



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.

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Johnny Cake.—One-half cupful of corn meal, one cupful of flour, one half cupful of sugar, one egg, two tablespoonsful of melted shortening, one heaping teaspoonful of melted 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 half teaspoonful 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.

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[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 lecture on "The Relation of Theosophy to the Uprising of India."

"The hall was packed as I have never seen it. Standing room in the galleries was not easy to find. Such a fine assembly of keen, intellectual 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 veil, worn only draped, leaving exposed a forceful, almost masculine face, surrounded by beautiful silvered hair, short and rapping. 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 in a mesmeric 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 proportion of good in it. Others are wholly out of sympathy. My own feeling is that her influence on any one seriously facing toward Christianity would be to undo much that has been done. To my mind it is an awful force against Christ.

"Much that she says is excellent. She opposes the non-moral influence of present education in India, and has founded a Hindu college at Benares that trains the boys in true Hinduism. She urges the need of wider sympathy, that Indians should forget whether they are Bengali or Pungabi, Patsee of Malhatti, and rejoice in being Indian, and in sacrificing selfishness for the mother country. She urges the development of the arts and sciences in truly modern fashion, learning from the best of the West while avoiding its evils. She had a mastery eloquence in much of her lecture.

"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 here just now, aroused, I believe, by Dr. Han's lectures. Next week Miss Lanman Eagar, another Theosophist, gives a series of six lectures on 'The Religions of the World. I 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 must be true to what is right."

The Little Girl's Prayer.

A little girl was visiting a friend of her mother's; at nightfall, just before retiring, as had been her custom at home, she knelt beside this friend's knee 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 I have forgotten my prayer, and this lady don't know any."

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

LIFE'S LITTLE ILLS

Are the Ones Which Cause the Greatest Amount of Suffering.

It is every day ill that distress most—those which seize you suddenly and make you irritable, impatient and fault-finding. The root of these troubles lies in the blood and nerves, and you cannot get rid of them until the blood has been made rich and pure, and the nerves strengthened and soothed. Dr. Williams' Pink Pills will do this, and will do it more speedily and with more lasting results than any other medicine. In proof of this Mrs. James Patterson, Chillwack, B. C., says:—"My daughter was in poor health, and her system badly run down. She was pale, suffered from severe headaches, and very nervous. We decided to give her Dr. Williams' Pink Pills, and after using six boxes, she is a strong, healthy girl. I gladly recommend the pills in similar cases."

These pills cure all blood and nerve troubles, such as anæmia, neuralgia, indigestion, heart trouble, rheumatism, St. Vitus' dance, partial paralysis, kidney troubles and the weakness which afflict women. Be sure you get the genuine pill with the full name "Dr. Williams' Pink Pills for Pale People," printed on the wrapper around the box. If in doubt, send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed, post paid at 50c. per box, or six boxes for \$2.50.

Nuts as Food.—Nuts are not only exceedingly nutritious, but easy of digestion if the skins, or inner linings, are discarded. They possess little, if any starch, and, therefore, are a valuable substitute for other food in cases of obesity. They compel an amount of mastication which is given to nothing else. They perform a junction of pepticization in the stomach, assist in preventing the formation of an excess of bile, and act a gentle laxative. Persons suffering from dyspepsia will find great relief by making nuts a part of their daily diet.—Popular Science News.

A potato omelet is a rather new combination of the two standbys of a breakfast, eggs and potatoes. A cooking school recipe requires that the potato should be baked for this omelet, but a housekeeper who has experimented says that it is quite as well to boil the potato to the meal stage, and press them through sieve while hot. Mix two potatoes prepared with the beaten yolks of five eggs, season with salt and pepper and a few drops of lemon juice. Fold in the beaten whites of the eggs, and make the omelet in the usual way, adding a little chopped parsley just before the omelet is folded over.

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