

12

young.'

CHAPTER XIX. Continued.

In the meantime Charlie had read the telegram; and his face had remained inscrutable beneath the quick gaze of two pairs of undeceivable eyes. Lena was at his side, and therefore could not see his face. She was smiling bravely at some cheerful remark of Winyard's. Strange to

say, Charles Mistley did not raise his calm eyes to his brother's face after having read the message; he looked past the pink paper, sideways, down at Lena's hand, which rested on the table close to him. The small, white wrist was trembling as if from extreme cold; and as the sailor saw this a momentary contraction passed before his eyes.

The colonel laid down his knife and fork. One brown hand lay on the table-cloth in striking contrast to its whiteness, with fingers slightly apart, as if in readiness to grasp something. His solemn eyes, beneath their heavy brows, were fixed upon his secretary's face with an old man's deep and silent expectation.

Only when the door had closed be hind the servant who bore the unhesitating answer did Winyard speak of the telegram.

"You might let the colonel see it, Charlie," he said, coolly.

"Business?" inquired Mrs. Mistley, with well-suppressed anxiety, as the folded telegram was passed from

hand to hand. "Yes," answered the younger son, with his ever-ready smile; "my valuable services are once more required

by a grateful country. "What!" exclaimed Mrs. Wright, with sudden indignation, which might have been partly assumed; "after a fortnight's holiday? should refuse if I were you!" The good little lady was desperately anxious to keep the conversation going, for she had seen her husband change color, and look up gravely at Winyard. She also knew that Lena had seen this, too.

"He that has put his hand to the plow should not look back, as Shakespeare or some one has observed, said Winyard, readily.

"I think," said Lena, with a clear brave laugh, "that it is in the Bible." This was precisely what Winyard

wanted, and he laughed promptly by way of encouraging others. "May I have half a cup, mother-

only half?" he said, presently, handing his cup, but without raising his eyes from the table.

"I suppose," said Colonel Wright, handing back the telegram, "that you

replied Mrs. Mistley, "Yes." promptly. She was one of those rare women who can at a juncture give a decided opinion as to the time of day. "Well, then, if the colonel will be

so good as to lend me his horse, we can manage it beautifully. We have in." not an animal in the stable that I can thoroughly trust. Mine is too

"Do you mean to say," observed Lena, "that you would ride into Newcastle after the theatricals and the dance, at some unearthly hour in the morning-twenty something miles?" "Certainly. It would be rather a oke."

him." "Winyard's idea of a joke," said the colonel, with some deliberation, following. while he kept his eyes fixed upon his

plate, "has always been peculiar." Breakfast over. Charlie accompanied the ladies out on to the terrace, while the colonel followed Winyard to the little study. When the door was closed, the old soldier looked suddenly round at his companion with a characteristic brusqueness of manner.

"Why have you undertaken this wild expedition to Bokhara?" he asked.

"Because," replied Winyard, with certain playful pride, "I am about the only man who has a chance of getting there unknown.' "And do you believe that any good

will come of it?" "No."

It was in such incidents as this that the young fellow occasionally be- misrepresentation, if the circumtrayed his military training, and the old soldier loved to see it. Blind Marie Bakovitch should transpire. obedience to orders, yielded by intelligent, thinking men, has been the making of England.

"How will you go about it?"

"Through Russia, I think. I want to have another look at Moscow, and Mr. Wright's house under the name would perhaps have a chance of pickng up some maps there." "But," said the colonel, "you will

never get into the country now. They know you too well." For half an hour the two men

alked over the matter calmly and in detail, seeking to be honorable and straightforward, as behooves Englishmen even when in intercourse with men who know not the meaning of day morning, as the girl's condition such words, and determined to carry was not such as would allow of a long out the mission intrusted to one of journey. Had Meyer known that the them at all risks, and in face of every slight amelioration in the state of difficulty, as behooves brave men and her physical and mental health was patriots.

land of the Far East, and for them a higher hand than Ivan Meyer's was

He did not raise his eyes from the cortemplation of the faithful Adonis during the little pause before Lena spoke.

