Miss Willard's Greeting.

A Cordial Note Sent to the Convention of the W. C. T. U. at Quebec.

The following greeting from Miss W. C. T. U. Convention, while in session at Quebec, was received:

"To my beloved sisters of the Dominion W. C. T. U., in convention assembled

4 at Quebec: "You are present to the eyes of my spirit, your kind voices sound in mine their supplies of leaflets, etc., thereears, the touch of your warm, sisterly hands is on that hand to which the outer one is but a glove that will be

dropped ere long! "Mutual thought gives mutual presence, and I am with you this morning, in the clear, bright air of Quebec the Beautiful, whither I went with Anna Gordon in July. 1891, and whose brave heart I hold in fond memory.

You are thinking of our loved ones, lost awhile, of that nimble hand, alert brain, unselfish heart. He to whom she is most dear is with you, a brother honored and beloved by us all, not only for his oneness of spirit with her, but because of his own noble nature and devotion to our blessed cause. "You will miss dear Edith Archibald,

that loyal leader, who from the first has borne and labored, and had patience as it has been given to few women to do, and who, with your brilliant and sympathetic vice-presidentat-large (Harriet Todd), added so much of interest to the great convention of the World's W. C. T. U. in London in June last. Our dear Mrs. Sanderson, who was made treasurer of the World's W. C. T. U., is your hostess, and we, like you, rejoice in having found in her a treasure indeed.

'We are sending fraternal delegates to you, and our own vice-president-at-(Mrs. Stevens, of Maine), our president of Vermont W. C. T. U. (Mrs. Read), and several other leaders, as delegates and alternates, having been appointed to bear the greetings of the Baltimore convention, where, between 400 and 500 delegates from 45 States and Territories, gathered to plan things good and great for the cause of a purified nation and a protected home.

"They will tell you of the unflagging zeal, the increased membership, the stalwart declaration of principles and enlarged plan of work that will make that convention forever memorable in

our annals. "I know that you, too, will plan broader things than ever before, and I beg you will appoint fraternal delegates to our next convention, which will doubtless meet in California.

"Our dear Lady Henry Somerset will doubtless send you messages of cheer, and I am hoping that we shall all see her in Canada and the United States next autumn, thence to go around the

"The movement on behalf of your mother of pioneers, our beloved Mrs. Youmans, is most cheering to all her friends, and of its success there cannot

be a doubt. "God bless you, each and all, is the prayer of my heart, in which our Anna general-in-chief of the chil dren's forces, earnestly joins.

Yours, my comrades, for good work here in our Redeemer's name, and better work yonder, where weariness shall never follow toil, and may we all make the heavenly port in peace. "FRANCES E. WILLARD."

Resolutions Passed

By the Dominion W. C. T. U. at Montreal.

At the Quebec Conference the following recommendations for the work of the coming year were brought in by the plan of work committee and adopted by the convention:

RESOLUTIONS AND FUTURE PLANS.

1. Recommend that our Provincial Unions take immediate steps to urge upon their local societies the necessity meetings, etc., to influence the electorate to keep the question of prohibition the front in the approaching Dominion elections; further, that every effort be made to commit the candidates to a declaration of principles on this question. 2. That the department of purity and

purity in literature, art and fashion, combined. 3. Following the suggestion of the

World's Union, we would recommend that the department of systematic giving be created. 4. That the name of department of

World's W. C. T. U. Missionary Society be altered so as to read World's W. C. T. U. Missionary work. That the Evangelistic Training

School and Institutes be added to our own departments.

6. That the absence of "Y" Unions, and where there is an opening for such work, the "W's" take up the department of kitchen garden, the full directions for which will be found in the Dominion leaflet on this subject, pre-

pared by Miss Tilley. 7. That the flower mision department be called the Flower, Fruit and Delicacy Mission,

8. That provincial superintendents of narcotics, wherever practicable, wait conferences, synods, assemblies, and all gatherings of influential bodies, and ask their sympathy and co-operation in our efforts towards the complete extermination of the habitual use of narcotics.

9. That provincial superintendents church members engaged in selling tosame; also that the superintendents urge the distribution of anti-tobacco Christian societies, Sunday schools, day schools, and in the general literature distributions of the unions.

