

## Health and Home Hints

### For Whimsical Appetites.

The appetite of sick persons is capricious and whimsical. No question as to preferences should ever be asked. Their tastes should be studied without their knowledge, and their preference should furnish the working basis. Everything about the sick diet should be dainty and attractive. The napkins used for the tray cannot be too crisp and fresh. The most delicate china and silver are not too good. No warmed over food should appear; everything should be fresh. Hot things should be hot and cold things cold. This is very important. Always have too little food rather than too much. Better to have the patient say, "See I've eaten it all!" than "I couldn't eat it all; my appetite is so poor." The moment the meal is finished all food should be taken from the room.

Gruels that are properly made, delicately flavored and well served are valuable for the sick, especially where the appetite is nil or solid foods prescribed. But such gruels are seldom seen. In their place one finds too often sloppy, tepid and even lumpy concoctions misnamed "gruel." In the first place milk, or milk mixtures for the sick—and for any one else, for that matter should never be heated in any dish or basin which has been used to cook vegetables or meats. A double boiler is the best utensil for the purpose. It should be absolutely clean and colorless. Gruels are made of flour—arrow-root, farina and other flours. Since these materials are composed chiefly of starch, they must be cooked thoroughly in order to be digestible. Milk on the other hand is rendered indigestible by boiling. Consequently, the cooking of the flours should be done in water, and the milk should be added the last thing, and only brought to a scalding point.

To make flour gruel mix into a paste with cold water one tablespoonful of flour, one saltspoonful of salt and one teaspoonful of sugar. Add a square of cinnamon and a cupful of boiling water. Boil the mixture slowly for twenty minutes. Then stir in a cupful of milk and let it come to the scalding point. Strain and serve very hot.

In place of cinnamon, nutmeg, almond or vanilla flavors may be used. For a fever patient a little lemon juice will be liked best. Arrow root and farina gruels are made in the same way.

Sweetbreads, broiled fillets of chicken and squabs all furnish variety to the sick-room's bill of fare. All are easy of digestion

and more or less nutritious.

Raw beef sandwiches have been eaten with relish by many a sick person, who, if he or she had understood their composition would have refused them. If beef is desirable scrape it in the manner described above, salt it delicately and spread it on thin slices of buttered brown bread or white bread or toast. Delicious sandwiches may be made of bacon cut very thin and toasted crisp. With brown bread these furnish valuable food agents.

Toast made of stale bread is more easy of digestion than if made of the fresh kind. If it is wanted soft, dip it quickly into boiling water before it is buttered.

Uncooked beef juice is never delicious but in many wasting diseases it is of great value. Of consumption this is especially true. A flavor of cooking may be gained by heating the beef before the juice is extracted from it, either on a boiler or in a hot frying pan. Only the outer surface should be scorched. The inside should be warmed only enough to start the juices."—*New York Tribune.*

## World of Missions.

### Korea.

Korea offers one of the most interesting as well as one of the most encouraging fields of labour in which the Presbyterian Church of Canada is working to day.

The American Presbyterian Church first began work in Korea about twenty years ago and where Dr. Underwood administered the rite of baptism to the first Korean convert in Seoul the church members now number 6,000. The marked features of Korean Christians is their desire to tell what a Saviour they have found. The Eastern division of our church has undertaken the responsibility of supporting missionary work in this country. This was inspired by the devotion and self-sacrifice of one of the bravest and truest of the sons of the Eastern Provinces—the Rev. J. M. McKenzie. He was deeply influenced by the reading of a book on Korea called the "Hermit Nation," and from that time forward, although settled in a pastoral charge, the call of the needy ones in Korea kept sounding louder and louder in his ears. Without financial support he set out, knowing it was the Lord's work, and He would supply all his needs. The record of the number of souls which he had for his hire is only written above.

After about two years service in the land of his adoption, Rev. J. McKenzie was called to a higher sphere of labour. As an immediate result, a letter was sent by some of the Koreans, who through his ministry had been touched into life, addressed to McKenzie's church, asking that another "Jesus Christ man" be sent as soon as possible to fill McKenzie's place. Besides being a strong and touching appeal it was a great testimony to the success of his work. This was felt to be a direct call from God. At that time the Foreign Mission Board (E. D.) was struggling with deficit, but encouraged by the enthusiasm and liberality of the W. F. M. S. (E. D.) the work was undertaken. There are now in the field Rev. W. R. Foote, D. Macrae, A. F. Robb, Robert Grierson, M. D., Miss K. McMillan, Miss McCully and Miss Robb. The reports and letters of the missionaries in this land of "rich soil and great possibilities" have been most encouraging, and we know that even out of present disturbances good will come.—*Woman Missionary Outlook.*

## When Sickness Comes.

### Dr. Williams' Pink Pills Should be Used to Bring Back Health.

Sickness comes sooner or later in the life of everyone. Many who for years have enjoyed the best of health are suddenly seized with some one of the numerous ills of life. Most of the ills result from an impoverished condition of the blood; thus if the blood is enriched the trouble will disappear. That is why Dr. Williams' Pink Pills have had a greater success than any other medicine in the world in curing sick and ailing people. These pills actually make new, rich, red blood, strengthen every nerve in the body and in this way make people well and strong. Mr. Alphonse Lacoussiere, a well known farmer of St. Leon, Que., proves the truth of these statements. He says:—"About a year ago my blood gradually became impoverished. I was weak, nervous, and generally run down. Then suddenly my trouble was aggravated by pains in my kidneys and bladder, and day by day I grew so much worse that finally I was unable to rise without aid. I consulted doctors, but any relief I obtained from their medicine was only temporary and I began to despair of ever being well again. One day I read an article in a newspaper praising Dr. Williams' Pink Pills and I decided to try them. I got six boxes and before they were all gone my condition was so greatly improved that I knew I had at last found a medicine to cure me. I continued the use of the pills for a while longer, and every symptom of my trouble was gone, and I have since enjoyed the best of health. I think so much of Dr. Williams' Pink Pills that I am never without them in the house."

It is because Dr. Williams' Pink Pills make new blood that they cure such diseases as anaemia, rheumatism, kidney and liver troubles, neuralgia, indigestion and all other ailments due to poor blood. But you must get the genuine bearing the full "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. Sold by all medicine dealers everywhere or sent by mail at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams Medicine Co., Brockville, Ont.

When Christ called his disciples to follow him, he did not have to call twice. Not one of the twelve, so far as we know, had to have the invitation repeated. The great disciples, through all centuries, have been the obedient disciples, loyally responding to the first claim made by Christ upon them.—J. R. Miller.

The trouble with some people is that they are talking of Christian perfection before they have begun to practice it.

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