

## HEALTH AND HOME HINTS

**Small Chocolate Cakes.**—Cream one-half cup of butter, add to this one-quarter cup of dry cocoa and butter. Put in either one cup of flour, three teaspoonfuls cinnamon, one-quarter teaspoonful cloves, or one teaspoonful of vanilla may be used instead of cloves; one cup of fine white sugar. Add the sugar and spice to the butter and eggs and beat well. Have ready the whites of three eggs beaten stiff and dry, add these alternately with flour. Bake in small patty or gem pans, as it is too delicate for loaf.

If possible accustom your little ones to sleep without a pillow of any kind, and if they must have one at all let it be quite small, only just sufficient to support the head and neck; a large feather pillow interferes with the proper formation of the spine.

Toothache caused by a cold in the facial nerves may often be relieved by wringing a soft towel out of old water and sprinkling it with strong vinegar. This should be laid on the face like a poultice and will often be followed by a refreshing sleep.

**Cream Frosting.**—To two tablespoons thin cream add, gradually, confectioner's sugar until of the right consistency to spread. Color with leaf-green and flavor with one-half teaspoon vanilla and one-eighth teaspoon almond extract. Confectioner's sugar should be sifted before using.

**French Salad Dressing.**—Mix together one-quarter of a teaspoonful of white pepper, one-half teaspoonful of salt and three tablespoonfuls of good olive oil. When the salt is dissolved add, while stirring violently, one tablespoonful of vinegar and stir until the dressing is slightly thickened. In the season lemon juice may be used in place of vinegar.

**Cough Candy.**—Take two tumblers. In one place a gill of whole flaxseed; fill the other with broken bits of slippery elm bark. Fill both tumblers with boiling water and leave standing for two hours. In a saucepan place one and one-half pounds of best brown sugar. Strain into it through muslin all the liquid from the two tumblers. Put on the fire and boil, stirring constantly until the candy seems on the point of turning back to sugar. Pour out quickly onto buttered plates, and break into small pieces when cold.

**Pumpkin Pie.**—Part and cut the pumpkin in small pieces; wash and put into the kettle with one quart of water; boil six hours, stirring often to prevent burning; then run it through a sieve. Over one quart of the pumpkin pour two quarts of boiling milk and then stir in two cups of sugar, two spoonfuls of salt, one of cinnamon, one of ginger, one grated nutmeg, and six well-beaten eggs. Line deep plates with plain paste, fill with the mixture and bake one hour in a moderate oven. The pies are improved in appearance by boiling a stick of cinnamon in the milk, instead of using the ground. They may be made without eggs, by using six pounded crackers. Cook enough of the pumpkin at a time to last two weeks; after you have kept one week set it in the oven until scalded, then set it away in a cool place.

Most unhappy people have become so by gradually forming a habit of unhappiness, complaining about the weather, finding fault with their food, with crowded cars, and with disagreeable companions or work. A habit of complaining, of criticizing, or fault-finding, or grumbling over trifles, a habit of looking for shadows is a most unfortunate habit to contract, especially in early life, for, after a while, the victim becomes a slave. All of the impulses becomes perverted, until the tendency to pessimism, to cynicism, is chronic.—Success.

## HIGH PRICED CHURCH MUSIC.

Music is of great service to and in the church, but in many places it is usurping the first place and constitutes the chief source of attraction. Fancy prices are paid to accomplished soloists as advertising enticements to the outside public, or for the special delectation of a select congregation. They are employed not so much to stir worshipful emotion as to yield entertainment. Some of them have been known to command as high a salary as \$5,000. This is no doubt exceptional, but in many cases the music of the fashionable and wealthy city church is an expensive luxury, but we suppose it proves a profitable investment, or it would not be indulged in.

Wealth can, of course, do as it pleases in providing itself with the world's best singers without regard to Christian taste and opinion; nevertheless, the question will arise, Is it right and becoming to employ professional stars in sacred service, to set them up as rivals of the pulpit, to spend upon them so much money that might be, and should be, more usefully and happily employed in God's service and to the extension of his kingdom?

It is to be regretted that there is a growing tendency to convert churches into concert rooms and choirs into operatic choruses. It awakens a feeling of sadness when the specially drawing soloist is set before a congregation to sing to them, nominally for their spiritual quickening and to the glory of God, yet really to please and gratify an aesthetic taste, while ministers, who are duly qualified and duly tested and accredited, go unemployed or work on half pay or live in pressing need. Many a talented and consecrated servant of God would be glad to labor all year in some church at a third of the rate which many a musical expert receives for warbling in public once a week.

