Moreover, many of the Greeks were cultivated and thoughtful people, who through the gospel had been enlightened by the Holy Spirit.

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

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

Whole spirit and soul and body. Every part of your nature, the spirit that allies us to God, the highest moral nature. And soul. Our real selves, our immaterial nature, including all the faculties of our being. And body. The home of the soul, which should be as pure as a temple of the Holy Ghost. No one is preserved blameless, i.e., without spot or imperfection for which one can be blamed. No one is perfect till his body is under perfect control of his moral and mental nature, a perfect instrument of the spirit. Unto the coming, Greek "in (or at) the coming" of our Lord Jesus Christ. As in Matthew 25, that you may be among those on his right hand, belonging to, having a part in his everlasting kingdom of righteousness and love.

WEARING A NEW STRAW HAT.

A man is not really gallant unless he is perfectly willing to give up his umbrella to a woman who has been caught in a sudden shower, and go home in the rain himself.

Don't employ a shoddy workman when you want a horse shod.

ETIQUETTE ON THE SEA

CURIOUS FACTS ABOUT MARINE SIGNALLING.

Wireless Telegraphy is Taking the Place of the Old-Fashioned Methods.

Wireless telegraphy, of course, has to a certain extent revolutionized old-fashioned methods of ship signalling, and we had a striking demonstration of the value of Mr. Marconi's invention as applied to the transmitting of distress signals at sea. Although vessels many miles distant from each other can now talk by the aid of wireless telegraphy, however, flag signalling is still used, as hitherto, when one vessel is passing another and wishes to ask or answer a question.

JUNIORS DIP TO SENIORS.

Flag etiquette is, in fact, strictly observed by captains of vessels, for by its means they are able to act in a courteous and polite manner towards one another when on the high seas. For instance, when two liners belonging to the same owners sight each other at sea they hoist flags immediately, and in passing the junior captain always dips his ensign to the senior captain. Then, again, according to that nautical authority, the editor of the "Shipping Gazette," if two liners belonging to different owners pass each other at sea, and the captains happen to be acquainted, the master who realizes that he is the junior invariably dips to the other ship.

TRAMP STEAMERS AND LINERS.

In the case of a British liner sighting a foreign liner there is no definite practice, but, as a rule, the commanders of foreign liners courteously dip to any large British liner they meet on the high seas. It is just a matter of courtesy, and often the commander of a British vessel will run up his ensign first.

A certain code of etiquette exists, too, between the tramp steamer and the liner. If a tramp steamer approaches a liner, it is not customary for the latter to hoist her flags unless the tramp takes the first step. Then, as soon as it is seen that the cargo boat has hoisted her flags, the liner responds. Mail and passenger liners, for instance, when passing along the coast of Portugal, may sight dozens of cargo steamers, and, naturally enough, will not show their flags unless the tramp does first. But if a dozen or more cargo boats hoisted their flags to the liner, the latter would be expected to acknowledge them.

INTERNATIONAL SIGNALLING.

In the case of men-o'-war, all merchant ships, tramps, or liners dip their ensign, whether British or foreign. Signalling between British warships and merchant ships has received a good deal of attention during recent years, and both naval officers and mercantile officers welcome an opportunity of signalling to each other. In fact, commanders of liners rarely sight men-o'-war at sea that do not have their colors flying as soon as the liner is in sight.

It is nearly half a century ago since the system of sea signalling called the "International Code of Signals" was compiled in consequence of action taken by the British Board of Trade, and adopted by nearly all the commercial nations of the world. The system consists of eighteen flags and a code pennant. In using and interpreting these signals it is, of course, necessary to be in possession of the signal-code book, in which the meanings attached to the flags and combinations of the flags are printed. Each nation, however, prints its own copy of the signal book in its own language, and thus two ships totally ignorant of each other's language may converse by means of these flags.

NICKNAMING NATIONS.

Like individuals, the nations of the earth have nicknames. Some are appropriate, some are not. Englishmen, for instance, are called "John Bull." That's all right, because they have "the pluck of the brute." A Scotsman is "Sandy"; an Oirishman "Paddy"—from his national patron saint St. Patrick; while an ancient nursery rhyme proclaims that "Taffy was a Welshman." The Frenchman calls himself "Jacques Bonhomme"—Good Fellow; and Cousin Michel is the nickname by which the German is known to Continental nations; Mynheer Closh—an abbreviation of Nicholas—is the name applied to Hollanders; the Switzer rejoices in the appellation of Colin Tampon. And we all know Uncle Sam.

