

Health and Home Hints,

Peach Delight.—Pare and halve ripe melon peaches, crack a few of the pits, remove and blanch the kernels. In a deep dish put two layers of the fruit, sprinkling each with sugar and a little flour. Put one tablespoonful of butter in bits over the top and add one cupful of water. Prepare a rich biscuit crust, roll it out, trim it to shape and lay in the dish over the peaches. Bake and serve hot with rich cream.

How to Make Fruit Lemonade.—Add juice of two oranges and one-half pint straw berries to every one-half dozen lemons. Put a pint of chopped ice on juice and let stand a few moments; also a cupful of granulated sugar. Then add three pints water and sugar, enough to sweeten to taste. When strawberries are not in season, substitute other fruit. Small cubes of pineapple improve the flavor. If you want a richer color, add a little juice of canned cherries.

Water-melon Pickle.—Pare the green rind, cut in small pieces. Put a layer of grape leaves and a layer of water melon rinds in the kettle, sprinkle over a little alum. Do this till kettle is full, cover with water, and let it simmer on back of stove till clear, place on a dish to cool. To one pound of rind take one pound of sugar, one-half pint vinegar, cloves and cinnamon to taste. Boil this and pour over the rind in a jar. Repeat the boiling of the vinegar for six mornings when the pickle is made.

Chopped Pickles.—One peck green tomatoes, wash clean, cut away stem part, and chop fine; one head cabbage, one-fourth dozen small onions, one-fourth dozen peppers, one-half pint salt, chop fine and let stand over night, drain thoroughly, cover with weak vinegar, heat to boiling point, drain again, then to one quart good vinegar add one-fourth cup mustard seed, one tablespoonful all-spice, one tablespoonful ground cinnamon, one-half tablespoonful cloves, one tablespoonful celery seed, one pound sugar, one-half cup radish; let boil and pour over pickle.

Care of the Eyes.—Oculists warn us that we may not use our eyes before breakfast, as the strain on the optic nerve will seriously effect the sight when the stomach is empty. Unless one has usually strong eyes, one must not read when one is extremely weary. Exhaustion and fatigue affect all the nerves of the body, and the optic nerve is so sensitive that it should receive particular consideration. Nor should one ever be guilty of the carelessness of reading or writing facing a window. This, too, is a cruel strain on the sight. Washing the eyes night and morning in water as hot as it can be borne, is a wonderful tonic for those useful servants which are so easily injured.

Onion Pickles.—For plain pickles let the onions (after peeling) lie in salted water over night. A teacupful of salt will be sufficient for four quarts of water. Rinse in clear water two or three times, letting them stand in the last water half an hour. Then drain for an hour or two, and pack them in jars with spices (whole cloves, stick cinnamon, pepper corns and allspice), allowing a teaspoonful of each—except the cinnamon, of which we use a little more—to each quart jar, adding chopped celery or celery seed if liked, or spices may be omitted if desired. Then scald sufficient good vinegar to fill the jars full, pouring on when boiling hot. Cover and keep cool and dry.

World of Missions.

The Lot of a Japanese Wife.

The young wife when she enters her husband's home, is not entering upon a new life as mistress of a house, with absolute control over all her little domain. Should her husband's parents be living, she becomes almost as their servant, and even her husband is unable to defend her from the exactions of her mother-in-law, should this new relative be inclined to make full use of the power given her by custom. Happy is the girl whose husband has no parents. Her comfort in life is materially increased by her husband's loss, for, instead of having to serve two masters, she will then have to serve only one, and that one more kind and thoughtful of her strength and comfort than the mother-in-law. In Japan the idea of a wife's duty to her husband includes no thought of companionship on terms of equality. The wife is simply the housekeeper, the head of the establishment, to be honoured by the servants because she is the one who is nearest to the master, but not for one moment to be regarded as the master's equal. She governs and directs the household, if it be a large one, and her position is one of much care and responsibility; but she is not the intimate friend of her husband, is in no sense his confident or adviser, except in trivial matters of the household. She appears rarely with him in public, is expected always to wait upon him and save him steps, and must bear all things from him with smiling face and agreeable manners.—Missionary Review of the World.

