

World of Missions.

Britain's Mission in Africa.

On the 5th March, in the Freemasons' Hall, Edinburgh, the Rev. Dr. Stewart, of Lovedale, delivered the second of his series of Duff Lectures on Africa and African missions.

Dr. Stewart said that three great religious powers stood face to face in opposition to each other in Africa to-day. They are Paganism, Mohammedanism and Christianity. The struggle between them was not new. It was now rather being renewed, and this time would probably be final. The aim of each was the spiritual supremacy of a continent. The population of that continent was between 160 and 190 millions. It thus formed an empire worthy of a struggle. Two of these powers had been long in occupation—Paganism longest, Mohammedanism next, Christianity last. Of Paganism it might seem a strange thing to say, and yet it was true, that it sprang from a natural and not evil root, which could neither be eradicated nor condemned. But despite its simple form Paganism was a terrible fate spiritually, and a terrible power under which to live. To all the evils of this life it added the constant terrors of a world unseen, mostly malign, and actively interfering with human affairs, and from which there was no escape.

In Africa alone, of men in that forlorn condition, there were 110 or 120 millions; and that was leaving hundreds of millions uncounted outside. Yet, repulsive and unpromising as African Paganism looked, it was, except among the gin soaked tribes of the west coast, an excellent field for missionary work. Of that Paganism they might cherish the belief that it was likely to pass away even in Africa earlier than many believed. Mohammedanism was still a formidable power. It was often dismissed with the words, a mere imposture; but it could not be so dismissed. Mohammedanism began as a religion, but quickly shaped itself into an empire, and finally took its permanent form as both. That double character of Mohammedanism rendered it a formidable force. They were under the impression that Mohammedanism was no longer propagated by the power of the sword. Formally that was true. But a battle fought only a few years ago probably saved North-Eastern Africa. In that the power of Khalifa, the successor of the Mahdi, was completely broken. It was the battle of Omdurman. The Mahdi meant "the expected, the restorer of all things." Had things gone the other way at that battle Khartoum would have been now in the Mahdi's possession. Things would have taken an entirely different turn, and civilization and Christianity would have been again sent north—to wait till their time came.

A complete statement of the causes influencing the religious progress of Mohammedanism require occasional reference to matters of another kind. For example, not long ago there arose a difficulty about a place called Fashoda; and they had within the last few weeks completed a railway 580 miles long from Mombasa to Victoria Nyanza. The plain truth was that they—whoever they may be—who held the upper waters of the Nile held the lower, and they who held both held Egypt. And so for Egypt's sake, and for African humanity's sake, and perhaps he ought in perfect truth and honest not to omit, for their own sakes, they needed Fashoda and they kept it.

Health and Home Hints.

Cooking School Knowledge.

Dip melts or fish of any sort in lemon juice when you wish to keep the flesh white.

If you keep parsley wrapped up in a piece of wet cheesecloth, you can keep it for several weeks without its spoiling.

When molding a cream mixture or gelatine mixture have a mold just the right size. It is not so apt to break when turned out as when the mold is too large.

A cup of butter means sixteen tablespoons. When we measure butter in a cup, we measure it packed solid.

A spatula is very nice for turning cakes, omelets and small fish.

Never leave a lemon or any acid jelly in a tin mold over night, because it spoils the taste. Agate or earthenware molds are the best.

If the gelatine in an earthen mold does not come out readily at first, set it in a dish of hot water for a minute, or wet a dish towel and set the dish on it. Be careful that it doesn't stay too long.

Always strain a custard to take out the spiral spring which balances the yolk in the white.

One cup of sauce means one cup of liquid, regardless of the amount of thickening and butter that you use.—Good Housekeeping.

Chafing Dish Cookery.

The simplest recipe is this: Heat a cup of gravy or stock. Put it in two cupfuls of the dark meat of cold chicken or turkey, cut into dice; season with salt and pepper; add a cup of chopped mushrooms (canned ones), and if you like, a table-spoonful of sherry. If you have duck, prepare as before, but use a half cup of cut-up olives in place of the mushrooms. A cup of tomato sauce is also an excellent foundation for many dishes; sweetbreads, parboiled and cut in bits, may be cooked, or any cold meat may be simply reheated in it.