SURE ENOUGH.

"You must not interrupt me when I am speaking, Ethel."

"Why, that's the only time I can interrupt you, mama."

Many a man squandrs a dollar's worth of energy in an attempt to save a nickel.

The Home

COLD DISHES FOR WARM DAYS

Emancipation from serving hot, heavy meals should be the housewife's declaration of independence during the summer months. If her family has not yet learned that summer should be mother's vacation time, too, let them begin lessons at once. When possible it is good to follow the custom of women in smaller towns and serve the hot meal at noon, and a cold supper, generally with creamed potatoes and tea biscuits as the hot dish. Cold sliced meat, salad, and fresh fruit complete this sensible menu.

Many housewives have their families trained to eat cold rice or mush and mlik, or merely a dish of berries or other fresh fruit and cake for the evening meal. This plan is more difficult for the city or suburban housewife, whose men folks eat a hasty luncheon at noon and depend on a hearty dinner at night. Many women ro induce their husbands to take a chop or steak with their noon meal and eat lighter food at night. Some allow for this extra heavy meal at noon out of the household allowance, so the husbands cannot object on account of the heavy meal being too expensive.

The dishes which custom has made us serve hot, but which can be served cold and made just as tasty, are legion. It is popular and sensible to substitute fresh fruits for a first course instead of hot soup—fresh berries, mixture of fruits sweetened and kept on ice for an hour or two before serving, pineapple, orange, banana, and melons. With a big spoon "eggs" may be scooped from the pink pulp of the watermelon. The effect of those pink eggs on a bed of ice or grape leaves, as a first course, with pink flowers in the center of the table, is pretty.

Cold Soups Thickened with Gelatin.—When you get the habit of serving cold soups you will never set a dish of hot soup before your family in dog days. The cold soups are really aspic, made of soup stock and vegetables, just as you make any soup and thickened with enough gelatin to give them the proper consistency. Cold soup is served in cups. Chicken comes first in popularity, then tomato, then beef stock. Of course in preparing soup to be served you must be particular to have it well seasoned, for you wish your family to like it instantly.

Parsley, celery, and bay leaves give chicken soup a good flavor, and a bit of red pepper adds piquancy. Red pepper is used to excess in hot countries to stimulate the stomach and liver, but a bit used occasionally is an addition to any dish and not necessarily overstimulating. The water in which vegetables are boiled and the creamed vegetables left over may be converted into summer soups, cream soups, by the addition of milk and soup stock thickened.

When the vegetables are used, as spinach, celery, asparagus, peas, beans, or any vegetable pulp, it is first boiled until tender, then rubbed through a fine sieve and added to the milk and soup stock in the proportion of two cupfuls of vegetable pulp to one quart of soup stock or milk, or half stock and half milk.

Same Rule Applies to All.—By using this rule for cream of spinach, soup can be made from any vegetables. Boil the spinach until tender, drain, chop, and rub it through a sieve. Add two cupfuls of the pulp to one quart of milk or stock or half parts of each. Put on the fire and thicken with one tablespoonful of butter and two tablespoonfuls of flour. Season with salt and pepper. It is mare richer by adding a half cupful of cream and beaten with an egg whip. Cream of tomato is one of the popular summer soups. The tomato and the milk are heated separately, the latter being cooked and strained. A bit of soda is added to the tomato and it is stirred into the milk, not vice versa. Season with salt, pepper, and butter to taste. City housewives buy the tomato soup in cans and make cream of tomato with that. This soup served in cups with whipped cream and an English walnut on top is a dainty first course at luncheon. Onion soup is popular with the French and Italians. To prepare this put two ounces of butter in a saucepan and when melted add a tablespoonful of flour, stir and when it begins to turn yellow, add four or five onions sliced. Stir until fried, add one quart of broth and let boil about fifteen minutes. Mash through a colander, put bock on the fire, give one boil, salt and pepper to taste. Have a slice of bread or bits of toasted bread (croutons) in the soup tureen. Italians serve grated cheese with onion soup. This is the national soup.

