

Freezing Ice Cream.

The question is often asked, Can ice cream be frozen rapidly? Machines of different kinds which accomplish this work in five minutes or less are offered for sale, and there is no doubt they will, if used according to directions, accomplish their purpose. In fact any first class ice cream freezer, if packed in the same way, will do the same thing. It requires no special freezer to do this. No ice cream freezer will freeze cream to a smooth, creamy, even consistency such as the best ice cream should possess in less than ten minutes, with the time taken for whipping, beating and packing it down, for the period of rest in the freezer which such a cream should have before it is served. There are at least half a dozen varieties of ices. Some of these require rapid freezing; some slower freezing. Some are rough, like a "granite," others "mossy" like a mouse, others simply solidified, like a sherbet or water ices, and some creamy, though firm, like an ice cream. Any first class ice cream freezer made of the best materials, as any of those which have been tested by time are made, will do all this. It will freeze a cream quickly, when it will be rough as a granite should be, or more slowly, allowing time for opening and scraping the sides of the can and beating the frozen and unfrozen mixture together to make a smooth, creamy ice. Any ice cream should rest after it is frozen in the packing of ice and salt around it, covered from the air, at least two hours. It does no harm if it rests six hours. A great many ices, especially fruit ices, are now frozen frappé. These are especially grateful served in the evening of a hot day in little glasses. They are sometimes served at dinners after the roast course. In preparing any of these ices remember to use abundance of fruit juice. Fruit juice in some cases cannot be diluted with water in the least, but must be used pure. We expect to publish in these columns a series of six articles, each devoted to a different kind of ice and the proper method of preparing, with various flavorings, and of freezing it, in order to bring out its peculiar characteristics. One week we will take up sherbet and water ices, the next Muscovite ice creams, then mousses, granites, ice cream of different kinds, and finally, frappés or half dozen ices. Each one of the variety of ices is differently treated when frozen, and owes its special excellence as much to the process of freezing as to the process of preparation; therefore the most minute directions for freezing it will be given. Any good, first class freezer, even a long, slender can of tin properly packed in a pall of ice and salt, will do the work of freezing any of these different ices if the directions we intend to give are carefully carried out.—N. Y. Tribune.

CAN SLEEP NOW Since Leaving off Coffee.

"Up to five years ago, I had used coffee all my life, but was finally forced to give it up on account of the way it acted on me. Right after drinking it, I would be taken with a dizzy headache and sour stomach and have to make a cup of strong tea before I could go about my work. Two years ago, I started on Postum Food Coffee and since finding how to make it properly, I would not exchange it for the best coffee I ever saw. My old troubles have disappeared entirely, I have gained considerable flesh and what is still better, sleep perfectly at night, which was not the case while using coffee. When I first used Postum, my husband complained of its being tasteless so I tried to use more of it but as that did not help matters, I tried more boiling, which proved to be the right thing and now it is delicious."

Mrs. W. A. ECKLES, Sisson, Calif.

Taking up the cross means simply that you are to go the road which you see to be the straight one; carrying whatever you find is given you to carry, as well and stoutly as you can, without making faces or calling people to come and look at you. Above all, you are neither to load nor unload yourself; nor cut your cross to your own liking. Some people think it would be better for them to have it large; and many that they could carry it much faster if it were small; and even those who like it largest are usually very particular about its being ornamental and made of the best ebony. But all that you have really to do is to keep your back as strong as you can, and not think about what is upon it. The real and essential meaning of "virtue" is in that straightness of back.—Ruskin.

I was cured of a severe cold by MINARD'S LINIMENT. Oxford, N. S. R. F. HEWSON. I was cured of a terrible sprain by MINARD'S LINIMENT. Yarmouth, N. S. FRED COULSON, Y. A. A. C. I was cured of black Erysipelas by MINARD'S LINIMENT. Ingleville. J. W. RUGGLES.

News Summary

The Valleyfield, Que., cotton operatives' strike is at an end. Tuesday all hands were taken back to work with the exception of a dozen or so, who were discharged as they were the ringleaders of the strike.

At a meeting of the Freedman's Aid and Southern Education Society at Cincinnati, Rev. M. C. B. Mason, a negro, was elected Secretary. Rev. W. H. W. Rees, a white man, who was Assistant Secretary, resigned, refusing to serve under a negro.

At the Pennsylvania railroad station at Johnstown, Pa., Wednesday morning, a freight train plunged into a crowd of 2,700 people trying to board an excursion train bound for Altoona. Five persons were injured, two of whom are dead.

A New England company has turned out an electric car capable of making sixty five miles an hour. It is to run on the seventeen-mile road between Providence and Fall River, and is expected to cover the distance in sixteen minutes.

The Manitoba crop report received Tuesday is the most favorable of the season since the dry spell. All sections report excellent growing weather in the Northwest Territories. Crops are heaviest in the Edmonton district, where they are exceptionally heavy.

The Acadian convention, to be held this year at Arichat, Cape Breton, is attracting more general interest than ever before. A large party of leading French-Canadian citizens will leave Montreal on the 13th of August for Arichat. Sir Wilfrid Laurier is to deliver an address.

The uninsured loss of some \$2,500,000 to the Standard Oil trust by the fire near Bayonne, N. J., recently had only a temporary effect on the price of the company's stock, which is now selling close to the top figures. This would indicate that the loss is to be made good by the oil consumers.