It is claimed that after the C. M. S. mission in Uganda, none can be named with a more thrilling story of so id progress than that told of the Presbyterian mission in the peninsula, whose field covers nearly all of the two northern provinces. It has 179 out-stations, and over 506 places where Christian services are held. Then there are, in addition to these, groups of believers scattered here and there far up among the mountains. There are 106 places of regular worship that are self-supporting; 156 of these are regular churches and chapels, 46 of which were built only last year. There are now over 3,000 communicants in that field, 1,000 of whom were added in eighteen months—from July, 1900, to December 1901. There are 1200 adherents, besides many others who were interested. The total gifts of these Korean Christians last year amounted to 54,000 yang in their currency, which is equal to \$4,500 of American gold. But the scale of wages for day laborers is such that if payment be counted in labor, the Korean yang is equal to the American dollar. Thus these new converts really gave last year \$50,000 for Christian worship. This field comes nearly being self-supporting one than any in the world, perhaps, unless it is the Uganda field.

No State Religion in Japan.

Much interest has been aroused in efforts of Buddhism to obtain governmental recognition in Japan. By its contact with Christianity Buddhism has been aroused from its lethargy and resumed somewhat of its activity as a missionary religion, even projecting a propaganda in America. Its renewed activity, which is evidently a conscious or unconscious struggle for very existence in view of the spread of Christianity on the

one hand and atheism on the other, has been directed to an agitation in the Japanese Parliament looking toward the "establishment" of Buddhism as a state religion.

A Surprised Doctor.

SAID CASE OF St VITUS DANCE COULD NOT BE CURED.

CALLED ONE DAY AND FOUND THE PATIENT IRONING AND LEARNED THAT DR. WILLIAMS' PINK PILLS HAD SUCCEEDED WHERE OTHER MEDICINES HAD FAILED.

The sufferer from St. Vitus dance, even in a mild form, is much to be pitied, but when the disease assumes an aggravated form the patient is usually as helpless as an infant, and has to be watched with as much care. St. Vitus dance is a disease of the nerves and must be treated through them, and for this purpose there is no other medicine in the world acts so speedily as Dr. Williams' Pink Pills. Proof of this statement is found in the cure of Miss Louise Luffman, whose home is at Poucher's Mills, Ont., who was cured by these pills after two doctors had failed to benefit her in the least. The young lady's mother tells the story of her daughter's illness as follows:—"I do not think it possible anyone could be afflicted with a more severe form of St. Vitus dance than that which attacked my daughter Louise. Her arms and legs would twitch and jerk, her face was drawn and finally her left side became numb as though paralyzed. Two doctors attended her, but their treatment not only did not help her but she grew steadily worse. Her tongue became swollen, her speech thick and indistinct, and she could neither sit still nor stand still. She could not hold anything in her hand and it was necessary to watch her all the time as we feared she would injure herself. The last doctor who attended her told me she would never get better, and it was then that I decided to try Dr. Williams' Pink Pills. After she had taken two boxes we could see an improvement in her condition. Her appetite improved, she could sleep better and the spasms were less severe. From that on there was a marked improvement in her condition and one day the doctor who had said she could not get better called while passing and found her ironing—something she had not been able to do for months. I told him it was Dr. Williams' Pink Pills that was curing her and he said, "Well, I am surprised, but continue the pills, they will cure her." She used in all eight or ten boxes and is now as healthy a girl as you will find anywhere, and she has not since had a symptom of the trouble."

If you are weak or ailing; if your nerves are tired and jaded, or your blood is out of condition, you will be wise to use Dr. Williams' Pink Pills, which are an unfailing cure for all nerve and blood troubles. But be sure you get the genuine, with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50 cents a box or six boxes for \$2.50 by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

Remember that when paking powder or soda is used the cake must be baked immediately.