

GOD OF SUNSHINE AND STORM

We Find Him in the Silent Brook, the Drouth and the Parched Plain.

The brook dried up.—I. Kings, xvii., 7.

Elijah brooded in the silence and solitude of the mountain by the brook Cherith when the drouth fell, but out of the disaster that threatened there came to him a new revelation of God and a broader meaning of life.

It seems that when God has a new faith, a new truth, a new purpose to reveal to man, he sends him for a space into the isolation of the silent places. Elijah at the brook Cherith, Moses on the plain of Midian, Christ in the wilderness, face to face with God, with nature, with their own souls came into and inspired knowledge of life's meaning and mission.

Do we not find it so to-day? When the sun shines nature blossoms, the brook babbles and prosperity smiles, faith is easy, life joyous, God is good; but the brook dries, there comes temptation, suffering, struggle, disaster, and

GOD SEEMS TO FORSAKE US,

we are left to battle alone, doubt and pessimism assault us, never more, we think, will life be worth while; never more will God show His face; then from the depths there comes to us the new faith, the new truth, the new manifestation of God.

Perhaps we are beginning to feel ourselves a peculiar people, a special object of God's love; that we had reached a higher plane than the common herd, were coming into the spirit of the Pharisee, who

could say, "I thank Thee that I am not as other men"; then, behold, the brook dries, the drouth comes and we cry, "Lord, be merciful to me, a sinner."

So out of stress and temptation and doubt there comes to us new faith, new strength, new purpose. God becomes the God of the sunshine and the storm, of the just and the unjust, of the saint and the sinner, and there comes to us a deeper sense of His fatherhood, a closer sympathy with our fellows; the universal brotherhood is emphasized.

In some way every one comes to the "dried brook."

THE "DROUTH"

may be a preparation for blessing, success, victory. Elijah went down from the mountain to the contest with the priests of Baal. In the solitude was revealed to him the supremacy of the God that moves in the heart of nature, in the heart of man, over the gods made of wood and stone, worshipped by the heathen in the plain.

The brook Chorith may bring doubt and suffering for a time, but in the end will lead to a saner happiness, a truer vision of God—a God that works in the flood of springtime and drouth of summer, inevitably, unchangingly, eternally, but beneficently along the way of law that is love, and the purling rivulet and the dried brook are but different ways He has of blessing, leading, developing the individual and the race.

Rev. Guy Arthur Jamieson.

THE S. S. LESSON

INTERNATIONAL LESSON,
AUGUST 2

Lesson III. Paul's Third Missionary Journey. Golden Text,
2 Cor. 12: 9.

I. Business Interests versus the Gospel.—vs. 21-23. For at least two years and three months Paul had been working in Ephesus and was about ready to go on extending Christianity even to Rome (see Rom. 1: 13; 13: 23) and on to Spain (Rom. 15: 24), after visiting and strengthening the churches in Macedonia and Greece, and bearing the gifts of Philippi, Thessalonica, Berea, Corinth, and other Gentile churches (Rom. 15: 26) to the poor Christians in Jerusalem.

In Corinth he expected to receive contributions for the poor in Jerusalem (1 Cor. 16: 1-4). He sent two of his helpers, Timothy and Erastus (2 Tim. 4: 20), through Macedonia to Corinth (1 Cor. 4: 17-19) to prepare that church for his approaching visit.

Paul succeeded in all these plans, but some of them were accomplished in a very different manner, though in a far better one than the way he had planned.

Paul stayed in Asia for a season (v. 22). Apparently for several weeks or months. From the fact that Asia is mentioned rather than Ephesus, its capital, it has been inferred that he did not remain in the city all the time, but labored in the outlying districts.

A Contrast. In our last lesson we saw how Christians voluntarily gave up a bad business, at great cost to themselves, for Christ's sake. Now we find some men who tried to destroy the gospel, because it was injuring their business. That is the business of the gospel to destroy all business that injures men.

II. The Mob in the Colosseum.—Vs. 29-41. 29. The whole city was filled with (the) confusion. The Greek idea is of the mingling of crowds together like waters in a cascade or flood. Think of Southey's poem, "How does the water come down at Lodre?"—"recoiling, tumbling, toiling, and boiling, turning and twisting around and around, with endless rebound, confounding, astounding, dizzying and deafening the ear with its sounds."

