

CHRIST LEFT US AN EXAMPLE

A Plea for the Optimistic, Christian View of Life.

For what is your life.—James iv. 14.

A Latin proverb says: "Art is long, life is short." But life itself is an art which must be studied. There are two schools that teach the art of life, the pessimistic and the optimistic.

Pessimists arrive at the conclusion that life is hardly worth living. That, however, is not the Christian idea of life. True Christians are optimists and believe that "all things work together for good to them that love God."

In the royal gardens of Potsdam there is an old sun dial which bears the inscription: "I count only the pleasant hours." One might envy it for this prerogative that records none of the dreary hours, but only the

SUNNY AND PLEASANT ONES.

There are some persons that have the faculty of overlooking and forgetting the disagreeable features of life and noticing only the pleasant sides. Such a sunny mind is certainly a great blessing and there is no reason why every Christian should not have it. There are hours of perfect happiness in everybody's life—hours which reimburse for years of suffering and woe, the memory of which many years after lightens the worn face with happy smiles. But the pleasantest hours are not always the most profitable, and it is true indeed what is said in the Nineteenth Psalm, that our life's strength is labor and sorrow. There are many of the pleasantest

hours which we might just as well forget and there are many among the dark hours which have left behind a lasting blessing. The most fruitful and valuable hours, those which give most impetus to the inner life, are, as a rule, not the pleasant hours of enjoyment and mirth, but the grave and serious hours, days of woe and nights of tears, times of struggle and privation, the memory of which one would not part with for any price.

THE HOLY SCRIPTURE

calls life a "sowing of seed" and says: "Whoever sows a seed, that shall he also reap." A selfish life, though it be clean, is without charm and beauty. A sinful and contaminated life is still worse—remorse and self-accusation make it a hell on earth.

The only life worth living is the one of which Christ has left us an example. Devoted to the service of others, full of that all-conquering love that is strong as death, it brings light and happiness into dark places and bears that sweet and blessed fruit which is promised to all. Such a life is neither tiresome nor ever a cause of regret, but finds grace before God and man. May we all try to master this wonderful art and life will become more content, more interesting, more productive of good from day to day until at last it becomes a sweet, harmonious song to the glory of life's Creator.

ERNST A. TAPPERT.

The Home

MISCELLANEOUS RECIPES.

Mock Terrapin.—One cup veal cut in dice shape, one cup cream or rich milk, one hard boiled egg cut in small pieces, one tablespoon butter. Put all together in a stew pan, season with salt and pepper to taste, heat to boiling point, and thicken with one teaspoon of corn-starch dissolved in milk. Serve on hot buttered toast.

Noodles.—Beat four eggs, add a pinch of salt and enough flour to make a stiff batter. Then roll out thin and let dry for two hours. Then cut in small, narrow strips. Put in dish and cover with boiling salt water and let boil for ten minutes. After draining put in a spider, add a heaping teaspoonful of butter, and fry for a few minutes. Serve at once.

Sour Cream Cabbage.—Shred half small firm head of cabbage; put in kettle with cold water to cover; add salt to season; boil until tender; drain off water; add half a cup of sour cream and four tablespoons of vinegar. Let it boil up once before serving. It will take a delicate pink and is extremely palatable.

Fried Stuffed Eggs. Fried stuffed eggs make a delicious luncheon dish. Boil the eggs for twelve minutes and then drop them into cold water and remove the shells without breaking the whites. Cut the eggs in two through the middle, take out the yolks, and mix them with minced ham and chicken, or any savory meat on hand. Season to taste, add with salt and pepper the uncooked yolk of an egg, a few bread crumbs, and a little butter. Minced parsley and a soupcon of onion juice add to their flavor. Then put the eggs together again, pressing the sides tight; they should not be filled so full as to prevent this, and roll the eggs first in the white of egg and then in bread crumbs, repeating the process if the surface is not well covered. Fry in a basket in deep fat and serve with tomato sauce and celery or parsley as a garnish.

