

## Health and Home Hints

### Hot-Weather Desserts.

Most families welcome a small variation on the old stand-bys, and there is always a demand for simple practical desserts for hot weather, a season when pastry and heavy puddings should be largely eliminated from the menu. Most people find a dessert of fresh fruit, au naturel, a trifle unsatisfying; but it should be freely used in summer cookery, and the various cereal preparations now in the market furnish excellent material for family desserts, especially when there are children. Even a mold of cold oatmeal, thickly covered with grated coconut and sugar, and served very cold with a pitcher of cream, finds ready acceptance on a hot day. If cream of wheat is used for breakfast, a bowlful of this may be molded, iced with coconut meringue lightly browned in the oven, and served as above; or strips of candied orange or lemon peel may be stuck all over it like porcupine quills, and a hot syrup take the place of cream.

Whipped cream, meringues and pudding sauces transform many otherwise plain dishes, both to the eye and palate. An unsweetened bread pudding is much lighter than a sweetened one. To make it, cut three or four slices of stale bread in strips, butter lightly, and arrange on a pudding dish; pour over this two beaten eggs with three cupful of milk, bake in a moderate oven till set, and serve with sweet, foamy sauce, flavored with nutmeg. Another bread pudding is made by arranging the strips of buttered bread cob-house fashion and pouring over them a hot, sweet complot of fruit—stoned cherries, rhubarb, plums, or whatever may be in season. This, too, should be chilled before serving, and tastes better than it sounds, especially if stale sponge cake is substituted for the bread.

### Cooking Fruit in the Oven.

Many fruits are richer and better for being cooked in the oven, instead of stewed on top of the stove. This is especially the case with apricots, prunes and apples. All fruit cooked in the oven should be closely covered to prevent its browning. It should be cooked slowly, care being taken that it does not dry on the dish. This will not happen if it is well covered with water at first, and taken from the oven when the water and sugar have boiled down to a rich jelly. In most cases the fruit should be cooked about half a day, or for several hours. A stone-

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ware pipkin or a heavy earthen pudding dish, covered with a plate, is the best thing to cook fruit in.

Prunes, if cooked in this way, should be sprinkled with fine shavings from the yellow rind of an orange. They "dry brown" easily, and therefore should be tightly covered and cooked slowly.

Apricots should be cooked a long time. After the sugar is added, take off the cover and let the fruit glaze a little, but not harden. When cold both prunes and apricots should be served with cream.

Apples cooked in the oven attain the consistency of a rich preserve. They should be pared and quartered, sprinkled lightly with sugar, flavored with lemon and nutmeg, and cooked all day very slowly until the fruit is a deep red and nicely crystallized. They should be served with cream. Apples prepared in this way are rich, and for this reason many housekeepers may prefer the old-fashioned apple sauce for ordinary use.

### What the Twentieth Century May Behold.

## World of Missions.

In his address as chairman of the Congregational Union of England and Wales, Dr. Robert F. Hurton said:—

It is calculated that the sporadic efforts of the eighteenth century produced 70,000 converts. Warneck estimates that as a result of the nineteenth century there are 11,000,000 Christians won out a proportion, as 70,000 is to 11,000,000; that is the probable population of the globe in the year 2000 A. D. Yes, all the kingdoms of earth made the kingdom of the Lord and of his Christ. That is assuredly his design. In a little island of the Southern Seas there is the grave of a missionary, and an epitaph:

"When he came in 1848 there was not a Christian; when he left in 1872 there was not a single heathen." So it will be said of this island planet in the ocean of the universe which was visited by the divine missionary.

"When he came there was not a Christian in it; when he left it there was not a heathen."

### Growth of Foreign Missions.

Few of us realize in these days of great missionary activity, that it is only a hundred years since the church first undertook to send the gospel to heathen lands. A few striking facts with reference to missionary progress have been culled by the Missionary Helper and are given below.

1800—The foreign missionary societies numbered seven.

1900—They numbered over five hundred.

1800—The income of the seven societies amounted to about fifty thousand dollars.

1900—The income is over fifteen million dollars.

1800—The number of native communicants enrolled in Protestant mission churches was seven thousand.

1900—There are now one million five hundred thousand native communicants.

1800—Not one unmarried woman missionary in all heathen lands.

1900—There are at least two thousand five hundred and seventy-five.

1800—Medical missions were unknown.

1900—There are now more than five hundred medical missionaries, one-fourth of this number being women.

1800—There were no patients treated

by Christian physicians.

1900—There are now over two hundred thousand patients under treatment in hospitals and dispensaries, established by foreign missionary societies.

1800—Only one-fifth of human family had the Bible in languages they could read.

1900—Nine-tenths of the world have the Word of God in languages and dialects known to them.

### A Glass of Water.

Drink a glass of water when you get out of bed in the morning. Never mind the size of the glass. Let the water be cold if you will. Some people prescribe hot water, but that isn't necessary. You may have washed your face already and relished the experience. You may have taken a cold plunge into the tub and delighted in the shock and its reaction. The brisk use of the tooth-brush has left your mouth clean and the breath sweet. But you are dirty still. Drink a glass of cold water and enjoy the sensation of being clean inside. All that is luxurious in the cold bath cleansing the outside artificial. That which should prompt the glass of water after sleeping is natural. As a test, tell the nine-year-old protestant against his morning scrub of cold water that he may escape it by drinking half a pint of the fluid. He will jump at the opportunity.

Sleep has drawn upon the water in the blood, and the instinct of the animal under natural conditions is to replenish the circulatory system and distend the blood vessels anew. The food in the stomach which had so much to do toward inducing sleep has disappeared, leaving a mucous substance in the alimentary canal. Yet man would wash his face and leave these half-clogged canals do the duties of another day.

Drink a glass of cold water in the name of cleanliness. It becomes one of the shortest and easiest of toilet duties. It is swallowed in a second, and in five minutes it has passed from the stomach, taking with it the clogging secretions of the alimentary tracts. It has left behind the stimulus that goes with cold water, and by filling the arterial system to the normal it puts a spur to the circulation that has grown sluggish in the night. It is one of the greatest of awakeners and one of nature's own stimulants.

Drink a glass of water before breakfast, another before luncheon and another before dinner. Water is the best, cheapest and pleasantest medicine.

### Muskoka Tourists.

The prospect for a heavy tourist traffic to the "Highlands of Ontario," including the several districts north of Toronto, is very promising, and in comparison with last year, the number who have already gone in this year is in excess of last. The Muskoka Lake district is getting a large quota, and the hotels and boarding houses are filling up. Many new cottages have been erected since last season by wealthy Americans. Last week General Caldwell, Acting Governor of Jamaica, and wife, were registered among the guests of the "Royal Muskoka," as well as many prominent people from across the border line.

Huckleberry Pudding.—One tablespoonful of butter, half a cupful of light brown sugar, half a cupful of milk, one egg, two cupfuls of flour, one tablespoonful of baking powder, a little spice. Add last one cupful of huckleberries, bake in muffin pans, and serve with liquid sauce.