It is reported in Boston that the famous pink which Thomas W. Lawson bought for \$30,000 and named the "Mrs. Thomas W. Lawson" pink, after his wife, has been sold again. The latest purchaser, the report says, is no less a person than the Khedive of Egypt, now sojourning in London, who made the purchase through an agent.

The weather is extremely warm in New York. On Wednesday the thermometer registered 95 at noon. The deaths of over seventy persons are attributed to the heat, and of this number forty were babies or little children. Between thirty and forty persons were prostrated at Boston and three have died. At Lowell there were two deaths due to heat.

Queen Victoria's gold cup, a present to the city of Dublin to commemorate her recent visit to Ireland, has been handed over to the Dublin corporation. It is egg-shaped, weighs 160 ounces and is two feet eight inches in height with a circumference at the rim of three feet. It stands on a pedestal of black marble inlaid with gold with the royal arms on one face and those of the corporation of Dublin on another.

Several picnic demonstrations are being organized to take place before harvest, with the object of making the people of Manitoba familiar with the new prohibition law. This was announced at an executive meeting of the Dominion Alliance. It was decided to make Sunday, August 12, a day of Christian thanksgiving for the enactment of the law. All clergymen will be invited to assist in carrying out the plan.

At the Halifax county court house Wednesday afternoon a life-sized bronze bust of the late Sir John S. D. Thompson, the gift of Halifax friends, was unveiled by Governor Sir Malachy Daly, who made an appropriate and eulogistic address. Speeches were also made by Chief Justice MacDonald, Archbishop O'Brien, Attorney General Longley and R. L. Borden. The bust stands in a conspicuous place in one of the halls of the court house, and shows the late premier in his D. C. L. gown. It is the work of Philippe Herbert, a Canadian in Paris, and stands on an onyx and marble pedestal.

At Norton, N. B., Tuesday, was conducted the inquest into the death of Mrs. Bridget Graham and her daughter, who were killed Sunday morning June 3, while crossing the I. C. R. track. The jury reported that death was caused by an engine striking their carriage; that the engine was running on Sunday in violation of the law, and at a greater rate of speed than was necessary. They recommended that greater precautions be taken to protect human life at level crossings; that the railway employees be warned to fully comply with their instructions, and that Mr. Graham be compensated for the death of his wife and daughter.

"We are all Eve's daughters," sighed a pretty woman, whose husband had just scolded her for catching cold by attending a Christmas dance in a low-necked dress. "Then Adam's son's Cough Balm must be the very thing to cure you," said a witty bystander. 25c. all Druggists.



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A half to a teaspoonful of Ready Relief in a half tumbler of water, repeated as often as the discharges continue, and a flannel saturated with Ready Relief placed over the stomach and bowels will afford immediate relief and soon effect a cure. No bad after effects (which are invariably the sequel of dosing with opium, etc.) will follow the use of Radway's Ready Relief, but the bowels will be left in a healthy, normal condition.

A half to a teaspoonful in a half tumbler of water will, in a few minutes, cure Cramps, Spasms, Sour Stomach, Heartburn, Nervousness, Sleeplessness, Sick Headache, Diarrhoea, Dysentery, Colic, Flatulency and all internal pains.

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25 Cents Per Bottle. Sold by all druggists. RADWAY & CO., 7 St. Helen st., Montreal.

Fragrant Salts.

Women of to-day are not so liable to faint as their grandmothers were, because they dress more sensibly and do not wear as tight dresses or as tight shoes and gloves, but it is a wise and sensible precaution to keep fragrant salts on hand. Any salt loses its strength in a short time. The simple lavender salts are the most desirable of all perfumed salts. These are easily prepared at home. While you are preparing a portion of these salts it is as easy to make several bottles or vinaigrettes as one, and the cost is small. Procure half a dozen small, clear glass bottles, with close cut glass stoppers if you wish. A pretty stopper costs very little purchased with the bottles by the half dozen, and adds considerably to the value of the vinaigrette as a gift. It is desirable that a vinaigrette be small, so it may be easily carried in the pocket. Vinaigrettes are often very elaborate, decorated with silver, gold and even precious stones, but a tiny bottle of clear glass with a pretty stopper is always in good taste and as useful as a more ornate one. To prepare the salt, procure from a trustworthy druggist half a pound of carbonate of ammonia and an ounce and a half of the best oil of lavender. Crush the two together in a mortar, or in any dish that will mix them. Set the mixture in a large bowl, which should be put in a pan of warm water, covered and set in a moderate oven for about an hour. Stir the mixture several times while it is heating. It is not necessary for the ammonia to be crushed fine. If it is in broken lumps it lasts longer. Do not get in the foolish habit of using a vinaigrette continually. Cases of obstinate deafness have been ascribed to this cause. The salts are also said to have an injurious effect on the vocal cords as well as on the auditory nerves when used continually. Even the odor of flowers, notably the odor of violets, has been known to cause a singer temporarily to lose her voice.—Ex.

Baptist Headquarters.

Geo. A. McDonald, 120 Granville St., Halifax, N. S.

I am very grateful to those in our Sunday Schools who have favored me with their Lesson Help orders during the year.

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