

HOUSEHOLD.

How to Drink Water.

There are few people, we think, who thoroughly realize the value of water as a beverage, or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed as a large draught, or if it be taken in two portions with a short interval between, certain definite results follow—effects which differ from those which would have resulted from the same quantity taken by sipping. Sipping is a powerful stimulant to circulation, a thing which ordinary drinking is not. During the act of sipping the action of the nerve which shows the beats of the heart is abolished, and as a consequence that organ contracts much more rapidly, the pulse beats more quickly, and the circulation in various parts of the body is increased. In addition to this, we find that the pressure under which bile is secreted is raised by the sipping of fluid. And here is a point which might well be noted by our readers—a glass of cold water, slowly sipped, will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draught. In this connection it may not be out of place to mention that sipping cold water will often allay the craving for alcohol in those who have been in the habit of taking too much of it, and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.—'Presbyterian Banner.'

Recipes.

Wheat Scones.—Scones are quickly prepared by making a soft dough with two tablespoonfuls of butter rubbed into three pints of flour, two teaspoonfuls of baking powder, one scant teaspoonful of salt, one teaspoonful of sugar, and sufficient cold milk to mix. They are rolled out an inch thick, cut into triangles or squares and slowly cooked on a moderately hot griddle.

Macaroni Croquettes.—Boil till soft a quarter of a pound of macaroni, which has been broken into small pieces. Melt one ounce of butter or dripping in a saucepan, and add to it one teaspoonful of chopped onion and one of parsley. Chop and add two ounces of any cooked bacon, ham, tongue or meat to the cooked macaroni. Season with salt and pepper, and moisten with a little milk or white sauce. Heat all together in the pan, and add one egg, stirring all for a few minutes over the fire; then turn the mixture on to a plate to cool. Make it up into shapes like croquettes, egg and crumb them, then fry in boiling fat a golden brown. Serve with fried parsley.

From Our Mail Bag.

Acton West, O., Jan. 21, 1901.
John Dougall & Son, 'Witness' Publishing House, Montreal:

Dear Sirs,—Enclosed find our S. S. subscriptions to the Northern Messenger. We have taken the 'Northern Messenger' in our Sunday-school for the past six months and we are delighted with it, and believe it to be the best Sunday-school paper published. Our Sunday-school is the Crewson's Corners Methodist Sunday-school. Wishing you and your paper every success, I am yours truly,
CHAS. GAMBLE,
Secy. of S. S.

Stewart, Ont., Jan. 18, 1901.
Messrs. John Dougall & Son:

Sirs,—Our subscription to the 'Northern Messenger' does not expire until the end of the month, but I like to be on time. Enclosed you will find five dollars for twenty-five copies of the 'Northern Messenger.' We think your paper the best all-round paper of any we have seen.
M. A. WHITE,
Stewart, Kent Co., Ont.

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W. S. Jamieson, Dalton, Ont.

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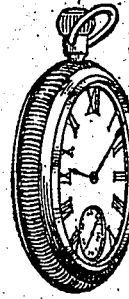
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About the 'Witness.'

Jerseyville, Ont., Jan. 24.

Enclosed find subscription to the 'Witness.' I could not possibly find another publication which would supply its place, could it not be secured. Its editorials are so instructive and its facts and statements so reliable.
A. E. WILCOX, Teacher.

Testimonials to the Value of 'World Wide.'

Newport, Vt., Feb. 5, 1901.

(To the Editor of 'World Wide.')

Dear Sir, As a subscriber in the States, though still a British subject, let me say that 'World Wide' commends itself to me as an excellent corrective of prejudice and arrogance in judging men and events. The all-aroundness of presentation is most helpful.

I have had pleasure on several public occasions lately in mentioning the 'Daily Witness' as a standing proof of the journalistic possibility of an unalterable loyalty to moral principles,
Yours very truly,
(REV.) A. F. MACGREGOR.

Amherst, N.S., Jan. 29.

Messrs. John Dougall & Son:

Dear Sirs,—I am so much pleased with 'World Wide' that I feel I ought to preserve the copies for reference and enclose thirty cents for binder. . . . I remain, with hopes for the success of your venture,
Yours respectfully,
D. A. STEELE.

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All business communications should be addressed 'John Dougall & Son, and all letters to the editor should be addressed Editor of the 'Northern Messenger.'