"You have never congratulated

"I congratulate you," she said, indifferently. Winyard smiled suddenly. The re-

ply and manner of delivering it were so exactly as he would have done it himself, that it seemed as if she were mimicking him. "I am sorry I have to go at such a short notice," he said, conventionally; but he laid his hand on Adonis' rough back close to her wrist, which

somehow changed the burden of his remark. "Yes, it is a pity," she replied, cheerfully, as if he were leaving to

keep some pleasant engagement. "However," he said, stooping to examine the name inscribed on the dog's collar, which could not have

been very new to him; "however, we will get the theatricals in." "Ye-s, we will get the theatricals

He was not looking at the dog now, but at her. Lena rose from their humble seat

upon the clean, gray stone and moved toward the house. "I know," she said, "that Charlie is patiently working away at the scenery. Let us be virtuous and help

And so she led the way into the house, Adonis and his master meekly

Since the midnight interview with Marie Bakovitch and her lover, Winyard had heard nothing from or of those unsatisfactory foreigners. He had duly advised Colonel Wright of their entire proceedings, and they had sought in vain some likely explanation of Ivan Meyer's peculiar conduct, for diplomatists grow sadly

skeptical regarding the disinterestedness of human motives. Also it is difficult for the practical western mind to comprehend the strange Quixotism of the Slav nature.

Winyard was somewhat uneasy about the whole affair. His own personal risk in the matter did not appear to him very great, but he was

fully aware that he ran great risk of misapprehension, or, worse still, stances of his connection with A story such as that could so easily be twisted and turned into something quite different. He dish.

would have felt still more apprehensive had he known that his beautiful enemy had actually been a guest in

of the Baroness de Nantille, and that she was, therefore, personally known to his mother, Mrs. Wright, Lena, and his brother Charlie. But Winyard was spared these additional complications. Ivan Meyer had faithfully fulfilled his promise of leaving Walso with Marie as soon as possible, which, however, was not before the Wednes-

only a temporary lull, he would have Both men fully knew the dangers felt even greater relief than he did

likely to be incurred, though neither at turning his back upon the peaceful spoke of them. Both had stepped little town. The girl bore the long over the threshold of that mysterious journey well, but it was written that

It was only on the Thursday morn-

was not the man to bow down before

an ontoward wind-meeting, rather,

every breeze of heaven as it came

with watchful eyes and steady lips-

(To be continued.)



To Color Steps

Mix either whiting or red ochre to a smooth paste with cold water or skim milk, and mix this with sufficient thick-boiled starch, spread this evenly over the steps, and leave it to dry on, without, of course, allowing it to be trodden on during that time. This, if carefully done, will bear washing once or twice.

To Pop Corn.

To pop corn successfully so that the kernels will be soft throughout, put enough in the wire popper to barely cover the bottom. Turn the cold water from the faucet over the corn and let it be saturated before placing over the fire. Shake the water from the popper, and put it in the oven to dry. Then pop over a bright fire. This is perfect popcorn and is not indigestible.

Roast Duck.

Pick and clean and singe a duck. Rub well with salt. Make a dressing of bread crumbs, apple sauce and Sultana raisins. Be careful to use enough bread crumbs to thicken the apple-sauce thoroughly. Then raisins in quantity according to taste. Fill the duck, after mixing the dressing thoroughly. Roast in the oven to a good brown color. Baste often. Make a sauce of chopped livers, pour over the duck and serve hot.

Dried Beef.

The most common way of serving dried or smoked beef is to shave it into thin slices or chips, raw, but a more savory relish may be made of it with a little more trouble. Put the slices of uncooked beef into a frying pan with just enough boiling water to cover them; set them over the fire for ten minutes, drain off all the water, and with a knife and fork cut the meat into small bits. Return to the pan, which should be hot, with a tablespoonful of butter and a little pepper. Have ready some well beaten eggs, allowing four to a half pound of beef; stir them into the pan with the minced meat, and toss and stir the mixture for about ten minutes. Send to table in covered

Milanese Macaroni.

