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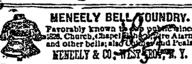
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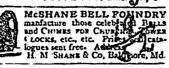


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An economical and really delicious way to flavour a cake which is to have icing over the top is to grate part of the peel of an orange or lemon over the cake before putting the ic-

FOR SPRAINS.—Bathe with arnica diluted with water, and bandage with soft flaunel moistened with the same. A sprained wrist thus treated will grow well and strong in-a

FOR FELON.—Take equal parts of gum camphor, gum opium, castile coap, and brown sugar; wet to a paste with spirits of turpentine. Prepare it, and apply a thick plaster of it.

FROS. ED FEET.—Rub the parts affected with kerosene every night. Use plenty of it and sit in front of a moderate fire while applying it. Three or four applications should complete the cure.

For suct pudding, take one cup of suct, two and one-half of flour, one of raisins, one of currants, a small cup of molasses, spice to taste, one dessert-spoonful of baking powder. Bake three-fourths of an hour. — Boston

A SURE CURE FOR CHILBLAINS.—Three applications of vaseline will cure the worst case of chilblains. For ordinary cases one or two applications will be sufficient. Although vaseline is made from petroleum, it is far more rapid in its work of healing than become

BACON DRESSING .- Drain off the fat in BACON DERSSING.—Drain off the lat in which bacon has been fried, carefully refraining from allowing any pieces of meat from mixing with it. To the oil from half a pound of bacon add the juice of one lemon, one wife glassful of sharp vinegar, a salt-spoonful of cayenne and black pepper.

spoonful of cayenne and black pepper.

RICE AND APPLE PUDDING.—Boil an ounce of ground rice in half a pint of new milk, and mix with it the pulp of eight large appler, four ounces of loaf sugar and a few drops of essence of lemon. Whisk the whites of three eggs, and mix with the other ingredients, pour into a well-buttered mould, and let it steam in a saucepan of boiling water for one hour, then turn it out carefully. It can be eaten hot or cold; if the former, pour a custard or sweet sauce around it; if the latter, serve with sifted sugar over and a garniture of prescrived fruits. Quinces may be used instead of lemon to flavour this, but they must be well-based.

Chappen Hands.—People sometimes

CHAPPED HANDS.— People sometimes suffer greatly with chapped and cracked hands. A cure, however, may be obtained if the following precautions are observed. Do not matrix hands while the healing pronot caththe hands while the healing pro-cess is going on, oftener than necessary; and when you do wash them use castile soap and warm water, dry them thoroughly and then rub them well with melted mutton tailow. Do this three times a day and you will soon cure the worst case. If those who are exposed to the cold weather would grease the hands well with mutton tailow every night they would find the skin softer and whiter and less liable to chap.

chap.

FAT of all kinds needs the nicest care to bessucet and wholesome, for nothing takes odour more rapidly, and if you leave cupfuls of grease, or drippings, to stand open in the closet, you must expect to find a queer flavour in your fried potatoes, and several different flavours in the plain piecrust besides the one you wanted. Keep all the fat from cooking in a small stone jar, well covered. Fry it out once a week into a clean jar and let it egol uncovered in a draft of air. In winter set it out doors to freeze, which refines it Telparkably. At other times keep it tightly covered in the ice-box. Fat which has absorbed a coarse taste can be purified by freeze. sorbed a coarse taste can be purified by freezing and become nice again.

ALEXIS CYR, of Grant Isle, Aroostogly Co., Maine, writes: "Having used Northfop & Lyman's valuable Emulsion of Cool Liver Oil with Hippoposphites of Lime and Spire, and derived great benefit from the Liberts of asking you for quotations and also whether you would be willing to give the file agency for this place, as I am confident there would be a large sale for it in this vicinity when its merits were made known,

TOMATO AND ONION OMELET.—Take equal parts of sliced enions and tomatoes, peeled and freed from pips, chop them both coarsely. Fry the onions in butter. When cooked, without being coloured, add the tomatoes, with pepper and salt, and stir the mixture on the fire. Make a plain omelet in the usual way, and insert this in the fold on dishing it. dishing it.

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OF THE GREATEST INTEREST TO BIBLE STU-DENTS, PERHAPS SOME OF OUR READERS
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There is a very well gotten-up monthly paper called the Ladies' Journal, published at Toronto. Each issue consists of 20 pages of very interesting information for ladies; two pages of full-size music; large illustrations of the latest English and American fashions; one or two short stories; household hints, etc.; altogether one of the best publications for the money (being only fifty cents for one years subscription) that we know of. We did not intend to describe the paper so fully, but what we started out to say was that they are offering as a grand first price a

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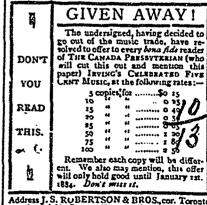
SIDLE? Who is the best King named in the Bible?

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III.—Who is the first Judge named in the Bible?

Each person competing must send FIFTY CENTS with their answers, for which the Ladies' Journal will be sent to any desired address for one year. Each question must be answered correctly in order to secure a prize. The competition will only remain openy till 20th February The names and addresses of prize winners, together with the currect answers, will be published in the March assue of the Ladies' Journal. The publisher says the prizes will be awarded without favour or partiality. If any of our readers think of competing, the address is Editor Ladies' Journal, Toronto, Canada. A large sum of money must have been spent in obtaining these prizes, and the publisher says it it is only in order to get the Journal talked about, and to interest people in the study of the Bible that these prizes are offered. These questions are submitted by the Rev. E. B. Harper, D.D., a leading minister of the Canada Methodist Church. Names and address of prize winners in former competition are given in the February number of the Journal. Remittances had better be made by post-office order, scrip or small coin.

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