We may add that the effect upon the listeners of this operatic and high-priced music is not salutary. The attention is directed to it, not as a means of soul-lifting toward God, but as an artistic performance. The conversation generally upon leaving the sanctuary is not how edifying and helpful was the truth presented, or how spiritual and elevating was the service, but how finely Miss So and So sang, or possibly some hypocrite has his exception to take to the character and extent of the rendering. What is more and more needed is music that warms the heart, lifts the soul to God, harmonizes with Christian worship, and is truly intense of praise to God, not a lure to the natural man or a worldly enjoyment or a wealthy gratification.—The Philadelphia Presbyterian.

The Herald and Presbyter tells of a church in Tennessee which has just been celebrating its hundredth anniversary. Among other reminiscences revived was the story that in the early settlement of the community the people largely came from South Carolina. Some of them travelled on Sunday, pressing on as rapidly as possible to their destination. The others, unwilling to desecrate the Sabbath by travelling, stopped and rested and worshiped on the holy day by the roadside. The Sabbath-observing division reached their destination before the other division did, and were in better physical condition, both as for themselves and their horses. Our contemporary adds: "The fact is brought out in so many ways that it is profitable to do right, that only the willfully blind do not see it. If, in a short journey across the plains or a mountain range, it is physically an advantage to observe the Sabbath, it is obviously true that it is profitable to remember God's holy day in the long journey that leads through earthly life."

## SPARKLES.

Dr. Fissick.—Well, yes; I suppose you should take some mild tonic—  
Guzzle (eagerly).—How about beer?  
Dr. Fissick.—O, no; that's Teutonic.

"I'm taking my riding lessons in strict privacy."

"Why not in public?"

"So as to avoid the fierce white light that beats about the thrown."

"What broke up the Ladies' Debating Society?"

"The leading member was told to prepare an essay on the yellow peril. She did so, and the opening sentence read: 'Yellow apparel is very trying to most complexions.'"

"Mr. White," said the lawyer to a witness in the box, "at the time these papers were executed you were speculating, were you not?" "Yes, sir." "Were you in oil?" "I was." And what are you now in? "Bankruptcy," was the solemn reply.

Small Tommy, being reproved by his mother for some misdeed, showed his displeasure in his face.

"Why, Tommy," said his mother, "aren't you ashamed to make a face at me?"

"Yes, mamma," replied the little fellow, "I tried to laugh, but my face slipped."

An old Scotch lady who attended a certain church, was greatly annoyed by the somnolence of a male member who sat in a neighboring pew. Every Sunday that man settled himself to sleep as soon as the text had been announced. Always his chin sank on his breast to the extent that his bald crown became conspicuous, while sometimes his slumbers were not inaudible. At last a day came when the old lady could not restrain her wrath. Picking up her large pew Bible, she marched valiantly along the passage to where the miscreant sat. Elevating her book as high as she could above the man's unconscious head, she brought it down with full force on the afore-mentioned bald crown, exclaiming as she did so, "Gin ye winna hear the Word o' God, I'll mak ye fin' the weicht o't."

## BARRIER-BREAKING FOR OTHERS.

Breaking down obstacles for the sake of others is sometimes stern business. A vivid illustration once published in the London Graphic showed the Australian troops in South Africa riding on the full gallop into wire fences which they knew were across their path. The men had no wire cutters, and the only way to break down these entanglements for those who were to follow was to hurl themselves headlong at the barriers. This was done, of course, at the risk of life, yet it was a striking fact that neither men nor horses were badly hurt. It seems hard enough, as a rule, to have to attack formidable barriers on our own account; to do so chiefly for others has not entered into the experience or even the thoughts of some. But barriers have been swept away for us by our fathers; and we are less than men who hesitate to throw ourselves against whatever blocks the way for those who come after. God may be trusted to take care of the results.

Men Who are Weak Enough.—Dr. Hudson Taylor used to say that he believed God sought through all lands to find some one weak enough to be used by Him that the work in China might clearly be a divine and not a human work. Finally God found Mr. Taylor and said: "This man is weak enough; he will do." In the fifty years during which he led the C.M.S., Mr. Taylor received nearly \$5,000,000 for the enterprise.