Boil three ounces of macaroni and keep it hot in its own pan after draining. Take three-quarters of a pint of fowl giblets or mutton broth, flavoring with an onion, sweet herbs, etc. With this make a plain cheese sauce; melt half an ounce of butter in a saucepan, stir into it a dessertspoonful of flour, mix them into a paste and by degrees pour in about half of the broth; as this is warming add to it two ounces of grated cheese, with the remainder of the broth, a teaspoonful of powdered mustard, salt and spiced pepper as desired. Continue to stir the sauce until it reaches a creamy thickness, when it may be removed from the fire and a coffee cupful of milk, in which the raw yolk of an egg has been beaten, stirred in immediately. Now delicately mix this sauce through the

THE GREAT DESTROYER THE SUNDAY SCHOOL

INTERNATIONAL LESSON COM-MENTS FOR JANUARY 27 BY THE REV. I. W. HENDERSON.

Subject: The Story of Cain and Abel. Gen. 4:3-15 - Golden Text, 1 John 3:15 - Memory Verses,

8-10. The story of Cain and Abel is the story of a great variety of human Centrally it may be said to be sins the story of human faithfullness on the one hand, and on the other of human jealousy. This jealousy is the direct result of a deep rooted desire upon the part of Cain to have every-thing his own way. And to desire one's own way is to be self willed. From this point of view we may be justified perhaps to push the application of the story back one step farthey and say that we have here a picture of the opposing elements of faithfulness and wilfulness in human life. Cain and Abel make offerings to God. Abel evidently performs his sacrifice as God has commanded and evidently Cain does not God honors the sacrifice of Abel which is according to His command and He has no respect to the offering of Cain. He respects the faithfulness of the one man and, may we not say it, rebukes the wilfulness of the Being rejected, hot sin other. surges, resentfully, in the heart of Cain. He puts his hand out in evil against his own kin. Witness now the train of wickedness that results

from the first irregular act. Cain, with the calculation of a man who has decided to commit a grievous offense, waits until he is far from human sight and hearing and then he commits murder. To cover it up he lies about it. And he not only lies to God, but he adds insult to injury by unworthy remarks, to wit, "Am I my brother's keeper?" This is a fair sample of the consequences of an inquitous self will. And to give the rein to self will is to invite the same consequences in our own lives. Cain's life is an illustration of the need for several prchibitory commands such as we have in Exodus "Thou shalt have no other 20, i. e., Gods before Me," "Thou shalt not "Thou shalt not bear false witkill." ness," not only against thy neighbor out concerning thine own acts. When Cain elevated sin and self will above God in his life he laid the foundation for the first command. And in like fashion he laid the ground for the others.

The other great lesson from these verses is to be found in the patience of God with the man who becomes overborne with the sense of his own

unworth. Guilt and punishment weigh heavy on the heart and mind of Cain. He cries out in anguish unto God. The Lord hears his petition. He lightens the penalty and provides a way of escape for Cain by placing a brand on him to warn the peoples that Cain is under the direct protection of the Almighty wherever he may wander. Cain cannot escape the consequences of his sin, in a large degree, however. The mark that notifies humanity of the magnanimity of God at the same time recalls to their attention the sin of Cain.

As with Cain so with us. We may be forgiven, we may feel God's pardon, but we never can lose the mem-

ory of our unworthiness. Vs. 3. "Process," many years pass between the events of vs. 1 and vs. 3. How many years is not re-Evidently it was a long corded. enough time for quite a number of people to gain maturity, for we read in vs. 14 the words "every one," 'im-

SOME STARTLING FACTS ABOUT THE VICE OF INTEMPERANCE. Alcohol as a Medicine-Whether It

Has Any Value in Disease Seriously Questioned by Medical Men-It Is Purely a Poison.

It is not more than a generation ago that man took his daily allowance of brandy or whisky, not for the pleasure in the beverage alone, but for the welfare of his inner man Every enterprising employer dispensed a modicum of grog to his men, not for their health, but to increase their efficiency. But to-day a man who desires a highball would hardly have the temerity to test any one's credulity by offering as an excuse that he indulged for his health or to promote his efficiency. Certain not-able literary productions have been created under the stimulating influence of John Barleycorn, but these were the works of genius, which must be left out of general consideration. For the enforcement of the idea that alcoholic beverages do not promote health, but rather tend to injure it, we are to some extent in debted to temperance societies, but not so much to them as to life insurance companies, which place a monetary premium on abstinence, and sec ond, the teaching of medical men and physiologists.

