

Spiritual Normalcy

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TEXT—God is not the author of confusion.—1 Cor. 14:33.



By normalcy is meant a condition not extreme. Now when is the soul in a condition not extreme? A lost soul is abnormal. Salvation is normalcy. And its characteristics are not difficult to trace.

1. Spiritual normalcy has not, and it fears not, judgment unto condemnation. If your sins have been remitted then there is no judgment unto condemnation for you.

"Verily, verily I say unto you, he that heareth my word and believeth on him that sent me, hath everlasting life and shall not come into judgment." (John 5:24). "There is therefore now no coming into the condemning judgment to them which are in Christ Jesus."

The sense of guilt or of dread is a proof of abnormality of the soul. All distressfulness about one's self is cured in Christ, for in Him is the covering for every offending thought, word and deed.

2. Spiritual normalcy cannot be without spiritual life. No more is it possible to substitute the electrifying processes of pleasant words and manners for spiritual life than it would be possible to produce business prosperity by polishing the knobs and hinges of all the bank safes. It is abnormal for a soul to be "dead in trespasses and sins."

3. Spiritual normalcy cannot exist without prayer. It is not that a man has to pray in order to be saved. For salvation he has simply to trust. But being "alive" unto a holy God and knowing that all his goodness or success is in him, how should he not ask and receive answers from him? Surely being at home in "the household of faith" he will be saying "our Father." A prayerless life is either a captive of vain self-sufficiency, or else of the gloom of despair, and all such is abnormal.

4. Spiritual normalcy has spiritual delights. You must expect a man to prefer fleshly delights if he has never been born again. He does not know what spiritual delights are. As well might a man born deaf or blind be expected to know what music and sunsets are. If he could step instantly out of the barrenness of a northern winter into the fruitfulness of mid-summer it would be no more in contrast than for him to step out of ordinary delights, good times and laughter into "the joy of the Lord." And to "rejoice in the Lord always" is spiritual normalcy.

5. Spiritual normalcy is profitable. It can always render an account showing assets clear beyond liabilities. As commerce business is not considered normal when it verges on bankruptcy, so the soul is not in normalcy unless the person is spiritually prosperous. What is this we read about "The riches of Grace"? It is not the fair amount of grace, not an encouraging proportion of grace, not, if all goes well there will be enough grace to prevent spiritual bankruptcy, but it is "The Riches of Grace in Christ Jesus."

And what is this we read? "All things are yours." Ah, the soul in normalcy must never be pictured with hat in hand standing at the curb of the broad way asking alms of a doomed age. Rather he is so rich that he broadcasts the gold of God's grace as he runs to relieve his lost fellows.

6. Spiritual normalcy has a will but it is not self-willed. Its will merges in the will that holds the worlds in their orbits. To say, "I will do thus and so because I wish to, and may the Lord bless me in it," is to be abnormal. Normalcy is never possible without yieldedness to God. The way to render a normal account to God is to surrender. All in all, spiritual normalcy to the world appears exaggeration, but to a saved man it is the Spirit-filled life.

7. Normalcy of spirit does not refuse the battle. It makes sure of the armor and the weapons. It fights "the good fight of faith," but it is sure of victory. Wars greatly disturb commercial normalcy, but spiritual normalcy never is so evident as when the war wages hottest. When the day of peace comes its evidence will not wane. "Forever with the Lord" will be eternal normalcy. But how strange that poor little word "Normalcy" sounds when applied to the exalted triumph of the soul in glory! Strictly speaking the world belongs in the sphere of mathematics; and to tell of the triumphs of grace, figures fall utterly.

Religious Interest.

The small audiences which gather in our churches have been taken as an index of the religious interest of the people. The Christian Century tells of a man who recently went out to investigate lodges and found them tenfold worse in this respect than the church. One lodge with 700 members had 35 present, while the church of 1,200 members had 445 in the morning service and 206 in the evening service. The much-heralded prayer meeting had a much higher average than any of the lodges visited.

In Fall Undergarments;
Handsome School Coats

WHEN the subject of undergarments comes up for discussion the first thing to be settled is what sort of material is to be used. The choice lies between silk and fine cotton. In silks crepe-back satin, radium and crepe de chine have won the confidence of buyers. In cottons there are fine smooth muslins, batiste, nainsook and cotton crepes to choose from and the last mentioned seems to be making an assured place for itself.