30. Paul would have entered. Paul was not an athlete, and, at least according to his enemies, "his bodily presence was weak" (2 Cor. 10: 10). But this did not deter him from going to meet the mob. He suffered also extreme spiritual depression (2 Cor. 1: 8). All this enhances the greatness of Paul's courage at this time.

We get from Paul's actions a true idea of what real courage is.

Moral Courage, not indifference to danger, is the highest form of courage. Two soldiers were charging up a hill with their regiment, in a desperate attempt to capture a battery. When half way up, one of them turned to the other and said, "Why, you are as pale as a sheet. You look like a ghost. I believe you are afraid." "Yes, I am," was the answer; "and, if you were half as much afraid as I am, you'd have run long ago."

A locomotive engineer on an eastern railroad, who was always selected for his nerve . . . and whose courage, repeatedly displayed in appalling accidents, was proverbial, was afraid in the quiet of his own home to go upstairs alone in the dark.

33. The Jews were always especially exposed to persecution, and as the mob would be likely to make no distinction between Jews and Christians, particularly as Paul was a Jew, they put forward a prominent Jew named Alexander to defend them. Possibly he was Alexander, the coppersmith, of 2 Tim. 4: 14, who "did Paul much evil." But Alexander only excited the mob still more.

35. The townclerk at length interfered and argued with the excited people.

1. The worship of Diana was so settled in Ephesus that no company of Jews could overthrow it. You have no real cause for violence. The image (of Diana) which fell down from Jupiter their chief god, as meteoric stones occasionally fall from the sky.

2. Paul had not committed the wrong with which he was charged. His converts had been very careful not to blaspheme the goddess. His method of overcoming idolatry is quite noticeable. He preached the gospel, he set Jesus Christ before the people. The contrast between them and the teachings and character of the idol gods was the argument.

3. There was a better way of redress, if there were need, through the law courts.

4. There was danger that the Roman government might interfere and deprive a turbulent city of its greatly prized liberties.

Thus peace and quiet were restored.

The signs of these times meant that it was best for Paul to leave immediately for another field of labor, while Ephesus was settling down into quiet peace, and the church continued to grow in character and numbers. Therefore Paul bade the beloved church good-by and departed for to go into Macedonia (Acts 20: 1).

"Will you be my wife?" he asked. "No," she replied. So he remained a bachelor, and lived happily ever after.

The Home

USE OF CUCUMBERS.

Stuffed Cucumbers.—Pare and cut into halves, lengthwise, good sized cucumbers. Scoop out the seeds with a spoon. Mix one cupful fine crumbs, one tablespoonful of melted butter, a scant teaspoonful of salt, one tablespoonful of grated onion, and a finely chopped green pepper. Fill the cucumbers. Set in a baking pan and in the bottom of the pan put one-half cupful of water and one tablespoonful of butter. Cook in a quick oven thirty minutes, beating several times.

Fried Cucumbers.—Cut the cucumbers into slices half an inch thick, salt the slices, and leave them to drain, flour them, and cook them brown in boiling fat. This vegetable is a dainty accompaniment to game or fowl.

Stuffed Cucumber Salad.—Peel cucumbers and cut in two, lengthwise, scrape from each half all the seeds and fill with this mixture. Take one small tender leaf of new cabbage, two or three fine lettuce leaves, half a dozen pitted olives, two or three sprigs of parsley, some sprays of watercress, chop rather fine and dress with oil, vinegar, pepper and salt in the usual proportions, and add, if you like, a bit of horseradish.

Baked Cucumbers.—Peel good-sized green cucumbers. To each six allow one pint of finely chopped meat, to which add a tablespoonful of onion juice, one teaspoonful of salt, and a salt-spoonful of pepper. Put this into the spaces from which you have taken the seeds. Pat cucumbers together, tie or fasten them with skewers, and stand them in a pan. Put in the pan a teaspoonful of salt, one chopped onion, two peeled and chopped tomatoes, and half a cupful of water. Baste every ten minutes. Strain sauce in pan when cucumbers are done and pour over them. Serve at once. The crooked neck squash may be stuffed and baked the same.