Gelatin the Summer Ally.—Gelatin is the housewife's best ally in summer. By its aid she can evolve delicious cold dishes. Scientists do not understand just what part gelatin plays as a food, but they have discovered that it is not worthless as food and that it is sufficient to sustain life when combined with other substances which would themselves be wholly insufficient if given alone. Gelatin must always be flavored to render it digestible and nutritious. It is a fine food for the sick, especially valuable in cases of disease of the intestines, as typhoid fever. So much when you are inclined to look upon gelatin as only a "fancy" food used for decorative purposes, remember that you can well afford to serve it. Aspic is gelatin made of the meat stock. One can make a great variety of vegetable aspics. Boil the vegetables (one or several), as carrots, beets, celery, peas, string and lima beans, asparagus, and when cold cut them into dice, slices, or fancy shapes. They can be arranged in layers and covered with the aspic, letting each layer harden a little before arranging the next. When covered with the aspic set away to harden. Chicken, tongue, and other meat aspics are delicious. With a little experiment, one can become expert in decorating a mold with designs of hard boiled eggs and vegetables, arranging the slices of chicken or meat attractively and covered with the aspic, so the dish will come on the table exceedingly pretty.

Leftover Meats Attractively Served.—When one has just a few slices each of chicken, ham, and tongue, and wishes to serve these, an attractive dish can be made by garnishing the platter with little squares or molds or aspic hard boiled eggs, slices of beet pickle, and a border of parsley or cress. Everything here is good and nutritious. Aspic dishes are just as suitable for the company luncheon and Sunday night supper as they are for the family meal. Since the stock, which is made by boiling the bones and lest desirable pieces of meat, and the gelatin used—if thickening is necessary—are inexpensive, aspic dishes are to be prepared the evening before or early in the morning and set in the ice box to cool. With one "hearty" vegetable, as baked stuffed potato or escalloped corn, a vegetable salad, and fresh fruit, a meal is satisfying and easily prepred. Cold boiled fish are delicious when covered with jellied mayonnaise and decorated with one of these: Pickles, beets, hard boiled eggs, capers, water cress, nasturtiums, lemon points, and so on. One formula for jellied mayonnaise for fish is: Add one and one-half tablespoonfuls of gelatin which has been soaked for an hour and a half to a cupful of clear beef or chicken stock which has been heated. When this has cooled, stir into it a half cupful of olive oil, a tablespoonful of vinegar or lemon juice, salt, pepper, and the beaten yolk of an egg.

SEASONABLE SALADS.

Cabbage Salad.—Take the tender white center from a head of cabbage. Shred fine and crisp in ice water. Make a cooked dressing of three egg yolks, three tablespoonfuls of butter, five of tarragon vinegar, one teaspoonful of grated horse-radish and the same amount of mixed mustard and a good pinch of salt. Cook over hot water until creamery; when cold add an equal portion of whipped cream and stir through one pint of the shredded cabbage well drained, one cupful of chopped peanuts, and half a cupful of diced pickled beats. Fill the cabbage shell and garnish with celery plumes and circles of beets.

Sally Joy Brown Salad.—Ingredients—One large head of lettuce, two small grape fruit, one-quarter of a pound of shelled pecans, one-quarter of a pound of black walnuts. Take outer leaves from lettuce head and place whole under cold water faucet drip until leaves are all thoroughly washed and opened. Divide the grape fruit into its natural sections carefully. With a sharp knife slit seed side of each section and turn contents inside out. This method retains sections whole and conserves juices. Run nuts through meat grinder, finely set. Arrange grape fruit sections into open lettuce petals, and sprinkle ground nuts over all liberally. Set on ice until thoroughly chilled and serve with following dressing: One teaspoonful of salt; one teaspoonful of paprika, a dash of black pepper, one-half cupful of green olive oil, one-half cupful of vinegar, one-half cupful of Italian vermouth. Mix salt, pepper, paprika, and oil until smooth; add vinegar and vermouth and shake until thoroughly blended.

THE LAUNDRY.

Black Goods.—In laundering black wash goods use a small portion of black diamond dye, mixing it in with the starch. This will take away the glossy appearance so common in black shirt waists.