But while there is no longer any question that alcohol is purely a poison when used as a beverage by healthy persons, many physicians considered it a drug of wide usefulness in disease until a decade ago Perhaps no statement of facts could be more forceful in showing the change in medical opinion than a comparison of the sums of money erpended by the London Hospital for alcohol and milk. Forty years ago, according to Sir Victor Horsley, M.D., the expenditure for alcohol in that hospital was about \$40,000 a year, and the expenditure for milk in the same period was about \$15,000. At the present time the annual expenditure for alcohol is \$15,000, and the milk account exceeds \$40,000. These figures represent very nearly the change in medical opinion regarding the relative value of milk and alcohol. It was only a few years ago that physicians advised moderate quantities of whisky for those suffering from tuberculosis, but more careful study has produced a change of sentiment that was voiced by one of the speakers of the American Interna-tional Congress on Tuberculosis, whose latest session was held in this city during the current week, when he said he considered alcohol a poison particularly virulent to sufferers

from this disease. Physiologists are finding by numerous experiments that while alcohol has a certain food value, this is more than counterbalanced by its effect as a poison. The researches on this subject go more and more to show that there is not an organ in the human body that escapes this subtle poison, nor a function that is not impaired by its use. The octogenarian who boasts that he has had his daily toddy has reached his fulmess of days, not because of his habits, but in spite of them.

Whether alcohol as a drug has any value in disease is seriously ques-tioned by many competent medical men. Its increasing use in hospitals and as a drug in the hands of ohysicians generally will doubtiess have a certain influence on the minus of people and upon their habits .- A. B. C., in the New York Tribune.

How Mr. Bok Became an Abstainer.

The Sunday Table

A SABBATH HYMN. BY W. G. J.

Welcome, best day of seven, That frees from every care; Thy morn exalts my thoughts to Heaven At eve they linger there.

Welcome, sweet Sabbath bell That calls me to the place Where God in very deed doth dwell, Mid heirs of heavenly grace.

Welcome, dear word of life-Blest inspiration given, To guide me through a world of strife, And point my way to Heaven.

Jesus, my Lord, he Thon With me a constant guest; And now as at Thy feet I bow, Find welcome to my breast. —Christian Work and Evangelist,

Holding Our Peace "The Lord shall fight for you; but ye shall hold your peace."-Exodus, xiv., 14.

Most of us need no prompting tomake a noise in life, to strain every effort to achieve success-we fret and fume, we are quick to express our feelings, we are readily aroused to action, and regard calmness as a kind of cowardice in the heat of conflict. We prefer to fight for ourselves.

Now there are times not unfrequent when we must be stirred to-activity and achievement-this world is not for the ascetic or the spiritless. Yet few realize the equal necessity for periods of calm reflection, trustful waiting, quick preparation, as we rest on our oars, content to let things right themselves and confident that the darkness, the weariness, the sorrow, the pain will not last forever. Some power then outside of ourselves will fight for us-we can hold our peace

Most of us worry needlessly at the chain of circumstances. If we sin-cerely believe that the universe is controlled by a deity, the common Father of all races, nations and creeds, however differently He is called and approached, it is clear that we must allow Him to manage affairs as He pleases-whether He send seed time or harvest, summer or winter, calm or storm-and we ought to feel that changes in the world of outside nature as well-as sorrow, pain, injustice in our everyday life are designed for a good end. If the laws of the physical world are wisely adjusted, from the star

to the tree, we must recognize a similar wisdom in the laws of the moral universe. We must blame our own imperfectness and ignorance if things at times are hard to hear or understand and we stand in despair at the realities of life, the sharp, bitter struggle that comes to most of us.

Let us learn, then, the beauty, the value of holding our peace at every crisis in life. God perhaps is nearest to the human heart when it turns to Him in trial and leaves all to Him .---Abram S. Isaacs, Ph. D., Paterson, N. J., in New York Sunday Herald.