Green Pepper Stuffed With Corn.—Cut around stem end of pepper about three-fourths around, leaving other fourth as hinge, forming a lid. Put peppers in cold water sufficient to cover and bring to a boil. Drain, cover with freshly boiling water, and cook slowly until tender. Drain again, salt lightly, and allow to cool. Allow two tablespoons of butter to become hot in frying pan, add three cups corn, three tablespoons boiling water in which is dissolved one teaspoon beef extract. Cook five minutes; add half cup cream, one teaspoon salt, half teaspoon pepper. Cook slowly until quite thick. Cool and fill peppers. Fasten down lids of peppers and place in buttered baking dish. Melt one tablespoon of butter in half cup boiling water, add add one teaspoon of beef extract. Pour over peppers and bake for twenty-five minutes. Delicious when served with fish.

BREAD BAKING.

Hint for Bread Baking.—After putting light bread in the oven to bake, to make it rise even turn the pans before the bread begins to brown, the loaves will rise the same on each side.

Light Biscuits.—To each quart of wheat flour add one-half cup of graham flour. This makes delightful biscuits and are much more healthful, as the graham flour does not lie heavy on the stomach as the white flour does. More graham may be added if desired.

Spice Cake from Bread Dough.—Two cups bread dough, two cups sugar one cup butter, four eggs, one teaspoon cinnamon, one teaspoon cloves, one teaspoon all-spice, one small teaspoon soda dissolved in water, one pound raisins well floured; cream butter and sugar; add beaten yolks of eggs; add spices; mix with bread dough; add raisins; add well beaten whites of eggs; then soda; bake in very slow oven one hour and a half.

PIES AND CAKES.

Cocoanut Pie.—Beat the yolks of three eggs, add one tablespoon of flour, two tablespoons of sugar, one-half cup cocoanut, two cups milk. Put this in an uncooked crust and bake till set, then beat the whites of eggs with two tablespoons sugar, and brown in oven.

Walnut Pie.—The yolks of three eggs, one cup sugar, one cup milk, and one tablespoon flour. Boil together until thick. Let cool, and then add one cup chopped walnuts and flavor with lemon extract. Use whites of eggs for top. Cocoanut may be used in place of walnuts, or good without either.

Banbury Tart.—One cup raisins,

one cup sugar, one egg, one cracker, juice and rind of one lemon. Roll pastry as thin as for pies and cut in squares or rounds, three or four inches in diameter. Put two teaspoons mixture on one-half of round. Brush the edges together with cold water and fold over, pressing tight. Bake in a hot oven.

Lemon Nut Cake.—One and one-half cups of sugar, one-half cup of butter, whites of two eggs, one-half cup of chopped walnuts grated rind of one-half of a lemon (just the yellow the rind, one cup of sweet milk, two teaspoons of baking powder, flour enough to make a thick batter. Cream butter and sugar together, add whites of eggs one at a time, milk, and baking powder, sifted in the flour. Frosting: White of one egg beaten stiff, with the juice of one-half of a lemon and powdered sugar; make thick enough to spread with knife, spread on cake when cool, and sprinkle with chopped walnuts.

WORTH KNOWING.

To overcast sleeves into place instead of basting them before stitching. This finishes off the seam and eliminates the withdrawal of basting threads at the same time.

In packing white lace or white silk waists or fine laces, if you wish them to remain perfectly white wrap in light blue cheesecloth or tissue paper and place in a box. I have kept a white silk dress in this way for sixteen years.

To sew all buttons on garments just far enough apart to allow an iron to slip between readily except where close set buttons are required for particular reasons. This width usually looks well and the appearance of the ironed article is greatly improved.

To use only light brown or white paper to clean the iron on ironing day if the eyes have the least tendency to weakness. The ink used in printing newspapers and magazines when rubbed with the hot irons rises in a sort of poisonous vapor, irritating the eyes greatly in many instances.

When an article becomes scorched in ironing lay in over a plate or

platter and moisten the scorched spot with a jellylike mixture of soap, starch, and water. Place a piece of glass over all and lay in the sun. Re-moisten as often as necessary until the stain is removed.

Cut up old newspapers into sheets about eight by ten inches until you have a package about an inch thick. Drive a nail through this and tack up in an inconspicuous place near the kitchen sink. Use these sheets to wipe out greasy dishes before washing, to wipe the greasy rim of the washpan, and to catch many scraps which would often soil table or sink.

Some vases are made of such porous material that it is impossible to use them as flower receptacles without the moisture spreading to the stand or table upon which they are placed. If a little varnish brush can be used the inside may be varnished well, but in some instances the openings are too small to permit any such work. In such cases pour the varnish inside and shake it all around until the sides are thickly coated. The extra varnish can then be poured out and the rim wiped before it has time to harden thereon.