Uses of Salt.—A little salt rubbed on the cups will remove tea stains. Salt put into whitewash will make it stick better. Use salt and water to clean willow furniture, applying it with a brush and rubbing dry. Gingham or cambric rinsed in salt and water will hold their color and look brighter. Salt and water make an excellent remedy for inflamed eyes. Hemorrhages of the lungs or stomach are often checked by small doses of salt. Neuralgia of the feet and limbs can be cured by bathing night and morning with salt and water as hot as can be borne. After bathing, rub the feet briskly with a coarse towel. A gargle of salt and water strengthens the throat, and used hot, will cure a sore throat. As a tooth powder, salt will keep the teeth white and the gums hard and rosy. Two teaspoonfuls of salt in half a pint of tepid water is an emetic always on hand.

Orange Omelet, with Whipped Cream.—Three eggs, two tablespoonfuls powdered sugar, a few grains of salt, one teaspoonful of lemon juice, two oranges, one-half tablespoonful of butter, two and one-half tablespoonfuls of orange juice; separate yolks from whites, beat yolks until thick and lemon colored, add seasonings, fold in whites beaten to a foam, cook in smooth frying-pan or omelet-pan in the hot butter, cook slowly, turning the pan that the omelet may brown evenly; when delicately

Health in Spring.

NATURE REQUIRES ASSISTANCE DURING THESE MONTHS.

TO HELP THROW OFF THE IMPURITIES THAT HAVE ACCUMULATED DURING THE WINTER MONTHS—PURGATIVES SHOULD NOT BE USED—IT IS A TONIC THAT IS NEEDED.

In this climate there are many reasons why people feel all out of gear in the spring months. Perhaps the chief of these is the long hours in imperfectly ventilated offices, shops and houses during the winter months. You may feel that there is nothing serious the matter, yet you are only a little tired after slight exertion, or perhaps your appetite is fickle, or little pimples or eruptions on the skin show that the blood is not as pure as it should be. If you feel this way, not only your comfort but your health demands that you take proper steps to cleanse yourself of the blood impurities that are responsible for your condition. You need a tonic, blood purifier, nerve strengthener and general up-lifter of the entire system. Dr. Williams' Pink Pills for Pale People meet all these requirements more perfectly than any other medicine. These are tonic pills and not violent and weakening like purgative medicines. Nature does not require a violent measure in spring, but a helping hand to throw off the impurities which have accumulated during the winter, and so toning and strengthening ever organ and function that a condition of perfect health will prevail. Everyone—old and young—ought to take Dr. Williams' Pink Pills in the spring. There is no other medicine will do you so much good. Mr. James Salmon, postmaster, Salmon Creek, N. B., says:—"Last spring I was feeling decidedly unwell. I was weak, dizzy at times, and continually felt tired. My appetite was poor and I was losing in weight. I tried several medicines, but nothing did me any good until I began the use of Dr. Williams' Pink Pills, and a few boxes of these made me feel like a new person. I would advise all who feel run down and out of sorts to take Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills are also effective in the cure of all diseases due to poor, thin, watery blood or weak nerves. Do not take a substitute for these pills—it is a waste of money and a menace to health to do so. See that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. Sold by all medicine dealers, or sent postpaid at 50 cents a box, or six boxes for \$2.50 by addressing the Dr. Williams Medicine Co., Brockville, Ont.

browned underneath, place on the center or upper grate of the oven to cook or dry the top, fold, turn on hot platter, sprinkle with powdered sugar, garnish with slices of orange, serve with stiffly beaten whipped cream.

Western Presbyterian: Seedtime and harvest, heat and cold, we are assured, will continue to succeed one another and with them the various attendant changes, but the promptness and rapidity with which all this will take place is something which we must leave to the ordering of One higher and wiser than we. Though delayed, the spring will come, as the final rest in glory will surely be reached at last by all who join themselves by a true faith to Him who is Life un-failing.