

Shutting up Her Fold.

The fire burns dimly on the hearth;
The light is turned down low;
And wintry winds through bare old trees
In fitful gusts oft blow.
The mother pulls the curtains down
To keep away the cold;
Tucks tightly in the children's beds—
She's shutting up her fold.

She covers up the little hand
Thrown o'er the coverlet,
She wipes the place on baby's cheek
Which one stray tear has wet;
Kisses the little ones who sleep,
And smooths the hair of gold:
Then kneels and "prays the Lord to keep—"
The lambs within her fold.

O little ones, fenced round secure
With mother's love and care,
What looks of peace and trust and joy
Your sleeping faces wear!
Outside, to-night, some children who
Are tall and large and old
Are wishing they could be once more
Sheltered in mother's fold.

How to Drink Milk.

Terpsichore gives a few practical hints about digestion as follows:

Do not swallow milk fast and in such big gulps. Sip it slowly. Take four minutes at least to finish that glassful, and do not take more than a good teaspoonful at one sip.

When milk goes into your stomach, it is instantly curdled. If you drink a large quantity at once, it is curdled into one big mass, on the outside of which only the juices of the stomach can work. If you drink it in little sips, each little sip is curdled up by itself, and the whole glassful finally finds itself in a loose lump made up of little lumps, through, around, and among which the stomach's juices may percolate and dissolve the whole speedily and simultaneously.

Many people who like milk and know its value as a strength-giver think they cannot use it because it gives them indigestion. Most of them could use it freely if they would only drink it in the way we have described, or if they would, better still, drink it hot. Hot milk seems to lose a good deal of its density, and one would almost think it had been watered, and it also seems to lose much of its sweetness, which is cloying to some appetites.

Overeating vs. Overwork.

An abuse that tends to the injury of brain workers is excessive eating. A writer in the *Medical Mirror* recalls to mind several active brain workers who suddenly broke down, and fancied that it was due to brain fatigue, when as a matter of fact, it was due to overstuffing of their stomachs. The furnace connected with the mental machinery became clogged up with ashes and carbon in various shapes and forms, and as a result disease came, and before the cases were fully appreciated, a demoralized condition of the nervous system was manifested, and they laid the flattering unction to their souls that they had indulged in mental overwork. Hard work, mental or physical, rarely ever kills. If a mild amount of physical exercise be taken, and a judicious amount of food be furnished, the bowels kept open in a proper manner, the surface protected with proper clothing, and the individual cultivates a philosophical nature and absolutely resolves to permit nothing to annoy or fret him, the chances are that he can do an almost unlimited amount of work for an indefinite length of time, bearing in mind always that when weariness comes, he must rest, and not take stimulants and work upon false capital. The tired, worn-out slave should not be scourged to additional labour. Under such stimulus, the slave may do the task, but he soon becomes crippled and unfit for work. The secret of successful work lies in the direction of selecting good, nutritious, digestible food, taken in proper quantities, the adopting of regular methods of work, the rule of resting when pronounced fatigue presents itself, determining absolutely not to permit friction, worry, or fretting to enter into the life, and the cultivation of the Christian graces, charity, patience, and philosophy.

Our Special Offer.

In addition to our other offers we will give to any person sending us (200) two hundred annual subscriptions to the CANADIAN CHURCHMAN, at \$1 each, a first-class Safety Bicycle, cushion tire, of the value of \$75.

To any one sending us (150) one hundred and fifty annual subscriptions to the CANADIAN CHURCHMAN, at \$1 each, a first-class Safety Bicycle, hard tire, of the value of \$60.

Hints to Housekeepers

ORANGE CREAM.—Take six oranges and squeeze out all the juice; beat the yolks of six eggs, add half a pound of white sugar, one pint of boiling water and the juice of the oranges. Place in a double kettle and stir over the fire until it thickens. When cooked pour in small glasses. Beat the whites to a stiff froth, sweeten and flavor with the rind of the orange. Drop a spoonful of this on the top of each glass.

A SURE RELIANCE.—Gentlemen,—We have a family of seven children and have relied on Dr. Fowler's Extract of Wild Strawberry for the past ten years in all cases of diarrhoea and summer complaints. It never fails us and has saved many doctor's bills. J. T. Parkinson, Grafton, Ont.

HERMIT CAKES.—One-half cup of butter, one and a half cups of sugar, three eggs, one teaspoonful of all kinds of spice, one-half tea-spoonful of soda dissolved in a little water; mix up stiff and roll.

SUMMER COMPLAINT AND DIARRHOEA.—I can recommend Dr. Fowler's Extract of Wild Strawberry for summer complaint and diarrhoea, as I have used it in my family, both for children and adults, with the best results. F.E. Dunn, Clear Creek, Ont.

SILVER CAKE.—Two cups of flour, the whites of four eggs, one cup of sugar, one-half cup of sweet milk, one teaspoonful cream tartar, one-half tea-spoonful of soda. Flavor to taste.

GOLD CAKE.—Two cups not quite full of flour, the yolks of four eggs, one cup of sugar, one-half cup of butter, one-half cup of sweet milk, one-half tea-spoonful of soda, one tea-spoonful cream tartar. Flavor to taste.