Washing Fluid.—Sal soda, one pound; stone lime, one-half pound; water, five quarts. Boil a short while, stirring occassionally; then let it settle and pour off the clear fluid into a stone jug and cork for use. Soak your white clothes over night in clear water, wring out, and soap wristband, collars, and dirty or stained places. Have boiler half filled with water, and when hot, put in one common teasupful of fluid, stir, and put in your clothes and boil half an hour; then rub lightly through one suds only, rinsing well in the bluing water, as usual, and all is complete.

Seam Board.—When ironing vests and linen suits, in fact all garments with heavy seams, use a thickly padded board; an inch thickness is none too much. Starch in moderately thick, well cooked starch. Dry thoroughly before sprinkling, as the stick element in starch evaporates in drying. Let garments stand at least two hours after sprinkling. Starch should never be allowed to get cold and lumpy. Sticky starch is the result. When ironing vests stretch garment well into shape; begin ironing on wrong side, then right side, alternately, until thoroughly dry. Finish on wrong side if dull finish is desired. A thickly padded board is half of the battle.

White Clothes.—If there are rust spots remove by an application of lemon juice and salt, place in the sun. Remove fruit and grass stains by pouring boiling water from tea kettle upon spots. For ink stains soak in sweet milk, then soak goods in tepid water. Fill two tubs half full of warm water. In first put one cupful of dissolved soap. Wring clothes from cold water; wash through first tub to second tub; rinse and put in boiler half full of water. Boil for ten minutes, using clothes stick at intervals. Life from boiler into rinse water, then into bluing, and starch water. Wring out, smooth out wrinkles, and dry in sunlight.

Washing Made Easy.—Shave a bar of good laundry soap into a pan and add two tablespoonfuls washing powder. Cover with water, let it boil until dissolved, after which stir into it two-thirds cupful of gasoline, stirring constantly until thoroughly incorporated. There is then no danger of explosion. Sort clothes and for each lot have vessel filled with cold water. [Use boiler for main part of washing and large granite kettles for the rest.] Add soap to watetr and place clothes in vessels, being sure clothes are well covered. Let come to boil and remain in hot water over night. In the morning place in tub, rubbing soiled spots slightly; rinse in two water, starch, and hang out. You will find the soil entirely removed, leaving clothes beautifully white. A careful attention to details is necessary. Avoid having the gasoline around flames before it is mixed with soap, and let it be well mixed before adding to water.

BIRD-CATCHING SPIDER.

Presented by a Traveller to the London Zoo.

Bryan Leighton, who has just returned to England from the Highlands of Colombia, brought with him and presented to the London Zoo a bird-catching spider. He says of it: "The spider lives in holes in the ground or in trees, and captures its victims by springing on them. Besides birds, it eats the smaller mammals, and has been known to attack and kill a scorpion. The specimen I have just presented to the Zoo is, I believe, the first of its kind to be brought alive to England. I captured it in the republic of Colombia at an altitude ow 3,000 feet, about 700 miles from the coast, and had great difficulty in bringing it home alive, as it was such a delicate feeder, indeed, the pouch or sack has dwindled to half the size it originally was."

BRITISH FLAG RETURNED.

Was Captured at Corfu by French in 1811.

The curious return to England of a flag of the Berkshire Regiment, which was captured by the French at Corfu in 1811, is described by the Paris Matin. The newspaper announces that Mr. J. Jeffcock, the new owner of the flag, will restore it to the colonel of the regiment.

Mr. Jeffcock found the flag in the chateau of Assay-le-Rideau, near Touraine, where it had been placed by M. de Ricard, a grandson of a former Governor of the Ionian Islands.

It was offered for sale for £24 with a flag of the Netherlands, and Mr. Jeffcock bought both of them. The French Ministry of War investigated the matter, and decided that M. de Ricard had the right to dispose of the flags if he desired.

CAT EXCHANGE IN PARIS.

Some of the Felines Find Their Way Into the Stewpans.

Paris has a cat exchange, a "bourse aux chats." This establishment is situated in a big chamber at the rear of a wine shop. Here are legions of cats of all sizes and color, which are to be seen jumping and to be heard "maulent." It is said that the customers are by no means tender-hearted old ladies, but for the most part furriers, glove makers and cooks. A good sleek "matou" retlizes from 50 centimes (2½ cents) to 1 franc (20 cents). The skin has a number of usages and the flesh, according to the story, finds its way into the stewpans of certain restaurants possessing more enterprise than scruple.