TAILORED STYLES IN UNDERGARMENTS

made of the materials are very sparingly used. Pin tucks in parallel rows and placed in groups, or box tucks are features of the decoration in the tailored styles. French knots, inserted cords and very narrow, sturdy edgings play excellent parts in them also. Chemise with step-in drawers, or with knickers to match, answer the demand for attractive and comfortable undergarments.

Cotton crepes and tailored styles will interest those who are providing outfits for young women and girls' school wear, for two good reasons. Laundering must be considered and silks require a little special care in washing—although it is very easy to do them. The other reason is that it is better for the school girl to have too little than too much of the luxuries in her wardrobe and, to many people, silk undergarments are still

ous summer and journey contentedly collegeward, outfitted with a handsome coat like that shown at the left of the two illustrated. When the time comes to go, there is nothing more consoling to one of the younger generation than a piece of fetching millinery and a wrap that is impressive; and here is the limit of richness to be allowed the college girl. The coat has the hall marks of the season's styles in its low, bloused waist line, its trimming of very narrow silk bands and its loose straps. The fluffy



TWO HANDSOME SCHOOL COATS

A luxury. At the right of the picture a chemise and knickers are shown, of pink cotton crepe, which answers perfectly for school wear.

A very practical slip is shown at the left of the picture. This has proved a very convenient garment, suited to the current styles in dresses, and is often made of saten. In the sheerer materials it usually has a hip-depth hem or double panels at the back and front, for shadow-proof devices. The slip pictured is intended to be worn under sheer dresses and the body is provided with a front panel of lace.

One may turn the back on a joy-

a contrasting material. The raglan sleeves are emphasized with a novel trimming of the darker material that sets off the large cloth-covered buttons. The collar may be fastened up about the neck, and this coat looks very capable as a barricade against all kinds of winter weather.

The hat of wool yarn is crocheted and trimmed with a braided band of the wool, ending in two short, full tassels.

Julia Bottomley

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The Kitchen Cabinet

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Dates are readily digested and when eaten with nuts to furnish nitrogen and fat, the combination is an almost perfect food.

She alone is mistress of her art who has nothing left to throw away.

GOOD THINGS TO "PUT UP"

It is pleasant to try some well-recommended recipes, without slighting those which have long been used in the family, for sometimes we find one which we like so well that it is added to the sacred family cook book.

Plum Catsup.—Take one-half peck of blue plums, one pint of vinegar, half the weight of the plums in sugar—less if liked less sweet. Add a tablespoonful each of cloves, cinnamon and allspice, tied in a muslin cloth. Boil together, strain through a colander and boil again until of the right consistency.

Apple and Pepper Sauce.—Cut unripe, tart apples in thick slices, place in layers with sliced green peppers, using one-half dozen peppers to one dozen apples; and over each layer sprinkle salt, using one-half cupful. Tie in a muslin cloth one teaspoonful of crushed cloves, mace, peppercorns, and nasturtium seed, one cupful of sugar and three pints of vinegar; pour boiling hot over the apples six mornings. Then seal.

Chili Sauce.—Boil together five cupfuls of vinegar, two tablespoonfuls of salt and one cupful of sugar, then add twenty-four large ripe tomatoes, three red peppers, and seven onions, all put through the meat grinder. Cook one hour, bottle and seal.

Green Apples and Onions.—Slice green apples, using a dozen apples to three good-sized onions, cook the onions in a little fat until somewhat soft, then add the apples unpeeled; cook until nearly done, then add a little sugar, salt and a dash of cayenne. Serve as a vegetable with pork chops or steak.

Canning Young Peets.—Wash and trim, leaving two inches of stem on each to keep them from bleeding. Cook until tender, skin and place in jars with two tablespoonfuls of sugar to each quart, and one teaspoonful of salt. Set jars into a kettle of water and seal, not tight; cook in the water for an hour. Seal and set in the cellar for winter use.

The best things are nearest—breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that duty duties and daily bread are the sweetest things of life.—Lord Houghton.

