

my affection when she was ill. One can wait on a sick person and think she is doing all she can, yet there will be something lacking. If hot cloths are to be applied and replaced, they should not be handled as though the patient had some infectious disease. Dirty dishes, spoons, etc., should not be left in the room, but can be quietly removed without being asked to do so. Anything that can be done without referring it to the sick one should be done. If it is the mother who is sick, no family discussion should be referred to her, as is usual when she is well. This is a good time for the children to practise relying on themselves, and not run to mother with every small trouble. If there is pain or distress in head, shoulders, chest, cold feet, etc., the hair can be gently brushed, which is very soothing to the nerves. Back or limbs can be rubbed with the hand, or better still, with a massage roller, and made much more comfortable. A hot-water bottle can be applied to the feet, and done with a kind and loving spirit and feeling, that will add much to the benefits conferred.—'Health Culture.'

'Inasmuch As Ye Did It Not.'

'Master, I have this day broken no law of the ten—have hurt no one. Is it enough?'

'Child, there stood one by thy side burdened with heavy tasks of lowly, earthly labor. For a little help, a little easing of the burden, he looked to thee. Thou hast time and strength.'

'Master, I did not see.'

'Thine eye were turned within. There was an ignorant one crying from out his darkness, "Will none teach me?" I have given thee knowledge.'

'Master, I did not hear.'

'Thine ear was dull. There came a guest to seek thy converse, a human friend in quest of fellowship. I marked thy sigh, thy frown. Why was thy heart not glad?'

'I was reading. I hate to be disturbed to be called from great thoughts to trifling talk.'

'The children would have had thee some few moments in their play. Without thee they went wrong—how far wrong thou wilt not know. It is too late.'

'Child's play? But I was searching for a hidden truth of spiritual import.'

Oil Cure for Cancer.

Dr. D. M. Bye has discovered a combination of oils that readily cure cancer, catarrh, tumors and malignant skin diseases. He has cured thousands of persons within the last ten years, over one hundred of whom were physicians. Readers having friends afflicted should cut this out and send it to them. Book sent free giving particulars and prices of Oils. Address the home office, Dr. D. M. Bye Co., Drawer 505, Indianapolis, Ind.

NORTHERN MESSENGER

(A Twelve Page Illustrated Weekly.)

To Separate Addresses.

Single copy 40c
Three copies to separate addresses . . . \$1.00
Four copies to separate addresses . . . 1.20
More than four at the rate of thirty cents each.

S. S. Clubs.

Sunday-school Clubs, ten or more copies to one address, twenty cents per copy per annum.

Postage.

The above rates include postage for Canada (excepting Montreal City), Nfld., U.S. and its Colonies, also Cuba, Great Britain, Mexico, New Zealand, Transvaal, British Honduras, Bermuda Barbadoes, Ceylon, Gambia, Sarawak, Bahama Islands, Zanzibar, Hongkong, Cyprus, Fiji, Jamaica, Malta, Trinidad, British Guiana, Gibraltar.

For Montreal and foreign countries not mentioned above, add 50c a copy postage.


Sample Copies.

Sample package supplied free on application.

JOHN DOUGALL & SON,
Publishers, Montreal.

EARN OVER \$10 A DAY.

Agents Wanted all over the world. Experience not necessary. Ten dollars a day easily earned taking subscriptions for 'World Wide.' Write for full particulars and our hints for easy canvassing. Address the Publishers of 'World Wide,' Montreal, Canada.



RUPTURE CAN BE CURED

at home WITHOUT Pain, Danger, or Time From Work by the WONDERFUL DISCOVERY of an eminent Toronto Specialist. REV. E. D. SHERMAN, Harrow, Essex County, Ontario, whose portrait here appears, is cured at 66 years, by the great Discovery of the Rupture Specialist, Dr. W. S. Rice, 24 East Queen St. (Block 63), Toronto, Ont. To all ruptured sufferers, who write at once, Dr. Rice will send FREE, his BOOK, "Can Rupture be Cured," and a FREE TRIAL of his DISCOVERY. Do not wait, write to-day.



The most serviceable and keen

KNIFE FREE.

Just for selling one dozen copies of our new century publication, 'World Wide,' at 5 cents each. A fifty cent certificate accompanies each copy. Sells at sight to the best people in each community. It is the cheapest and best of its kind. This offer is extended for one month from date of this issue.

This is a regular Man's Jack Knife, and any boy who gets it will have something to be proud of. Ask by post card for one dozen copies of 'World Wide,' and they will be sent immediately.

JOHN DOUGALL & SON, Montreal.

LAKE PARK, Minn., Jan. 30, 1905.
DEAR SIR, - I received the knife to-day and am greatly delighted with it. Many thanks.
Yours truly,
ELMER MELBY.

'Thou didst not turn aside to lift that lame one who had fallen by the way.'

'I was in haste to do what I had planned. I meant to help him when I should return.'

'Another lifted him. And shall I question further?'—Unknown.

Children's Study Hour.

Says a physician: 'I abominate night parties for children. I believe every physician does. It is not so much the exercise and the eating in the night and the bad associations formed, of a high-class sort possibly, but the breaking into the sleep habit. Equally bad is it for children to study in the evening. It gorges their brains with blood, and if they sleep they dream. I had a little patient of twelve years who was wasted and nervous, and whose dreams were filled with problems. It was a marvel and a pride to his parents that the youngster worked out hard problems in his sleep such as he failed to master when awake. But he came to his final problem. I locked up his books at four o'clock. He must not touch one after supper. He must play and romp, and then go to bed. He is now robust. You can not emphasize too strongly the mischief of children's night study.'—'The Morning Star.'

Selected Recipes.

Spiced Beef.—Mix together two ounces of brown sugar, four ounces of salt, one-quarter of an ounce of saltpetre, one-half of an ounce of black pepper, one-half of an ounce of ground all-spice, one-quarter of an ounce of cloves, one-quarter of an ounce of ginger. Trim and wipe a five-pound piece of round of beef, rub it well with half the mixture, put in an earthen dish and stand away in a cool place. Next day rub in the remainder of the spiced mixture and set away as before. Turn every other day for a fortnight then put all in a kettle, add sufficient boiling water to cover and simmer until tender. Let stand in the liquor until cold, remove it and slice as needed.

No Breakfast Table
complete without

EPPS'S

An admirable food, with all its natural qualities intact, fitted to build up and maintain robust health, and to resist winter's extreme cold. It is a valuable diet for children.

COCOA

The Most Nutritious
and Economical.

Onion Soup.—Twice as many onions may be prepared and boiled on Tuesday as will be needed. The extra quantity, rubbed through a sieve, will give sufficient pulp for soup on Wednesday. Use as much water as you have of pulp and twice as much milk (or all milk if you wish it richer) and thickening in the proportion of one tablespoonful of butter and one tablespoonful of flour to each quart. These proportions will hold good for all vegetable soups of this character.

Ham and Eggs.—If you happen to have a little bit of cold boiled ham, you can with very little trouble contrive a dish of minced ham and eggs. Put into a saucepan some butter—say one ounce to four ounces of ham. When melted add one teaspoonful flour, and stir over the fire till brown. Add a little stock or ketchup and water, the ham minced very fine, and seasonings to taste. Stir till all is very hot. Have some fried or toasted bread on a platter; spread with the mince, and place the eggs on the top. The latter may either be poached, or dropped on raw, and put to set in the oven or in front of the fire.