COMFORT FOR MOTHERS; HEALTH FOR CHILDREN

Baby's Own Tablets will promptly cure indigestion, colic, constipation, diarrhoea and teething troubles, destroy worms, break up colds and thus prevent deadly croup. This medicine contains no poisonous opiates or narcotics, and may be given with absolute safety to a new-born child. Mrs. C. L. Manery, Leamington, Ont., says: "My baby suffered from colic and constipation so badly that we did not know what it was to get a good night's rest. But since giving him Baby's Own Tablets the trouble has disappeared, and he now sleeps well. The action of the Tablets is gentle yet very effective." Sold by medicine dealers or by mail at 2 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BALLOON TO CROSS OCEAN

FEATURES OF AIRSHIP WHICH WILL BE USED.

If Gas Bag Should Fail, the Carr Will be a Boat.

The giant balloon in which Henry H. Clayton of Boston purposes to cross the Atlantic this summer will be constructed in New York. Leo Stevens, the builder, will accompany Professor Clayton on the voyage.

According to Stevens he and Professor Clayton for months have been planning the trip that will establish airline communications between America and Europe, but the matter has been kept a secret for fear someone would forestall them.

"It may sound wild to say that such a trip can be accomplished as easily as a balloon voyage over New York City, but it is true, nevertheless," said Mr. Stevens. "Professor Clayton and I have been planning the voyage for a long time, and though I have not yet begun work on the balloon, I feel certain that within a few weeks it will be under way.

"It will be the largest balloon ever made, and will take nearly 90 days to make. The start will probably be made from Governor's Island, and the passage will take three to four days, according to the weather.

"Instead of a regular passenger basket, we have planned a combination boat and basket. This will be made of aluminum and canvas, so that if the balloon gives out, we will have a vessel to resort to.

"In the basket will be water tanks. We will use the water as ballast, and when the water is drawn off the tanks will be airtight compartments, enabling our car to float, even though the seas break over it and fill it.

"The bag of the balloon will be very large, with a capacity of about 150,000 to 160,000 cubic feet, to carry about four tons of ballast, beside a large amount of provisions. To build and start the balloon will cost about \$10,000.

"The success of the trip depends mainly upon knowledge of the air currents at various heights. Both Professor Clayton and I have made close studies of these, and with its vast amount of hydrogen the balloon will travel several thousand miles without a new supply."

The butter of courtesy should be thickly spread upon the bread of independence.

A QUESTION OF HEALTH

Without Rich, Red Blood You Cannot be Healthy—How to Obtain This Blessing.

If every woman and young girl would realize the danger of allowing blood to become thin and poor, would understand that the majority of common diseases are caused by an anaemic (or bloodless) condition, that persistent pallor means that the blood is not furnishing the organs with the required amount of nourishment, there would be awakened interest in the tonic treatment with Dr. Williams' Pink Pills. Thin blood means starved nerves, weakened digestion, functional disorders; headaches, frequently neuralgia, sciatica and even partial paralysis. Dr. Williams' Pink Pills build up the blood, repair waste and prevent and check disease. They fill the system with rich, red blood which means good health and life.

Miss Marie Dionne, St. Angele, Que., says:—"I am deeply grateful for what Dr. Williams' Pink Pills have done for me. My blood had almost turned to water. I was pale, had no appetite, suffered from pains in the back and side, and had a feeling of constant depression. The smallest exertion would leave me breathless, and I was reduced in flesh until I weighed only 98 pounds. I got nothing to help me until I began the use of Dr. Williams' Pink Pills. They began helping me after the first couple of weeks, and in a few weeks more I was again perfectly well. The color returned to my cheeks, the pains left me, and I gained in weight until now I weigh 130 pounds. I feel so happy for what Dr. Williams' Pink Pills have done for me that I hope some other ailing, miserable girl will profit by my experience and obtain new health.

These Pills are sold by all medicine dealers or you can get them by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

HORRIBLE DISASTER.

Willie had tried by various means to interest his father in conversation.

