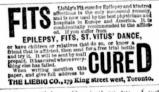


Health and Home Hints

If before taking butter out of the paper in which it is wrapped it is immersed in cold water for one or two minutes the paper will come off perfectly clean, thus avoiding waste of butter.

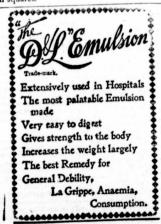
The reason why sausages burst while cooking is that they contain too great an allowance of breadcrumbs. Boil them for a minute or two before you fry them, and you will find the annoyance avoided.

Baked Indian Pudding.—Scald one quart of sweet milk and into it stir five level tablespoonsful of yellow corn meal, one cupful brown sugar, one teaspoonful ginger, and a little salt. Put in moderate oven. In half an hour stir in one cupful of cold milk, add raisins at the same time if desired. Cook two or three hours.



Johnny Cake.--One-hait cuptul of corn meal, one cupful of flour, one hait cupful of sugar, one egg, two tablespoonsful of melted shortening, one heaping teaspoonful of meited shortening, one heaping teaspoonful of baking powder. Add sweet milk until a batter is formed that will pour and spread slowly.

Chocolate Caramels.—Three-fourths cup grated chocolate, two cups brown sugar, three-quarters cup cold water, one haif teaspoontul butter, one teaspoon sharp vinegar; boil till it hardens in water. Shake the vessel while boiling, add one teaspoon vanilla when done. Pour on buttered pans, mark in squares.



THE DOMINION PRESBYTERIAN World of Missions. Glimpses of Missionary Life in India.

(From a letter of Mrs. Grace, Alahabad.)

"This evening we went to hear Mrs. Annie Besant tecture on "The Keration of Theosophy to the Upraising of India."

"The hair was packed as I have never seen it. Standing room in the galieries was not easy to find. Such a fine astembly of keen, interfectual indians! On the platform were the chief leaders of Hinduism and Theosophy. Several missionaries and some civilians were given seats in front.

"Mrs. Besant was received with a tremendous applause as she appeared on the platform; she was dressed in white, with the Indian veit, worn only draped, leaving exposed a forceful, atmost masculine face, surrounded by beautiful silvered hair, short and ripping. She wore a string of beads, and on the right index finger a ring with a very large, dark stone. This seemed to attract one's attention to a mesineric way, as the hand was pointed toward you."

"We are divided in our estimate of the influence of her words. Some are inclined to think there is a large projoriton of good in it. Others are wholly out of sympathy. My own teering is that her influence on any one seriously facing toward. Cristianity would be to undo much that has been done. To my mind it is an awiu force against Christ.

"Much that she says is excellent. She opposes the non-moral influence of present euccation in India, and has founded a Hindu college at Benares that transitile boys in crue Hinduism. She urges the need of wider sympathy, that Indians should toget whether they are Bengar or Pungamo, Parsee or Mainatt, and rejotee in being Indian, and in sacrineing elistiness for the mother country. She urges the development of the arts and sciences in truly modern tasmon, learning from the best of the West while avoiding its evils. She had a masterily eloquence in much of her icclure.

"But —! With me a very weighty but. The very fact that she said so much that was good made more subtle the influence against Christianity. In so many ways these Theosophists follow Christian methods and adopt Christian measures, but they exclude Christ.

"The Theosophical Society is carrying on a very active propaganda nere just now, aroused, 1 beneve, by Dr. Han's rectures. Next week Miss Linian Eugar, another Theosophist, gives a series of six fectures on The Rengions of the World. 1 would like to hear them. It is important for Mr. Grace to keep in touch with the movement. He has men constantly asking his opinion of these addresses. It does not do to antagonize, and yet one most be true to what is right."

The Little Girl's Prayer.

A little girl was visiting a mend of her mother's; at nightfall, just before returing, as had oeen her custom at nome, she kneit beside this mend's kneet to repeat her evening prayer. She waited to be prompted as she had been by her mother, but, receiving no response from this lady, she looked up and said : " Dear God, please excuse me, for 1 have forgotten my prayer, and this lady don't know any."

A sound body hes at the fountain of all that goes to make here a success. Exercise will help to give it.

LIFE'S LITTLE ILLS

Are the Ones Which Caus the Greatest Amount of Suffering.

It is every day ills that distress mostthose which seize you suddenly and mak you irritable, impatent and fault-findin The root of these troubles lies in the bloo and nerves, and you cannot get rid of her until the blood has been made rich an pure, and the nerves strengthened an soothed. Dr. Williams' Pink Pills will d this, and will do it more speedily and wir more lasting results than any other medicin. In proof of this Mrs. James Patterso Chilliwack, B C., says :---"My daughter wa in poor health, and her system badly ru down. She was pale, suffered from seve headaches, and very nervous. We doudd to give her Dr. Williams' Pink Pills, an after using six boxes, she is a strong, healtl girl. I gladly recommend the plls similar cases."

These pills cure all blood and ner troubles, such as anæmia, neuralgia, i digestion, heart trouble, rheumatism, S Vitus' dance, partial paralysis, kidm troubles and the weaknesses which affil women. Be sure you get the genuine pi with the ful name "Dr. Williams' Pink Pi for Paite People", "printed on the wrapp around the box." It in doubt, send direct the Dr Williams' Medicine Co., Brockvil Ont., and the pills will be mailed, p ist pai at 50c. per box, or six b ses for \$2.50.

Nuts as Food.—Nu s are not only e ceedingly nutritions, but easy of digestiif the skins, or inner limings, are discards they possess ittle, if any starch, and, the tore, are a valuable substitute for other foo in cases of obesity. They compel an amou of mastication which is given to nothless. They perform a function of peptic ization in the stomach, assist in prevent the formation of an excess of bile, and act a gentle laxative. Persons suffering fro dyspepsia will find great relief by makinuis a part of their daily diet.—Popu Science News.

A potato omelet is a rather new cobination of tho e two standbys of a here keeper, eggs and potatoes. A co-kin school recipe requires that the potat should be baked for this omelet, but housekeeper who has experimented sthat it is quite as well to boll the potate to the meal stage, and press them throug sieve while hot. Mox two potatoes it prepared with the beaten yolks of five egseason with salt and pepper and a few dn of lemon juice. Fold in the beaten who of the eggs, and make the omelet in " usual way, adding a little chopped parjust before the omelet is folded over.