The Supremacy of the Message. The story is told of Da Vinci that, when he had finished the painting of the Last Supper, he asked a friend to come and see it. As the painter withdrew the cloth, the friend exclaimed, "How wonderful is the cup in the hand of Christ!" Da Vinci impulsively drew his brush across the cup, passionately saying, "Nothing

have certain examples, and we try to

make the sermon conform to them.

And we are tempted to judge preach-

ing by this ideal. "But laws, ideals, are only for use," asserts Dr. A. S.

Hoyt. "They must always be kept servants. And the man and the mes-sage and the souls of his hearers, these must be kept supreme. Some

form unknown to the schools may

reach men where the most approved model may fail."

"Take Heed."

for it to start from the main depot,

when in walked two gentlemen, who

made themselves very comfortable,

setting down their packages and set-

A train which was on the track next to us slowly moved out, and

these two gentlemen commented care-

lessly upon it. All of a sudden one

of the men noticed the time for the

train which they were to take had

passed and that they had watched it

go. It was the last train that after-

ncon to the place they were going. Jesus hath said, "I am the way, the

truth and the life," but many men do

not heed it. They carelessly con-tinue in their own way. — Ram's

Prevailing Prayer.

touch the hand of omnipotence and

minister at the golden altar of pre-

vailing prayer. One censer only we

must bring-the golden bowl of faith

of the Holy Spirit's fire, and the in-

cense of the great High Priest, lo.

there will be silence once again in

Heaven, as God hushes the universe

to listen; and then the living fire will

be poured out upon the earth in the

mighty forces of providence and grace, by which the Kingdom of our

When Christ Comes In.

self. When Christ comes in, self goes

out. The two are incompatible.

When Jesus begins to reign He de-

thrones selfishness and pride. If

there is to be a new life, there must

be an utter surrender of the old will,

with all its ways. The presence of

God in a person's heart is proved by

vice. It is impossible for Christ to

dwell in a selfish heart, for to do so

Preventing Potato Rot.

would be to share an idol's throne.

a character of unselfishness and ser-

The Spirit-filled life is empty of

Lord is to be ushered in.

-and as we fill it with burning coals

To each of us is given the power to

部物

tling back for a rest.

Horn.

I was sitting in the train waiting

said yes?'

"I did," replied the young fellow, cheerfully.

"And," observed his mother, pleasantly, "are you going to tell us where you are going, what you are going to do, and when you are going to do it?"

"Certainly," he replied, looking at his chief, whereat the old soldier smiled, the meaning of which was that the elder man's simple diplomacy consisted chiefly of a discreet silence; while, in contention, Winyard advocated a seemingly rash straightforwardness. "Certainly, I am dispatched to Central Asia on a mission of some sort; but having no details yet, I am specially warned against disclosing them."

No one spoke, and no one made a pretense of continuing the morning meal for some minutes. Outside, the rattle of a horse's hoofs on the hard road broke the silence of the quiet valley. Mrs. Mistley looked toward implying doubts on the part of the the window, and listened to the dving geographer. Of course, it was by the sound. Central Asia again! That merest chance that Winyard should town of Russian Finland, situated on dim, unknown land was destined to haunt her life. She knew only too well its dangers and manifold horrors. The sound of the horse's hoofs upon the road seemed to resolve it- that particular corner whence the sea self into a weary repetition of the was at all times visible far away to words "Central Asia," "Central the east. 'Asia," "Central Asia!" until it gradwally died away in the low hum of the Broomwater. All at that table were more or less connected with the East -all felt the presence of that lowering cloud which grows and subsides again from time to time, like the clouds of heaven; and all knew that some. Winyard Mistley crushed up one day it will swell and gather dark- the telegram within his jacket pocket, to the city of Helsingfors, with which ness until the storm bursts at last. so that the crinkle of the paper min- it is connected by a short bridge. It The meaning of that brave word "Yes" was patent to them all.

But Mrs. Mistley was a brave woman; also she was born-as could be tled a popular air in the most matseen from her soft, inscrutable eyes -on the sunny side of the barren Cheviots, where folks do not hold much by an undue display of feeling. So she smiled upon her son, and asked: "When?"