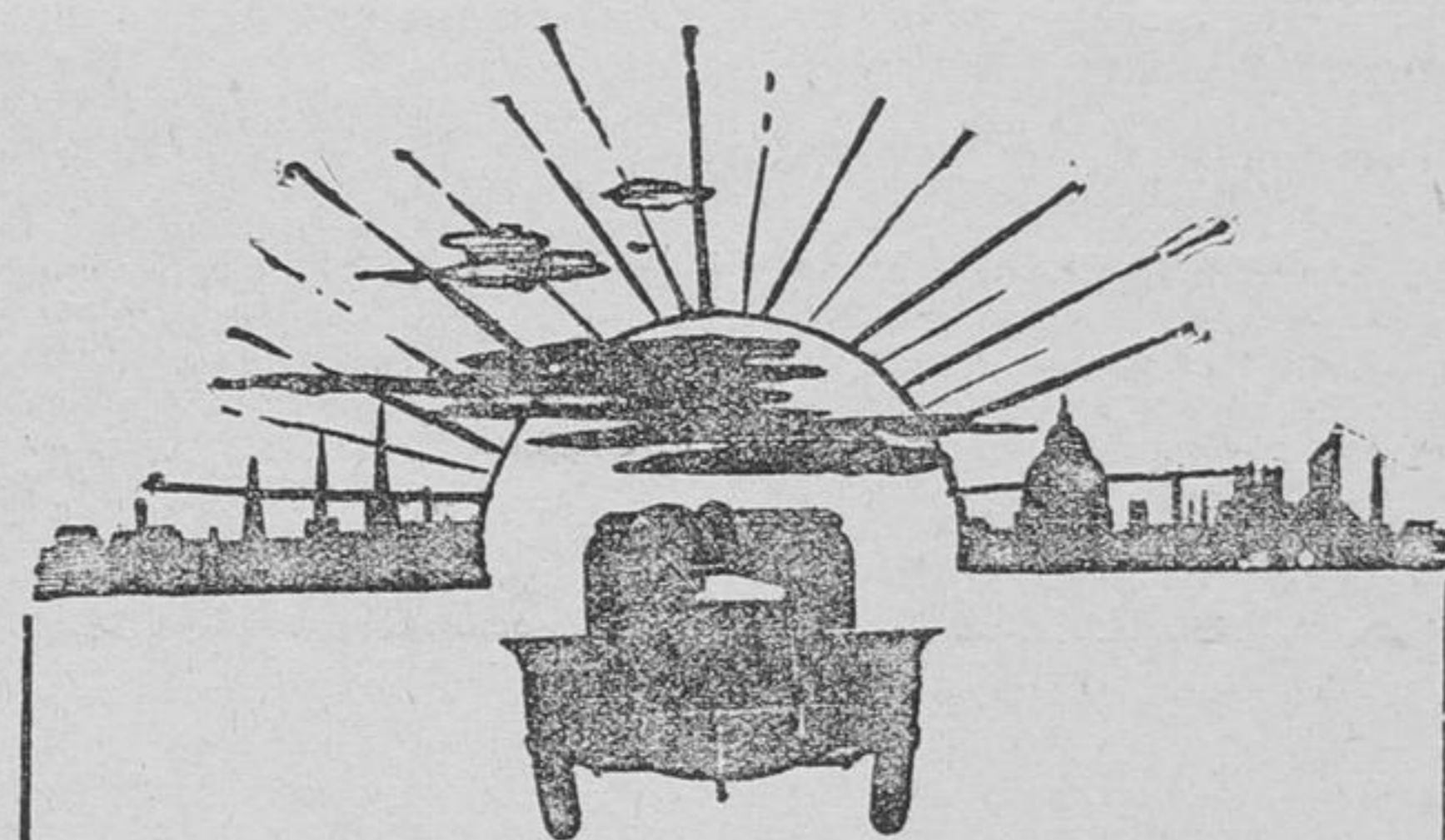
"Can't you see I'm trying to read?" said the exasperated parent. "Now don't bother me."

Willie was silent for almost a minute. Then, reflectively,

"Awful accident on a street car to-day."

Father looked up with interest. "What's that?" he asked. "What was the accident?"

"Why," replied Willie, edging toward the door, "a woman had her eye on a seat and a man sat on it."



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The 1909 type Daimler is a petrol-engine of remarkable efficiency, which for simplicity of construction, economy, and silence in running is incomparably superior to any motor yet designed.

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A full illustrated description, together with the above mentioned letters, reproduced in fac simile, will be sent post free to all applicants to

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