10. That provincial superintendents urge upon county and local superintendents the necessity of some effective movement towards checking the use of opium and other deadly narcotics, by interviewing local physicians, requesting the exercise of more care in the prescription of opiates. Further, that Societies of Christian Endeavor and Epworth Leagues, and Sabbath school superintendents, be asked to give at least one meeting a year to the discussion of the alarming evils arising from the increasing use

of these dangerous drugs. 11. That attention be again called to the recommendation of No. 18 of last ear's plan of work, which is as fol-

in the hands of teachers for their own

2. That the leading topic for the Day of Prayer be Sabbath Observance, and that special petition be made for the success of Mr. Charlton's Sabbath Observance Bill; that the Dominion W. C. T. U. unite with the Lord's Day Alto bear upon the members of the House of Commons and the Senate to give

'Lord's Day Observance." 13. That we call the attention of the Frances E. Willard to the Dominion Dominion literature committee to the w. C. T. U. Convention, while in ses-German languages for the successful prosecution of our work among these nationalities.

13. That county and local unions prove their loyalty to the Dominion literature department by purchasing

from. 15. Feeling the great need of a juvenile temperance paper of our own, providing the managers of the Northern Messenger agree to make a greater specialty of temperance in said paper, we recommend that it be adopted as the organ of the juvenile department

of the Dominion W. C. T. U. 16. That we urge upon all officers of local, county and provincial unions the duty of subscribing for our official orthe Woman's Journal, and the gan, world's organ, the Union Signal, believing that a White Ribboner without these sources of information as to the progress of our cause is as helpless as a workman without tools.

17. That, whereas, it is impossible to follow, and keep in mind the figures month as unlucky. contained in the treasurer's statement that, in future, where such work can be secured gratuitously, said statement be printed for distribution to delegates in convention. 18. That provincial superintendents

be urged to send a synopsis of their report to the Dominion superintendent within two days after the close of their provincial convention. 19. Your committee would call atten-

tion to the failure of some Dominion superintendents to comply with recommendation 25 of last year's plan of work, in which it was decided that the reports must be from provinces, not counties. ADDITIONAL RESOLUTIONS.

The committee on resolutions brought in the following, which were also pass-

1. Resolved, that the basis of this society is total abstinence, total prohibition of the liquor traffic, and the opium trade, the enfranchisement of women, purity of personal life, and international peace and arbitration, and we invite all earnest women who are like minded with us to join our organization, put on the white ribbon, and become soldiers in our peaceful war. 2. That the married members of the be urged to consider carefully whether it is not their duty to join the

8. That the members do their shopping early on Saturday so that the Sunday rest of the clerks be not infringed upon.

4. That the union commends the action of the Order of Oddfellows amending their constitution so that no "saloon-keeper, bartender, or professional gambler can become a member.' 5. That the union expresses its sor-

row and indignation at the tyranny under which the people of Armenia are now groaning, and call upon the supreme authorities of the Dominion done them. 6. That all White Ribboners be urged

to subscribe to the Woman's Journal. 7. That should the decision of the Privy Council show that the power of total prohibition be vested in the Do- dal gown. minion Government, we call upon all our temperance leaders to formulate radical measures for the abolition of shaking hand of the groom drop this powers of our Legislature, and present these at once to the Government.

8. That as the work of the church is to save souls, and the work of the manufacturer and seller of intoxicating drink tends to destroy both body and soul, we find that there is a curious incongruity in inviting men who have made their money in this way to take a prominent part in the dedication of new churches, or in any other public religious observances.

9. That as Christians cannot condemn any practice of which they are willing to share the profits, we strongly urge that churches and benevolent societies (which should never be omitted) is deof doing whatever they can in the way of literature distribution, public should utterly refuse to solicit or receive donations from those who are engaged either in the manufacture or sale of intoxicating beverages, in the belief fickle goddess of fortune. that nothing will so surely place the deadly traffic under the ban as the after starting, and the bride must be determined refusal to receive any sure when she leaves home to place money so made.

