

World of Missions.

The Little Hindu Widow.

Most pitiful is her condition even yet, when so much has been done to improve it, and when slowly the point of view is changing. The youthful childless widow is treated with every possible indignity. She is at once made the family butt and drudge. Her mother-in-law's aversion is expressed in curses or in blows, as well as taunts. Happier women jeer her as she passes. They fancy that she is responsible for her husband's death and that her sins in a previous state of existence caused it to occur. She must forever wear coarse, disfiguring garments, and her hair is shorn close to her head.

A girl may be married at eight and widowed at nine. From that hour her lifelong misery begins.

Ramabai has done much to lift the great, fettering load that shackles and burdens these Indian widows.

How can Christian women be indifferent to the wail that never ceases, day or night, from wronged Indian womanhood?

Ramabai's Great Work.

"The financial report of Mukti school and mission," of which Pandita Ramabai is the founder and superintendent, is much more than a dry statement of receipts and expenditures. About 2,000 per-sons, old and young, are watch care at Mukti Church and school and industrial work play their respective parts in moulding and developing this large colony, nearly altogether from the higher Hindu castes. Order, industry, diligence, and discipline are features of the institution that confront one at every point. The audited accounts show that Ramabai received and expended in this work during the year the sum of Rs. 1,48,354, of which about Rs. 58,000 went for buildings. The average cost per annum of each girl or woman was Rs. 60.

Christian Progress in India.

The Bombay Guardian says: "As the census officers in each presidency complete the statistics for the religious beliefs of the populations, we begin to see how marvelously the Christian faith is spreading in India. The census for the Punjab shows a total of 20,866,847 persons, or an increase of 1,588,922 on the total for 1891. The percentage of increase in the various religions is:

Sikhs.....	11	per cent.
Mohammedans.....	9.4	"
Hindus.....	3.4	"
Christians.....	32.6	"

Christians in the Punjab now number 71,084, in spite of the absence of British troops in South Africa. In the Madras Presidency the Christian religion also shows a large increase. The total population of the Madras Presidency is 38,623,666, an increase of 2,573,826 on the total for 1891. The percentage of increase in the various religions is:

Hindu.....	6.34	per cent
Mohammedans.....	9.11	"
Christians.....	18.13	"
Animists.....	35.75	"

It breaks one's heart to think of the sufferings of children in the heathen world, not of body merely but of mind and heart. Only Christ can really assuage their griefs. He is able and willing. Let us tell them of Him.

Health and Home Hints.

A little salt added to whites of eggs when beating them froth quickly.

Alum, dissolved in water and applied to a bedstead with a feather, will exterminate bedbugs.

Many a man who thinks he has heart trouble is merely dyspeptic; many a woman owes her symptoms to tight lacing or insufficient feeding. If the dyspeptic be cured, or the tight lacing be dispensed with, the symptoms of heart weakness will disappear.

To Make Soap for Washing Blankets: Shave fine two pounds of good white soap and put into a saucepan with two quarts of boiling water. Keep on the fire until the soap is dissolved—stirring occasionally. Add four ounces of borax, stir well and the soap is ready for use. Never use brown soap when washing woolen goods.—March Ladies' Home Journal.

Walnut Cookies: Take one cup of walnut meats chopped rather fine, one cup of sugar, one egg well beaten, two tablespoonfuls of milk or water, one heaping tablespoonful of baking powder, flour to roll out thin as possible. Brush with white of eggs and sprinkle with powdered sugar while yet warm. Keep in a dry place. Hickory nut cookies are made in the same way.

For cream of tomato soup, half a cupful of rice, two quarts of salted water, one can of tomatoes, one teaspoonful of salt, two tablespoonfuls of sugar, one salt-spoonful of pepper, one onion, one bayleaf, three cloves, a grating of nutmeg, one cupful of whipped cream. Cook the rice and water down to one quart. Cook the tomatoes with seasonings for about half an hour. Serve the rice grains whole in the tomato soup, or the rice may be put through a strainer until perfectly smooth, and the tomato juice strained over it. Season to taste, and just before serving add the cream.