"I must be in town," he replied, studiously looking out of the window, "on Friday afternoon."

Lena it was who broke the silence that followed this announcement. "Then," she said, very quietly, "we

must have the theatricals a day earlier."

This remark, uttered in a most matter-of-fact voice, had the effect years. desired by its utterer. It relieved the tension, and gave Winyard something to chatter about. Charlie also, in his possible under the circumstances. slow way, took advantage of it to create a diversion with the toastrack, which terminated in a resumption of breakfast. It was rather Mistley's Gap, where the line of the strange that, with two clever women of the world at the table, these young people should thus have to the silence, expecting some laughing take matters into their own hands.

"I have a better idea than that," Winyard hastened to say. "We cannot well have the theatricals a day earlier, now that every one has been invited. Mother, tell me, is there not stood on the wall with Lena's white a train from Newcastle at five in the arm around him, and, as if speaking morning?"

the half-forgotten names of its cities now to guide her troubled steps. A had no halo of Arabian Night-like blessed oblivion came over her totglory. They took small account of tering reason, and while the mind these, except to denude them of the wandered, the body throve and prosuntold splendor and lavish wealth be- pered. stowed upon them by travelers' faing, in the midst of preparations for bles, and to reduce them ruthlessly the theatricals and ball, that Winto squalid townships. The hopeless, trackless wastes of desert sand and yard learned of their departure from Walso. A groom had been sent into rounded stones were of much greater the little town to make some purimport to the solitary traveler. To chases, and when, on his return, he him thees spoke of months spent in weary traveling by burning sun and delivered his parcels to his young chilly night; they spoke of a madden- master, he mentioned that the "furrineering folks" had left. It was a ing monotony - hunger, parching great relief. For although Winyard

unrecorded death. CHAPTER XX.

ter-of-fact manner.

scented with a thousand autumnal

They did nothing and said nothing.

He stood beside her and looked away

down the valley to the spot called

meeting hills cuts the sky. She sat

there, and waited for him to break

suggestion. But for the first time

was serious in her presence.

, to the dog, said:

A Lover's Fears.

thirst, a grewsome solitude and an

his was a courage of that type which Presently Winyard left the colonel. can afford to disguise no danger by The old traveler was poring over a detracting from it. map, the greater part of which was occupied by notes of interrogation,

Sveaborg a Strong Fort. Sveaborg is a strongly fortified seven islands in the Gulf of Finland, pass out by the window instead of the door, and that he should cross the immediately southeast of Helsingfors. smooth lawn and go straight to the The islands, which are connected by far corner of the old wall. It was pontoons, form the site of a fortress

which defends the harbor of Helsingfors and consists of numerous military works and batteries and a mili-Adonis followed at his master's tary arsenal. Sveaborg also has an heels. Occasionally he raised his excellent harbor. The fortress was rough muzzle and sniffed at the air. | constructed in 1749, was betrayed to There had been rain in the night, and the Russians May 3, 1808, and was from the valley there ascended a bombarded by an Anglo-French fleet subtle odor of refreshed verdure. All August 9, 10, 1855, during the Criaround was fresh and cool and whole- mean war.

The Island of Skatudden lies close gled with the whisper of the leaves is half a mile long and about a quarabove him. Then he looked around | ter of a mile wide and is given over over the green hills and softly whis- entirely to the fortress. The Government railway from St. Petersburg encircles the city and terminates

Doubtless it was owing to the merupon Skatudden Island. The Skatest coincidence that he found Lena at udden fortress is about three miles the corner of the wall when he apfrom Sveaborg. proached. She was locking the other

Helsingfors is an important seaport town, capital of Finland, and way; indeed, she was leaning sideconnected by rail with St. Petersburg. ways over the wall to gather some sprays of woodbine which had -New York Herald. climbed up within reach. The air was

Our Doctors.

