

## Health and Home Hints

### The Invalid's Tray.

Cover the invalid's tray with the snowiest linen; use the prettiest china, and sparkling silver and glass; these may tempt the invalid to take food which, served with a soiled napkin and discolored or nicked china, would be set aside untasted. Oftentimes the plainest dishes, if out of the ordinary and daintily served will be relished.

During a serious and protracted illness dainties had been prepared, the most delectable viands provided, with little avail. One day a nice old lady just at noon came with a pretty parcel, with wrappings of delicate tinted tissue paper and tied with narrow ribbon. The expectant curiosity displayed by the patient, who had previously been very apathetic, was observed with gratification by the nurse as she deliberately removed the wrappings, disclosing two delicately-browned ginger cookies on a lovely china plate, and cream cheese in the tiniest of cut-glass dishes. From that time our invalid began to relish food.

Serve a few dishes at a meal, and of each only a small portion. An empty tray after a meal is more pleasing than remnants of food. A tiny sugar bowl and cream pitcher, and an individual pepper and salt holder, should never be omitted from the tray. I add some directions for preparing dishes often useful.

**Tea.**—In a cup place a level teaspoonful of tea, fill with boiling water, cover and set on the back part of the range where it will maintain the temperature but not boil, and leave five minutes.

**Barley Water.**—For fevers, simmer two ounces of pearly barley five minutes in a pint of boiling water; drain, add two quarts of boiling water, a few sliced figs and a handful of stoned raisins; reduce to a quart by boiling, and strain.

**Oatmeal Porridge.**—Soak twelve hours a pint of oatmeal in a pint of cold water; strain, and boil the water half an hour; add a pint of milk, a little salt; let boil, and serve warm or cold with cream and sugar, if liked.

**Mulled Buttermilk.**—Set over the fire a pint of fresh buttermilk; when it boils, add immediately the beaten yolk of an egg; boil up once and it is done.

**Egg Gruel.**—Beat the yolk of a fresh egg, pour over a tea-cupful of boiling water or milk, season to taste, add a tablespoonful of sugar; then beat in the well-frothed white of an egg.

## World of Missions.

### "The Religion of Jesus Makes Things Clear."

BY REV. RODERICK GILLIES.

During a campaign of ten days in out villages in Laos Land, from fifty to seventy people gathered each evening around the missionary's tent, and listened attentively to three and four, sometimes five and six, discourses, by the missionary and assisting elders.

During this trip four persons, representatives of four different families, professed themselves Christians and invited the missionary to hold worship in their homes. Spirit altars were taken down and thrown away. One of these new Christians, Lung Nio Chai Wa Na, is an old man about sixty, and half deaf, having fallen off a house when he was a boy. He seems well up in the Buddhist religion, and has apparently been an earnest seeker after the good. One afternoon he came to the missionary's tent and said he wanted to hear the gospel. Of course he had heard it before, and understood enough to make the missionary's task of explanation comparatively easy, though one had to shout in order to make him hear.

Having listened to the story, he expressed great satisfaction, and said he could see a big difference between Buddhism and Christianity. "Buddhism," he said, "doesn't make things clear, but the religion of Jesus does." Taking copies of the Child's Catechism and Swatadee, he said he would go and lay the matter before his family, as he wanted them to understand too, and, if possible, to enter with him. This was on Saturday. On Sabbath morning he attended the service, said he had read in the books but not finished them, so he had not yet consulted with his wife and children. On Monday afternoon he returned again, saying that he and his family had a consultation; and that they were quite agreeable to his becoming a Christian, but that they themselves could not see their way clear just yet. We proceeded at once to the house to hold worship and found a comfortable dwelling. As Lung Nio remarked, they did not lack a sufficiency of the goods of this world, but he for his part wanted satisfaction concerning the larger life beyond. Last Sabbath he and the other new Christians came a distance of six miles to attend service in the city. They seem all genuine cases.—The Laos News.

### To Rescue the Heathen.

Once when the venerable Dr. Duff, the returned missionary from India, was addressing a great crowd at Edinburgh, with his accustomed fervid eloquence, he fainted in the midst of his speech. When he recovered he looked about him, and said to those who stood by his bed:

"I was speaking for India, was I not?"

They said he was.

"Take me back, then," he exclaimed, "take me back, that I may finish my speech!"

In spite of reasonings and remonstrances, back he went, and lifting up his voice once more he asked:

"Is it true that we have been sending appeal after appeal for young men to go to India, and none of our sons have gone? Is it true that Scotland has no more sons to give to the Lord Jesus? If true, although I have spent twenty-five years there, and lost my constitution, I shall be off to-morrow, and go and see the shores of the Ganges, and there will be a witness for Christ."

## Blotchy Skins.

### A Trouble due to Impure Blood Easily Remedied

Bad blood is the one great cause of bad complexion and blotchy skins. This is why you must attack the trouble through the blood with Dr. Williams' Pink Pills. All blotches, boils, ulcers, pimples and paleness are the direct, unmistakable result of weak blood loaded with impurities. Dr. Williams' Pink Pills conquer the poison; they drive out all the impurities; they actually make new, rich red blood; they strike right at the root of all complexion troubles; they are a positive and permanent cure for all virulent skin diseases like eczema, scrofula, pimples, and erysipelas. They give you a clear clean soft skin, free from all blemish and full of rosy health. Mr. Matthew Cook, Lamerton, N.W.T., tells how Dr. Williams' Pink Pills cured him of erysipelas after other medicines had failed. He says: "My skin was inflamed; my flesh tender and sore; my head ached; my tongue was coated; I had chills and thought I was taking fever. I tried several medicines, but nothing helped me until I began using Dr. Williams' Pink Pills and drove the trouble from my system, and I am now in the best of health. I think these pills the best medicine in the world for blood troubles."

It is an every day record of cures like this that has given Dr. Williams' Pink Pills their world-wide prominence. They cure when other medicines fail, but you must get the genuine with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around every box. You can get these pills at all druggists, or by mail at 50 cents a box, or six boxes for \$2.50, by writing The Dr. Dr. Williams' Medicine Co., Brockville, Ont.

A parish clerk (who prided himself upon being well read), occupied his seat below the old "three-decker" pulpit and whenever a quotation or extract from the classics was introduced into the sermon he, in an undertone, muttered its source—much to the annoyance of the preacher and amusement of the congregation. Despite all protests in private the thing continued, until one day the vicar's patience being quite exhausted, he leaped over the pulpit side and impulsively exclaimed, "Drat you; shut up!" Immediately—in the clerk's usual sententious tone—came the reply, "His own."—From "Stories of Parish Clerks" on "T. P. Weekly."

As there is a law against burying in the city of Albany, the bishop had to have a special act of legislature to be buried in the cathedral. He was successful in having the act pass the law-makers, but his friends were astounded and worried when they read its text. It began with the usual verbiage. The ending was something like this: We do grant that Bishop Doane be buried within the precincts of the cathedral at Albany. This act to take effect immediately.—Lippincott's.

**Milk Porridge.**—Into a pint of boiling new milk stir a tablespoonful of Indian meal and a heaping tablespoonful of sifted flour, made smooth in a little cold milk; add a little salt, and thicken or thin with more or less meal to suit the patient.

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