

Health and Home

Cool, not ice-cold, sponge baths are valuable tonics, and may often be advantageously used in delicate states of health. The shock to the system is much less than with the plunge bath, and the consequent reaction less intense, but the rule for judging of their beneficial effect is precisely the same.

Peas and beans are the most nutritious of vegetables, containing as much carbon as wheat, and double the amount of muscle-forming food.

Brush the teeth night and morning with salt. This will harden the gums, besides helping to preserve the teeth. Camphorated chalk is also good for cleaning the teeth, and if you would keep them from decaying they must be kept clean.

For ginger crackers take one cup of sugar, one cup of molasses, one cup of butter, one teaspoonful of soda, one teaspoonful of ginger, half teaspoonful of cloves. Use enough flour to stiffen; boil all the ingredients excepting the flour; while boiling hot, pour over the flour, stirring it all the time. Roll out thin and bake in a quick oven.

Apple Eggs.—Pare and core a convenient number of apples, leaving them whole. Fill with sugar, and pour over water; then place in oven; when nicely baked take eggs, prepared as for omelette, pour in and over the apples, and return to oven for about ten minutes; grate over them nutmeg, and serve hot.—Pickwick.

To relieve burning feet, first discard tight boots; then take one pint of bran and one ounce of bicarbonate of soda, put in a pail, and add one gallon of hot water; when cool enough, soak your feet in this mixture for fifteen minutes. The relief is instantaneous. This must be repeated every night for a week, or perhaps more. The bran and bi-carbonate should be made fresh after a week's use. The burning sensation is produced by the pores of the skin being closed, so that the feet do not perspire.

"Brown Betty" is as simple and wholesome a dessert as its name would indicate, and should be a stock dish in families where children "do abound." They always like it; the materials for its manufacture are usually on hand, and even the plainest of plain cooks can be taught to make it as it should be. Pare, core and slice six or seven tart apples. Butter a pudding dish, and put a thin layer of stale bread crumbs at the bottom, then a layer of the apple. Sprinkle lightly with sugar, add a few bits of butter and a dusting of cinnamon, cover with bread crumbs, then more apple. Proceed in this order until the dish is full, having a layer of crumbs at the top; add half a cup of water to half a cup of molasses, pour over the crumbs and bake in a moderate oven for an hour. Serve hot with sugar and cream or hard sauce.

Carrots a la Creme—Scrape, wash and cut them into pieces or slices as desired; boil them in water with salt and pepper; when nearly tender enough strain them. Put into a saucepan a breakfast cupful of thick fresh cream, with a lump of butter; when this boils, add the carrots, and let them simmer for fifteen minutes. Just before serving, thicken with the yolk of an egg.

Rolled jelly cake served with or without whipped cream makes an excellent addition to the supper or luncheon table or for dessert for dinner. It is made like sponge cake, with the addition of a little cream or butter for shortening. A good rule calls for three eggs, whites and yolks beaten separately; one cupful of sugar, one tablespoonful of melted butter or three of cream, one cupful of pastry flour sifted twice, with one teaspoonful of cream tartar and half a teaspoonful of soda. Add the sugar to the beaten yolks, then add the butter or cream, next the flour, and lastly the whites of the eggs, carefully folded in. Turn on a long shallow tin well buttered, and bake in a moderate oven. Turn out, and while hot spread with jelly. Break the edges with a knife handle and roll at once.

"First, Last and Always"

"SALADA"

CEYLON TEA

Never varies from its one unalterable standard of excellence.

Lead Packets only.

All Grocers.

25c, 30c, 40c, 50c and 60c.

In bronchial troubles the acid of lemons relieves the irritation in the throat, acting at the same time as a natural disinfectant. Fresh lemon juice, even when diluted in small proportions with water, will kill the therein contained cholera bacillus.

NEW BOOKS....

- | | |
|--|--------|
| Bible Characters, Third Series, Completing the Old Testament characters. By Rev. Alex. Whyte, D.D..... | \$1 25 |
| George Muller of Bristol, New and authorised Life, By Arthur T. Pierson, D.D..... | 1 50 |
| Messages to the Multitude, Twelve Sermons by C. H. Spurgeon, paper..... | 25 |
| Missionary Expansion of the Reformed Churches, Rev. J. A. Graham, M.A..... | 60 |
| Young People's Problems, J. R. Miller, D.D..... | 50 |

Upper Canada Tract Society,
102 YONGE STREET, TORONTO.

THE INGREDIENTS OF THE.....



COOK'S FRIEND

are equal in quality to those of the highest priced brands on the Market.

It is sold at a more moderate price and therefore the more economical to use. It is best to buy and best to use.

Testimony of the Scriptures Regarding Wine and Strong Drink

By SIR J. WILLIAM DAWSON

Price, Twenty Cents

MONTREAL

E. F. GRAFTON & SONS,

A KODAK or CAMERA

has become a valuable and artistic companion. All styles and prices kept, and all information cheerfully given.

Catalogues Free

W. B. BAIKIE,
2257 St. Catherine St.
Montreal...

RICE LEWIS & SON LIMITED

BRASS and IRON
BEDSTEADS
TILES
GRATES
HEARTHES
MANTELS

Cor. King and Victoria Sts.
TORONTO

SELBY & COMPANY 23 RICHMOND STREET WEST, TORONTO.
EDUCATIONAL PUBLISHERS
SCHOOL AND KINDERGARTEN FURNISHERS
BOOKBINDERS AND MANUFACTURING STATIONERS

We are the only house in Canada carrying a full line of Kindergarten Goods. Headquarters for the publications of W. & A. K. JOHNSTON, Edinburgh and London Maps, Charts, Globes, &c. &c. BOUQUET OF KINDERGARTEN and PRIMARY SONGS Nearly 3,000 Sold. The best book published in Canada for Anniversary Entertainments, for Home and School use. Cloth 50c each Paper 75c Bristol Board Cover..... 50c Sunday School Teachers should send for our Catalogue of Sunday School Models

WE MAKE BLACKBOARDS

Prices on application. Send for our Catalogue of Kindergarten Supplies and School Aids.

SELBY & COMPANY - TORONTO ONT

Is Your Son Away from Home ?

Send him THE DOMINION PRESBYTERIAN. It will prove a valued visitor for a whole year, and only costs \$1.00.

FOR SCOTCH FOLK

Guild Scotch Readings 25 of them for 25c.

Auld Scotch Sangs (Words and Music) 71 of them, 25c.

The Scot At Home and Aboard—(Pamphlet—by JOHN ISBIE, Toronto, Can. Full of Humor, Pathos, Patriotism and Poetry, 25c.

Braw Scotch Pictures 3 for \$1.00

Send Complete for List of Pictures.

Send Cash or Stamps to
IMRIE, GRAHAM & CO.,
31 Church St. TORONTO, CAN.