SEASONABLE GOOD THINGS

Now spring chicken is low enough to be indulged in occasionally. Cut the chicken up as for frying, put it into a deep Scotch Kettle with a few tablespoonfuls of water, cover tightly and steam for a few minutes, add a little fat and a tablespoonful of water from time to time; season well and cook until brown. The chicken will be tender and juicy with this slow cooking.

Stuffed Steak.—Grind a pound of round of beef through the meat grinder (season with salt, pepper and onion) with one egg. Prepare a bread stuffing as for poultry, grease zom pans, put in a layer of the meat, then of the dressing and lastly a layer of the meat. Bake and turn out on small plates and garnish with parsley.

Currant Pie.—Take one cupful of crushed ripe currants, one cupful of sugar, two egg yolks, a pinch of salt two tablespoonfuls of flour and one of cold water. Cook until smooth and thick. Cool and fill a baked shell. Cover with a meringue made of the two egg whites with three tablespoonfuls of powdered sugar; dot with half a dozen marshmallows and brown lightly in the oven. If currants crushed and put up fresh with sugar are used, one and one-half cupfuls of the fruit will be sufficient for a pie.

Tomatoes d' Uxelles.—Stuff tomatoes with any desired filling and bake until tender. Cover with buttered crumbs and place them under the gas flame to become a golden brown.

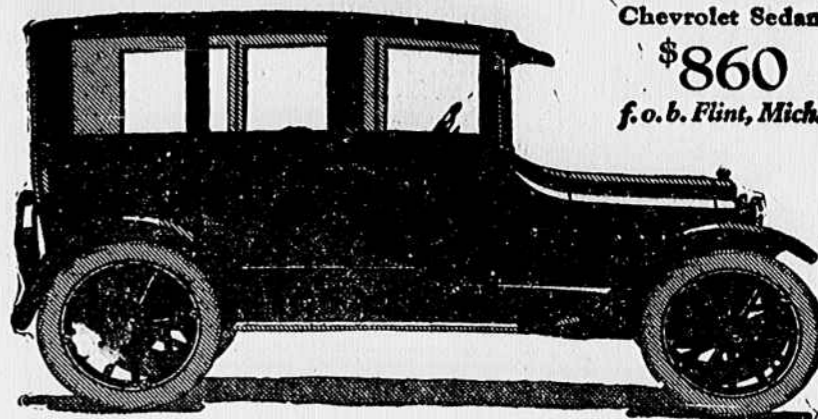
Apple and Blackberry Jelly.—To each peck of red astrakan apples add three pints of blackberries. Cook the berries and apples with as little water as possible. Drain, but do not squeeze. Use two-thirds as much sugar as juice and cook until it jells; first cooking the juice for ten minutes before adding the sugar. If carefully made it will be a beautiful red. The apples should be cored, but not pared.

Cold Slaw.—Shred a head of cabbage very fine, then pour over the following boiling hot: one-half cupful of vinegar, a tablespoonful of butter. Remove from the heat, add a beaten egg and three tablespoonfuls of sweet cream. Season with salt and mustard, pepper and sugar. Pour over the cabbage boiling hot.

Nellie Maxwell



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All in a Minute. "I'll trouble you for the time, mister," said the footpad. "It's just striking one," replied the man accosted, punching him between the eyes. "Don't hit me with your second hand," said the footpad, skipping off.—Boston Transcript.

Cuticura for Sore Hands. Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do for Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

Contemporary Corrected. From Fashionable Dress—"When the gay Bard of Avon fondly inquired 'What is so rare as a day in June?' he was probably thinking of the smiles and tears and tenderness of the wedding day." Not at all, brother, not at all! He was probably thinking: "That's a mighty good line. Wish I'd thought of it before Lowell did."—Boston Transcript.

Evidently Nothing Doing. Buddy is five years old and has a beautiful collie. The other day he was going down the street with the dog and a man stopped him, saying: "I'll give you \$25 for that dog, sonny." "Gee, gosh," said Bobby, "I wouldn't sell his tail for that."

He Ought to Be Mobbed. An old bachelor says, there is but one thing sweeter than love's young dream, and that is to wake up and find yourself single.—Boston Transcript.

Every week in London it is estimated that articles to the value of \$1,000,000 are pawned.

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