Puff Muffins: To make puff muffins take one pint of flour, one pint of fresh milk and three eggs. Break the eggs into a bowl and beat them until very light; sift the flour with an even teaspoonful of salt; mix the flour and milk alternately into the beaten eggs until all is in and the batter is light and well mixed. It should not be thicker than buttermilk; then have gem pans ready; heat them on the top of the stove; grease them well with sweet lard; half fill them with the batter, and set in a well heated oven so they will cook quickly.

No person should ever eat heartily when very tired. The wisest thing to do is to drink a cup of hot water with three teaspoonfuls of milk in it, sit down for five minutes, and then begin slowly to eat, masticating thoroughly. In a little while the vigor of the stomach will come back, and all will be well.

Some physicians recommend that the most effective way to cure a cold is to go to bed, drink hot lemonade, eat plenty of nourishing food, and stay in bed for twenty-four hours.

Tutti frutti ice cream makes an excellent dessert, and is prepared in this way: Squeeze the juice from three oranges and three lemons, add to it three bananas cut into bits, and half an ordinary can of apricots. Press the whole through a sieve, adding gradually three cups of cold water to assist in the straining. When the fruit has been rubbed through add three cups of sugar to the juice and pulp, and stir until thoroughly dissolved. Finally add one small cup of cream, blend thoroughly and freeze after the usual method.

Spring Depression.

PEOPLE FEEL WEAK, EASILY TIRED AND OUT OF SORTS.

YOU MUST ASSIST NATURE IN OVERCOMING

THIS FEELING BEFORE THE HOT WEA-
THER MONTHS ARRIVE.

It is important that you should be healthy in the spring. The hot summer is coming on and you need strength, vigor and vitality to resist it. The feeling of weakness, depression and feebleness which you suffer from in spring is debilitating and dangerous. You have been indoors a good deal through the winter months, haven't taken the usual amount of exercise perhaps, your blood is sluggish and impure and you need a thorough renovation of the entire system. In other words you need a thorough course of Dr. Williams' Pink Pills. If you try them you will be surprised to note how vigorous you begin to feel, how the dull lassitude disappears, your step becomes elastic, the eye brightens and a feeling of new strength takes the place of all previous feelings. Thousands have proved the truth of these words and found renewed health through the use of these pills in spring time. One of the many is Miss Cassie Way, of Picton, Ont., who says:—"A few years ago I was cured of a very severe and prolonged attack of dyspepsia through the use of Dr. Williams' Pink Pills, after all other medicines I had tried failed. Since that time I have used the pills in the spring as a tonic and blood builder and find them the best medicine I know of for this purpose. People who feel run down at this time of the year will make no mistake in using Dr. Williams' Pink Pills."

These pills are not a purgative medicine and do not weaken as all purgatives do. They are tonic in their nature and strengthen from first dose to last. They are the best medicine in the world for rheumatism, sciatica, nervous troubles, neuralgia, indigestion, anaemia, heart troubles, scrofula and humours in the blood, etc. The genuine are sold only in boxes, the wrapper around which bears the full name "Dr. Williams' Pink Pills for Pale People." Sold by all dealers in medicine or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams Medicine Co., Brockville, Ont.

The General Passenger Agents of three great Western railroads have definitely refused to run Sunday excursions. Asked for the grounds of their opposition, one of them replied, "Morals, the laws of the Sabbath, and the rights of the working men. We will not give our men unnecessary work on Sunday. They get few enough Sabbaths off as it is." We fear, says the Canadian Baptist, there are many, even Christian people, who show themselves less considerate of the workman than these officials, by the patronage they give to Sunday street cars and travel.

I rejoice that Croskery's Eastern Balm has appeared. It has been used in the manse, for coughs and colds, where it has done all its discoverer claimed it would do; and it has wrought cures in the Ottawa Valley that are simply surprising. Rev. A. H. Scott, M.A., St. Andrew's manse, Perth, Ont. For sale by all dealers, and by the proprietor, John Croskery, Perth, Ont.