

as with new wine, and agree to say, "that nature's best gifts are oftentimes the least revealed to the eye, and that under present circumstances, they cannot do better, than be thankful to the gods for having placed so great a blessing within their reach, and carefully to store it up for their future use."

We may take occasion hence to glance at the immense value of our domestic comforts and advantages, which often escape our observation merely owing to the nearness of our view, and to remark, that however romantic the above supposition may appear, I entertain no doubt that it was in some such manner, that the properties of that delicious beverage were discovered.

Coffee is often spoiled in the roasting: to prevent which in future, I will exhibit a few hints. First: The more suddenly it is roasted the better; consequently a very strong heat is required. Second: Not a grain of it must be burned, or under done, or it will injure the flavour of the whole. To prevent this it must be kept in constant quick motion, not with a spoon or knife, but with a broad stick or spatula. Third: After it is done it should be continued stirring in the heated pan, but off the fire, until it is glazed over with an oil distilled from its own pores. It is not till then that the identical aroma of this seed is developed: it should then be cooled as rapidly as possible, by being spread thinly, and exposed to a current of air. Fourth: Not a particle of sugar, butter, or any other foreign ingredient, should be allowed to enter the process, because they each create an ill taste.

About 150,000,000, pounds of coffee is annually consumed in Europe, and above 30,000,000, of it in France. There seems to be nearly an universal liking for it in the human family; and with very little exception, it universally agrees with its members.

A great part of its excellence, as we have seen, is derived from the process of torrefaction; and, by this process, acorns, peas, rye, a variety of seeds, dandelion and thistle roots, and even sawdust may be converted into agreeable and useful substitutes.

A change nearly as conspicuous, and effected under the same circumstances, ensues to meat as roasted, baked, broiled, or fried, concerning which the apothegm applied to a broiled beefsteak is equally appropos. "It is well it should be done, it should be well done, and done quickly." Let the meat then, in either of these processes have as much fire as it can bear,—be kept as much in motion as possible till done,—be exposed to a moderate heat for a few minutes afterwards,—and if possible be basted in its own fat.

Roasting, is likewise noticeable, and the rules above given, as the best method of dressing potatoes. A roasted or baked potato is a delicacy; and in this condition conveys more and better nourishment into the constitution; so as even to make a second quality of potato equal to the very best, when boiled, the baking and frying of potatoes ought therefore to be much more general than at present, almost to the exclusion of other methods, which injure the product, and cause considerable waste. To the agriculturist—I may say, that I have authority to believe, that hogs and other cattle, will thrive amazingly upon roasted or baked potatoes, instead of boiled, with a saving of about one fourth the quantity.

Roasted coffee, should be preserved in the manner formerly recommended for dried herbs, by grinding, pressing into canisters, and closely covering it.
[To be concluded.]

THE GUARDIAN.

HALIFAX, N. S. WEDNESDAY, JANUARY 8, 1840.

CORN WALLIS.

It cannot fail to afford much satisfaction to all the members of the Presbyterian Church, to learn that the call which was lately made by the Synod of Nova Scotia, to support the Missionary Society which they had organized, has been so generally and cheerfully responded to in different parts of this province. A liberal sum has been raised in Halifax for that important object, which might be greatly enlarged if another Missionary meeting were held in this town.—Collections have been made, agreeably to the recommendation of the Society, in almost all the congregations within the bounds of the Presbytery of Pictou, for the same object. An auxiliary association was formed in Lunenburg, at Mr. Fraser's induction, under the most favourable auspices, which has already collected a liberal sum among its members, and the Presbyterian Congregation at Cornwallis, one of the oldest, and most united and prosperous congregations in this colony, has displayed its wonted zeal for the support of religion, and the propagation of the Gospel, and set an example which others would do well to

imitate. Besides paying a liberal annuity to their aged pastor, Mr. Forsyth, and supporting his able and devoted assistant and successor, Mr. Struthers, the members of this congregation have raised, as appears from the communication which we have this day published, the sum of £18, in the course of one year for the Missionary cause. Such a large contribution as this, from one congregation, shows us what might be done, if all our congregations were animated with the same spirit, and gave for the support of the Gospel as God has prospered them. Four or five congregations contributing with equal liberality, would support an additional labourer in the vineyard, who could break the bread of life to hundreds who are now perishing for lack of knowledge, and a similar effort on the part of all our congregations, would add nearly one fifth to the present small, and lamentably inadequate number of officiating ministers.

If so much has been done in such a short period, and only at the very commencement of the society's operations, what good may be expected to be done, when associations are formed in every congregation, and all are heartily engaged in forwarding the same noble and patriotic object. We await with anxious expectation the annual meeting of the Society, which will soon be held in this Town, when the Committee will lay before the public a full report of what they have already done, and be enabled to ascertain what yet remains to be accomplished.

ANNAPOLIS AND DIGBY.