A LIBERAL TRIUMPH.—Scores of men and women who have always suffered their prejudices to blind them to the merits of Burdock Blood Bitters now use and praise this wonderful tonic purifier as the best remedy known for dyspepsia, constipation and all blood diseases.

GINGER SNAPS.—Bring to a scald one cup of molasses, and stir in one tablespoonful of soda; pour it, while foaming, over one cup of sugar, one egg, one tablespoonful of ginger, beaten together, then add one tablespoonful of vinegar. Flour enough to roll stirred in as lightly as possible.

EATING ONIONS.—The fact that onions are a most wholesome food, indeed, that they are one of the best tonics extant, is well established. Many persons who would be glad to avail themselves of this vegetable, are deterred from its use on account of the offensive odor it imparts to the breath. These will be glad to know that if eaten in moderate quantities, and a bit of cheese is taken afterwards, providing, of course, the teeth are carefully cleaned, it will be impossible to detect any odor whatever; it matters not in how close contact you may come with your friends.

SICKNESS AMONG CHILDREN, especially infants, is prevalent more or less at all times, but it is largely avoided by giving proper nourishment and wholesome food. The most successful and reliable of all is the Gail Borden "Eagle" Brand Condensed Milk. Your grocer and druggist keep it.

FREE!

Business College Scholarships

Within the Power of Every Girl and Young Man.

A BUSINESS TRAINING WITHOUT COST.

THE great advantage in these CANADIAN CHURCHMAN offers is that there is no competitive element in them. Every girl or young man stands the same chance. It is not a question of who secures the largest number of subscriptions—the girl or young man in the smallest village has the same good chance as the one in the thickly populated city. Each can get precisely what he or she chooses to work for.

THE BUSINESS CENTRE SELECTED.

THE large Business Colleges selected by the CANADIAN CHURCHMAN to which to send our girls and young men are probably the best and most liberally equipped in the country. They are "The Toronto Business College" and "The British American Business College," both in Toronto. Girls and young men from all over the Dominion are within their walls, and the most skilled teachers preside over them.

WHY THE OFFERS ARE GENEROUS.

THE CANADIAN CHURCHMAN is anxious that the largest possible number of girls and young men should take advantage of these offers for a Free Business College Commercial Training, not because of any pecuniary profit to itself, for there is none. The simplest calculation will show, to any one who studies the offers, that we are not guided by any money consideration. On the other hand, each successful girl or young man whom we send to the Colleges means an actual financial outlay to the CHURCHMAN beyond the income. We have merely changed our methods of business. Instead of spending all on advertising and commission appropriation, we devote a portion of it to this idea, the girls and young men receiving the benefit, while we are satisfied to have the subscriptions which they secure on our books, feeling confident that we can hold the subscribers, in which lies our eventual profit. Of course, in view of these facts, the offers cannot be continued indefinitely, as any one can easily see. It is important therefore that girls and young men should enroll themselves on our books as desirous of trying for the offers. Any girl or young man can learn all particulars by simply writing to the CANADIAN CHURCHMAN, and details will be forwarded. The offers are as follows:—

1. A SEVENTY DOLLAR SCHOLARSHIP

WHICH embraces Practical Book, keeping by double and single entry, Actual and Practical Business, Banking, Business Penmanship, Commercial Arithmetic, Commercial Law, Shorthand, Typewriting, and all branches connected with a sound and practical business training, etc. To any girl or young man who will between this date and January 1st, 1893, send us two hundred (200) annual subscriptions to the CANADIAN CHURCHMAN at \$1.00 each, we will give the above \$70.00 Scholarship.

2. A FORTY-FIVE DOLLAR SCHOLARSHIP

WHICH embraces the same as seventy dollar scholarship, with the exception of Shorthand and Typewriting, for one hundred and twenty (120) annual subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

3. A TWENTY-FIVE DOLLAR SCHOLARSHIP

WHICH is the same as the forty-five dollar scholarship, embracing the same subjects, but is only for three months, for seventy (70) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each, (or a Lady's Twenty-Five Dollar Gold Watch, if preferred.)

4. A Lady's \$15.00 Gold Watch or a Gent's Silver Watch for Forty (40) annual subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

5. A Lady's \$10.00 Watch, solid coin silver, open face, stem set, handsomely engraved, fitted with a jewel movement, guaranteed to give accurate time; or, a Gent's \$10.00 Open Face, Coin Silver Watch, stem wind and stem set, good reliable movement guaranteed, for twenty-five (25) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

6. A Lady's \$7.00 Solid Gold, Three Stoned, Genuine Diamond Ring, in star setting of handsome design; or, Gent's \$7.00 Solid Gold, Genuine Diamond Scarf Pin of unique design, for fifteen (15) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

7. A Lady's \$5.00 Victoria Chain, 14 carat gold, with pendant attachment, or a silver one. A Gent's \$5.00 14 carat Gold Vest Chain, in a variety of patterns of the most modern designs, for ten (10) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

8. A Lady's \$2.50 Solid Gold Ring, set with two pearls and one garnet, in star setting, each ring put up in a fancy paper plush lined box; or, a Gent's \$2.50 pair of 14 carat gold filled cuff buttons, stylish patterns, for five (5) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

Subscription Price in Toronto \$1.50 Yearly.

Address,

FRANK WOOTTEN, Toronto, Ontario.