SEASONABLE DISHES.

Pineapple Layer Cake.—Use any good recipe for layer cake and bake in three large tins. Put between each layer the grated pineapple and ice with plain icing, flavored with a little lemon juice. The pineapple by itself makes a rich, moist filling and should not be allowed to stand more than a few hours before serving. If the cake is to be kept longer some of the plain frosting should be stirred into the pineapple before the cake is put together.

String Beans and Cheese.—String one quart of green beans. Cut in small pieces and boil in salt water till done. Drain and then put them in a saucepan with one large cup of grated parmesan cheese (other cheese will do), tablespoonful butter, small cup of milk, rather large dash of cayenne pepper, and cook five minutes, stirring constantly. Serve while hot. Wax beans are good cooked this way.

Sweet Potatoes.—Cut cold boiled sweet potatoes lengthwise. Put a layer pointed part on the rim of a stone soup plate. Sprinkle granulated sugar and cinnamon on the potatoes and dot with small pieces of butter. Do this to each layer. In the middle put a mashed sweet potato and cross it each way to look like the centre of a sunflower. Put sugar, cinnamon, and butter on top. Bake in oven until brown. Serve in same dish.

Scalloped Potatoes.—Parboil a quart of sliced potatoes. Put a layer of these potatoes in a baking dish, sprinkle with salt, pepper, grated cream cheese, and chopped pimientos. Add a few small pieces of butter. Continue this process until the potatoes are used up. Pour over all about a cupful of milk. Bake in the oven until brown.

SALAD HELPS.

Lobster Salad.—Take four medium sized cold boiled potatoes, one bunch of celery, one-fourth of a small head of cabbage, one small bottle of stuffed olives, one can boiled lobster, a pinch of salt; chop and mix together thoroughly; then make a French dressing by using the yolk of one egg from which every particle of white has been removed, beat thoroughly, add a pinch of salt, then a few drops of French olive oil, mixing well. When the dressing begins to get thick add a little lemon juice, keeping this process up, first the olive oil, then the lemon juice, until half a small bottle of olive oil is used. Pour this

dressing over the chopped ingredients and mix thoroughly. Place around the edge of a large salad dish crisp leaves, leaving the tips of the leaves to extend above the dish about two inches. Put in the salad, then stick a few small lettuce leaves into the salad a few inches apart and between the leaves lay a few small slices of ripe tomatoes. This is a beautiful as well as an appetizing dish.

When Serving Salad.—When you wish to serve salad and saltines

make a little box of the four saltines and tie a narrow ribbon around to hold them in place, then place the small lettuce leaves inside the square thus formed and upon them the ingredients without the salad dressing which may be passed later. The hostess unties her ribbon (which carries out the color scheme of the lunch), places the saltines on one side of the salad plate, then adds a spoonful of the dressing as it is passed. If the dressing was added when the salad was made it would be likely to soak in and make the wafers soggy.

Cheese Salad.—Half a pound of stale cheese, one head of lettuce, the yolk of one hard-boiled egg, one tablespoonful of salad oil, one tablespoonful vinegar, one teaspoonful sugar, one teaspoonful made mustard, half a teaspoonful salt, a little paprika, and a little black pepper. Put the yolk of egg and oil in a basin and work them together with a wooden spoon. Next add the salt, pepper, and paprika, then the sugar and mustard. Grate the cheese finely, add it. Lastly add the vinegar, dropping it in gradually. Heap the mixture up roughly in some scallop shells or plates and arrange the lettuce leaves around in a border.

CARE OF A RAZOR.

How to Sharpen a Razor—Some Pointers for Barbers.

It is one of the misfortunes of the masculine element of the population that recourse has to be made to shaving. From motives of hygiene and health, the greater proportion, moreover, prefer to accomplish this operation themselves but suffer from inability to impart the requisite keen edge to the instrument in order to achieve the desired end sufficiently cleanly and safely. The setting of a fine edge is distinctly a knack, and its acquisition requires as much practice as the setting of a cutting tool for the lathe. If, however, one be but familiar with the elements of the process a considerable amount of vain labor and time might be saved, as Prof. McWilliam explained recently before the Sheffield Society of Engineers and Metallurgists in the course of a lecture on the prosaic subject, "The Care of a Razor." This paper embodies the results of continual experiments and study of the subject over a period of some twenty years. As he had only his own face upon which to test his theories, his experience has proved a valuable factor.