There are 215,000 physicians of odors, but the breath of the woodall sorts in the United States and bine penetrated, somehow, through Canada. Last year 2045 doctors all, just as love is popularly supposed to penetrate through stone walls and died, and, singularly enough, 202 were taken off by heart disease. Forthe dead thickness of accumulated ty-six committed suicide. Eighty suc-Then these two foolish young peocumbed to senile debility and twentyseven to appendicitis. The youngest ple deliberately did the worst thing doctor to die in 1905 was twenty-

three years of age, the oldest 104. The average length of practice of the American physician is thirty-one years and one month .- New York Press.

No Machinery Used. "But," protested Mrs. Newliwed,

'I don't see why you ask twenty-five within the last few days Winyard cents a half peck for your beans. The other man only wanted fifteen It is strange how cruel men can be. Winyard looked down at Adonis as he cents." "Yes'm," replied the huckster,

"but these here beans o' mine is all hand picked."-Philadelphia Press. | cook until a light brown.

hot macaroni and serve.

To Renovate Ribbons.

To renovate ribbons, proceed as follows: With good, pure soap, prepare a basinful of warm suds (a hand bowl will do), and place in it all the ribbons of one color. When they have soaked for fifteen minutes, remove and spread them, piece by piece, on a smooth surface. Then, with a soft brush (an old tooth brush will do), rub until all the streaks and spots disappear. A little cooking soda will help to remove obstinate stains. Rinse out the soap suds in clear warm water. If you desire the ribbons to be as stiff as when new put a few drops of vinegar in the rinsing water.

Have the ironing board ready, spread the ribbons between two pieces of smooth white cloth with a plain weave and press with a moderately hot iron until thoroughly dry. This method will be found excellent with satin, taffeta, peau de soie, grosgrain, liberty satin, mirror velvet and other ribbons-excepting plain silk velvet; these should be merely dampened-not soaked-and run quickly back and forth over the face of a hot iron (silk side next to the iron) until dry. With a clothes brush, brush up the face of the ribbon gently but thoroughly, and the old velvet ribbon will be restored to its original condition .- The Delineator.



Asparagus Omelet - Asparagus omelet is well known, asparagus with scrambled eggs rather less so. Beat six eggs well, add for each egg a tablespoonful of milk and beat again. Add cold asparagus cut up in very small pieces, and scramble until thick and creamy.

Luncheon Rolls-Make a good biscuit dough and roll it rather thinner than for biscuit. Cut into pieces about three inches square. Wet the edges with cold water and in the centre of each square put a heaping tablespconful of cooked meat, well, seasoned and chopped fine. Fold the opposite corners together, pinching the edges so that they will not come apart in baking and bake for about fifteen minutes in a hot oven.

Turkey or Chicken Omelet-Separate the whites and yolks of six eggs and to the yolks add six tablespoonfuls of cold water. Beat well and season with pepper and salt. Then beat the whites to a stiff froth, fold in the yolks and beat for five minutes. Beat in one cupful of turkey or chicken meat minced as finely as possible and mixed with two tablespoons of flour. Into a moderately hot pan put two tablespoons of butter, turn in the mixture and

olying that there were many others. "Offering." This assumes an altar and sacrificial offerings. No account of their institution is previously given, however.

"Respect," for what reason Vs. 5. we cannot learn. There may have been some laxity in Cain's offering. He may have not complied with a a ceremonial law as completely as did Abel. But we must hazard the reason.

Vs. 7. Commenators seem to be unable to explain adequately this verse. It is likely incomplete. Parts of it perhaps are lost. At any rate, it is not intelligible.

Vs. 8. "Told," better "said unto." "Field," the free countryside. Perhaps a distant place far removed from near acquaintances.

Vs. 9. "Where," God gives him a chance to make a breast of his crime. "I know not." Cain doesn't try to excuse himself, to dcdge, to beat about the bush. He simply brazens it out and lies directly and shame-"Keeper." Abel kept sheep. lessly. We may not unreasonably read a bit of unscrupulous irony in these remarks.

Vs. 14. "Hid." "In the primitive tradition Jehovah is specially the ruler of the cultivated district of Canaan, and to leave Canaan for the surrounding wilderness was to lose the divine protection in its ordinary manifestation."

