

We take the following from a printed report of the Mission of Toungou, Burma :—

'As a means of establishing the disciples more firmly in the faith, and as examples of how Church doctrine and Bible truth should be definitely taught, we are now re-issuing the translation in Karen of the Rev. D. Elsdale's 'Instructions on the Creed, Lord's Prayer,' &c., the English of which appeared in the BANNER OF FAITH for 1886. We are enabled to do this by the kindness of the readers of that journal (most of them poor people), who sent us 10*l.* for the purpose. We take this opportunity of publicly thanking those kind people.'

These active missionaries keep their printing press going with difficulty, and appeal for help to buy more type and printing material.

From want of means they are prevented from printing some badly needed prayer and hymn books in Karen. We will gladly forward any help our readers may be disposed to give.

The Rev. Ronald Hilton, Priest-in-charge of the mission of Fort Macleod, Alberta, N.W.T., Canada, begs to acknowledge with heartfelt thanks monies received in response to his 'Heartfelt Appeal' in BANNER OF FAITH. Acknowledgment will be found in subscription list.

He further desires to thank those kind friends who so regularly send him Church papers, including *Times*, *Guardian*, *Little Papers*, BANNER OF FAITH, *Churchman* and *Temperance Chronicle*, *Mission Field*, &c.

'May God bless them all,' is his earnest prayer.

We have a letter from Nova Scotia in praise of a diet of beans. The writer speaks from personal experience and declares that the ordinary white beans (or brown) to be had so cheaply at any grocer's form the most strengthening nourishment that can be taken.

He is a practical man and gives receipts for cooking them.

'In the western part of America fresh meat and vegetables are not always to be procured, and it has been found that the best substitute is dried beans, cooked with a little bacon or fat. This food is extensively used by miners and surveying parties. The following are different ways of cooking the dish :—

'1. The beans are put into a large iron pot, boiled for about two and a half hours, the water being changed once. A few pieces of raw bacon are added, and the pot is then put on the fire again and boiled until the skin of the beans cracks. Ashes are then heaped round

the pot and it is allowed to bake for a short time, and is then ready for serving. Or bake in the oven for a short time in a covered dish.

'2. Another mode of cooking beans is to boil them till sufficiently cooked and put them on one side (they will keep sweet for two or three days), and then, when required for use, put as many as required into a frying-pan with bacon fat, and a little seasoning of pepper and salt and onions, if liked, and fry till thoroughly hot through.

'This food has a most lasting effect; a man can do a good day's work on one meal of it, and I find it is the best food to take before a long day's hunt in the mountains.'

This suggestion may be of use to some of our readers; it is sent to us with the view of benefiting some of our East London poor, or our large family of orphans.

Our daily dinner parties are very large, and the question of food becomes a serious consideration; but it does not dismay us: we feel confidence that the kind Heavenly Father who has so far fed our children can and will do that and more, therefore we are making room for another hundred!

They will join their voices to ours in asking for 'daily bread,' and it will not be denied.

We have had several additions to our numbers lately—cases that seemed too urgent to be refused, so they have been squeezed in. Some of these bring sad little histories with them. These little maidens all seem to agree in their dislike of workhouse life. No wonder; it is not the life for children, who want brightness and love as much as flowers want the sun, if they are to expand into what they are designed to be.

One child says: 'Once a gentleman came to the Union and asked which of us would like to go to Canada; he said, "Whoever wants to go hold up their hands;" so we all held them up. I did too. I didn't know what Canada meant, but I thought perhaps it was a nice house, and I wanted to go away from the workhouse.'

Polly is a dear little girl with a gentle face and voice. She tells us that until her father got very ill they had a comfortable home, but at last were forced to go to the Union. 'Father fretted over it dreadfully,' she says. 'When we were in the Union me and my little sister were allowed to go and see him in the infirmary once a week. Then I got ill. I don't know what was the matter with me, but I had a dreadful headache, and then I don't remember any more until I was getting better; then I