We are happy to find from the communications which have lately reached us, that the Presbyterian inhabitants at Annapolis and Digby, still entertain the hope of having a minister of their own church soon stationed among them, and have been lately engaged in making arrangements for the accomplishment of this most desirable object. A short time ago a subscription list was opened to raise funds in order to obtain the occasional services of a minister of the Established Church of Scotland at Digby, and thirty pounds per annum were readily subscribed at Digby, Digby strait, Broad Cove, and Gulliver's Hole for his support, to be continued for a period of five years from the time of his arrival in this Colony. At Annapolis, at Granville, at the Dalhousie settlement, and in and around Lawrence-Town, an anxious desire has also been long manifested for the settlement of a Presbyterian Minister in that beautiful and populous district of Nova-Scotia.

Few in number as the Presbyterians at present are, when compared with the other religious denominations in the Counties of Annapolis and Digby, and very widely scattered and little known to each other as they have long been, and but too little attended to by the Presbytery of the bounds, there are still to be found in these two extensive counties a respectable class of persons, many of them emigrants from Scotland and Ireland, and some of them natives of the Colony, warmly and steadfastly attached to the Presbyterian cause, who, in conjunction with their families and acquaintances, whose leanings of love are all on the same side, might easily be formed into an united and growing congregation, were an active and diligent Travelling Missionary appointed to itinerate among them, and dispense the ordinances of Religion at three or four appointed stations. It is truly painful to see, as we not unfrequently do, large families of professing Presbyterians, growing up, some of them even to the age of manhood, without receiving the Sacrament of Baptism, and unconnected with any Religious Society in the Colony. This is an evil which has too long been suffered to prevail in the Western districts of the Province, more especially in the County of Annapolis, and it can only be effectually and completely removed by the appointment of a Minister in whom the Presbyterian settlers can readily confide, one who will dispense the ordinances of Religion among them, according to the pure and simple form which their consciences approve, and the word of God recommends, and who

would extend to them, and to their offspring, that constant and very vigilant superintendance and care, for which the Ministrations of the Church of Scotland have been so long and so justly celebrated.

PROFANATION OF THE SABBATH.

We are filled with indignation, when we hear of any deliberate and horrid crime,—such as fraud, robbery or murder, committed by one human being against a fellow mortal, and yet we can behold with comparative indifference if not with approbation, the most daring and aggravated offences daily and hourly committed against the eternal Jehovah himself. The thief and the assassin are loudly and universally condemned, whilst the man who blasphemes the name and profanes the Sabbath of the Lord his God, is allowed to pass without censure or reproof, although the same Divine authority which has enjoined in the moral law, "Thou shalt not steal," has also declared in the most solemn and emphatic language, "Remember the Sabbath Day to Keep it Holy."

We often read and hear of the licentiousness and profaneness which prevail in France and in other countries on the Continent of Europe, as well as in the United States of America, and we feel an inward satisfaction, perhaps exultation, at the thought that such vices are not to be found among us, that our Civil and Ecclesiastical Institutions would not tolerate the open and habitual commission of such crimes; but are we not aware that within our own borders, and almost under our own observation, a great number of idle and profligate young men and boys were amusing themselves, and entertaining crowds of gaping spectators, on Steel's pond and other fields of ice, during the time of Divine Service on last Lord's Day, as if it had been a day of pleasure and recreation, and not a day of devotion.

How and in what manner the Magistrates of this Town ought to interfere to prevent the repetition of such alarming acts of iniquity, we are not prepared at present to determine; although we have always understood that they are armed with sufficient legal authority, if they have sufficient inclination and moral virtue, to check and put an end to such abominations. But there can be no doubt that Parents and Masters have the power given them by God, and ought to exercise it, to restrain their Children and Apprentices, from the open and deliberate violation of his holy commands. And Parents need not think it strange if their children condemn their authority and disobey their lawful commands, when they allow them, thus openly and deliberately, to insult and condemn their God. Neither ought Masters to be astonished or offended at the carelessness, the insolence and dishonesty of their Clerks and Apprentices, when they allow them, unchecked and unheeded, to rob God of that sacred time which ought to be exclusively devoted to his service.

The conduct of many young persons in Halifax on the Lord's Day, is most distressing to every pious mind. They are to be seen collecting in crowds at the corners of the streets, gazing and laughing at those who are repairing to the sanctuary of God. They are as destitute of modesty and decency, as of piety, and seem, as it were, determined to set public opinion at defiance, and brave the vengeance of heaven itself. Invitations and reproofs are alike disregarded, and that God who "will bring every work into judgment, with every secret thing," is openly dishonoured, "Shall I not visit for these things, saith the Lord, and shall not my soul be avenged on such a nation as this?"

We understand that the Rev. Dr. Duff and his lady left Edinburgh on Friday evening for Preston, on their way to London, from whence they will proceed, through France, to Marseilles,—thence, up the Mediterranean to Alexandria, and from thence successively, to Bombay and Madras, where they will have an opportunity of visiting the Missions of the Church of Scotland at these Presidencies, and afterwards proceed to their destination at Calcutta. We are sure that we express the universal feeling of the friends of Christian missions in this country, when we say that kind wishes and many prayers attend