Vs. 15. "Vengeance." The mur-derer and six of his kindred as a rule were put to death together. See 2 Sam. 21:8. "Sign," for protection. This was to indicate that he was under divine protection and not to declare his sin to the world. However, it is likely that the brand did both. Note that death is not absolutely prescribed as a penalty for murder. The right of revenge was a family one as much as any. But its exercise was not compulsory. This section will admit of much thought.

False Humility.

I am tired of people who say they want to live on crumbs. Crumbs are sood enough for cats and dogs. The Christian wants nothing but the whole loaf .- Moody.

Better Telegraph Service For India.

to be overhauled and improved. A committee is now holding its preliminary sittings at Simla, and is to make a tour of inspection throughout the country. There are over 200,-000 miles of telegraphs in India and about 2000 telegraph offices, but complaints have been made of the inefficiency of the service. The Deputy Controller of the Central Telegraph Office, London, has been sent out to India to give assistance in reorganizing the service.

Casualties on the Railroads.

The total number of persons killed in train accidents during the three months ended June 30, 1906, was 194, and of injured 3031, according to reports received by the Interstate Commerce Commission. Accidents of other kinds, including those sustained by employes while at work and by passengers in getting on and off cars, etc., bring the total number of casualties up to 16,937, consisting of 933 killed and 16,004 injured.

ditor Edward Bok shall hide the face of Christ!" We should deal with the serinon in this spirit. The serinon is the best which Home Journal, took a characteristic way of arguing himself into total ab-stinence. He says: does the best work. We get in the way of admiring the the sermon for itself. We form certain laws, we

"As I looked around and came to know more of people and things, I found the always unanswerable argument in favor of a young man's abstinence; that is, that the most successful men in America to-day are those who never lift a wine-glass to their lips. Becoming interested in this fact, I had the curlosity to inquire personally into it; I found that of twenty-eight of the leading business men in the country, whose names I selected at random, twenty-two never touch a drop of wine. I made up my mind that there was some reason for this. If liquor brought safe pleasures, why did these men abstain from it? If, as some say, it is a stimulant to a busy man, why do not these men, directing the largest business interests in this country, resort to it? And when I saw that these were men whose opinions in great business matters were accepted by the leading concerns of the world, I concluded that their judgment in the use of liquor would satisfy me. If their judgment in business matters would command the respect and attention of the leaders of trade on

both sides of the sea, their decision as to the use of liquor, was not apt to be wrong." Liquor Harmful in Navy. mear Admiral Wm. T. Sampson

said: "I think there is but one opinion among the officers of the navy about grog, and it is that alcoholic liquors have no place in the navy of the United States, except as medicine. Intoxicating liquors of all sorts should be abolished!"

Non-Alcoholic Receipts.

At a recent meeting of the enecutive committee of the National British Woman's Temperance Association it was voted to send a special letter to all local unions urging the members not to use alcohol in cooking, and enclosing a small book of non-

Rum at the Bottom.

"It might interest the public to know," remarked Clerk John P. Manning, of the Suffolk superior criminal court of Boston, in submitting his recent annual report for publication, "that nearly ninety per cent. of the cases that passed through our court last year were for drunkenness. This supports the argument I have always clung to, namely, that rum is at the bottom of all kinds of crime and vice.'

the use of alcoholic drinks.

A Million Drunkards.

The Germans have found a way to It is a moderate estimate of our prevent potato rot. The fungus, causdrunkards that puts the number at a million. Not a man of them set out to fail. Every one of them meant ing it is destroyed by washing the potatoes with a broom dipped into a to be well and do well and be tem-perate. They are disciples of the solution of one pound of chloride of lime dissolved in twenty-five gallons drink-doctor, the drink-preacher, the of water. drink president. Some of them are Oppose Municipal Pawn Shop. too weak to resist temptation. are too debauched to want to resist

J. C. McNally, Consul at Liege, writes that there is a growing senti-ment in that Belgian city against the municipal pawn shop. This institu-Fully forty per cent. of the men tion is gradually losing its importand women in the insane ward of the ance, due to the growing prosperity. Allegheny City Home went mad from

alcoholic receipts. The telegraphic system of India is

it.