The cutler from whom he purchased his first razor, upon inquiry as to whether it should be dipped in hot water before stropping, replied in the negative. Similarly, one recommended a rigid and another a flexible strop, according to his own predilection; while there was a similar divergence of opinion as to whether stropping should be carried out before or after use. The Professor, however, tried all methods in turn, and thus was able to select that which is undoubtedly the best. He has found that the flexible strop, hung at one end by a nail, such as the professional wielder of the razor ordinarily resorts to, gives a strong but not a fine edge, and that oil tends to harden the surface of the strop unless frequently applied. A sealskin strop, having a smooth, pliable surface, gives the best edge, and if the razor be dipped into hot water before stropping the metal is toughened and better fitted for the production of the requisite fine edge. The preliminary immersion in water is a vital factor, since razors possess a finer temper than ordinary cutting tools, and are proportionately brittle. It is also expedient that the strop surface should be preserved from the settling thereon of dust particles the presence of which, if of a gritty nature, may break the delicate edge of the tool. It is important to remember that the edge of a razor, being obviously of a much finer character, owing to the nature of its work, than other cutting tools, must receive special attention, and by taking to heart the foregoing simple rules, many of the difficulties at present experienced may be effectively overcome.—Chambers' Journal.

Do your duty, but remember that it isn't your duty to do your friends.

TO THE MOTHERS OF PALE GIRLS

A Case Showing How the Tonic Treatment Restores Lost Health.

Anæmia is simply lack of blood. It is one of the most common and at the same time most dangerous diseases with which growing girls suffer. It is common because the blood so often becomes impoverished during development, when girls often overstudy, over-work and suffer from lack of exercise. It is dangerous because of the stealthiness of its approach and because of its tendency to grow so steadily worse, if not promptly checked, that it may run into consumption. Every growing girl should take an occasional tonic to ward off the insidious trouble; and in all the world there is no tonic that can equal Dr. Williams' Pink Pills. Every dose of this medicine helps to make new, rich blood, which promptly makes weak, pale, listless girls bright, rosy and strong. Miss A. M. Dugay, Lower Cove, N.S., says: "I believe I owe my life to Dr. Williams' Pink Pills. My blood seemed to have turned to water. I was pale as a sheet; I suffered from headaches, and floating specks seemed to be constantly before my eyes. As the trouble progressed my limbs began to swell, and it was feared that dropsy had set in and that my case was hopeless. Up to this time two doctors had attended me, but notwithstanding I kept growing worse. It was at this juncture I began using Dr. Williams' Pink Pills, and after taking a few boxes I was much improved. I kept on using the Pills until I had taken eight boxes, when my health was completely restored."

Dr. Williams' Pink Pills cure cases like this because they go to the root of the trouble in the blood. That is why they cure rheumatism and indigestion, nervous headaches and racking neuralgia, and all those troubles from which growing girls and women of mature years so often suffer in hopeless silence. If Dr. Williams' Pink Pills are given a fair trial they will not disappoint you. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

LAND BY THE GALLON.

A farmer living in a wet and late district in the east of Scotland found times and seasons so against him that he decided not to renew his lease. Meeting his landlord the other day, he said:

"I can mak' nothing o' sic wat and sour land, and I'm no' goin' on wi't, or I'll be ruined."

"Well, John, take time to think o't," said the landlord; "no doubt we'll be able to come to terms. I might let you have the farm at a reduction on the acre."

"Ah, laird," replied the farmer, "your land should be let by the gallon, no' by the acre!"

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CHAFED PLACES.
BLISTERS, ETC.

Are your feet hot, sore and blistered? If so, try Zam-Buk. As soon as Zam-Buk is applied it cools and soothes injured smarting skin and tissue. Its rich, refined herbal essences penetrate the skin; its antiseptic properties prevent all danger of festering or inflammation from cuts or sores; and its healing essences build up new healthy tissue. For stings, sunburn, cuts, burns, bruises, etc.—just as effective. Mothers find it invaluable for baby's sores!

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