10. That people dealing in liquor groceries are practically not only sharing the profits and encouraging the sale, but discouraging those who for conscience sake have relinquished a profit-able trade, and are in a manner helping to place temptation in the way of

weak women. 11. That we view with appreciation the work accomplished by Miss Phelps, especially in British Columbia and the Northwest Territories, through which our membership has been so materially

12. That we tender the heartfelt thanks of the Dominion W. C. T. U. Convention to the members of the Y, M. C. A. for the use of their handsome building, to the billeting committee, and the citizens of Quebec, who have so kindly received and entertained us; to the ladies of the local unions for their daily luncheons, to the trustees of the Methodist, St. Andrew's and Chalmers' Churches for the use of their buildings; to the city pastors for their kindly greetings; to the choirs and organists, to the press for its recogni-tion of our work, and to the pages who have ministered to us so faithfully.

You are a prince of blood. You are the sm, beloved, of the Alm ghty Power who rules and will rule body and mind with absolute you will be in absolute confidence with your literature through the young people's Father, and in the closest relations to him. Tell him everything; ask advice in all difficulty; thank him in all success; come back to him in all failure. You will use his almighty power then for the sway of mind and body. You will be fellow-workman together with him,-Edward Everett Hale,

A Nightgown Gift.

Certain over-modest persons having suggested that the gift of a nightgown from a working women's club to Elizabeth Cady Stanton might be deemed improper, that sensible lady remarks that she sees nothing immodest in such a gift, and she wonders why anybody should be shocked by the garments worn in the sacred silence of the night.

BRIDAL SUPERSTITION.

Acts of Omission and Commission That Bring Luck or Ill Luck,

Few girls are dauntless enough to liance in bringing all possible pressure risk being married on a Friday, and also in the month of May, which is considered a very unlucky time, while June, September, October and December of the department be changed to are deemed the luckiest months of the thirteenth day.

Monday for wealth, Tuesday for health, Wednesday the best day of all! Thursday for crosses, Friday for losses,

Saturday no luck at all. All brides-elect rejoice when the marriage day dawns brightly, remembering the old adage: Blest is the bride upon whom the sun doth shine.

And are equally certain that-To change the name and not the letter Is a change for the worse, and not the better.

The day following the wedding be longs exclusively to the husband, and fortunate for him if it be fair.

In earliest times amongst the Jews the fourth day of the week was considered unlucky for maidens to wed and the fifth for widows. The Romans considered the nones and ides of each

The postponement of a wedding is even now regarded with such horror that many will be wedded on a sick-bed or in a house of mourning rather than change the date.

It is an overbold woman, indeed, who will let her vanity so far get the better of her as to don her bridal robes in their entirety before the hour set for the ceremony, as such an act presages death and dire misfortune. In fact, the bride's toilet has a great deal to do with her future happiness, and it is a wise girl who remembers all the superstitions pertaining to it.

She should always remember to put her right shoe on first, for to don the left first portends an unhappy married

White is the color usually chosen for bridal robes, signifying purity and innocence, but others may be chosen wisely, as the following rhyme asserts:

Married in white, You have chosen all right. Married in gray, You will go far away. Married in black, You will wish yourself back Married in red, You'd better be dead. Married in green. Ashamed to be seen. Married in blue, You'll always be true. Married in pearl, You'll live in a whirl Married in yellow, Ashamed of the fellow. Married in brown, You'll live out of town. Married in pink,

Your spirits will sink. Then, no bride must go to the altar without "something old and something new, something borrowed and some-thing blue." Neither must she, after her toilet is complete, look at herself in a mirror. She must see that no bridal guest wears a costume entirely black, as that would bring her sorrow. On the work they fail to accomplish the

No girl who would be a happy bride must take a hand in the making of her wedding cake or the sewing of her bri-

To try on a wedding ring before the ceremony is unpropitious. Should the the liquor traffic, within the known symbol of love in the act of putting it

finger is unlucky.

The breaking of a wedding ring is surely prophetic of the death of one of the married twain. There is an explanation in this sup-

erstition: As the wedding ring wears, So wear away life's cares.

Which is of the same theory that time will cure all ills. The throwing of rice and old slippers scended from antiquity, rice, meaning

fertility and plenty, while the old shoe is supposed to invoke the favor of the No bride or groom must turn back in her pocket a silver coin, so that in future years she may not come to In the Isle of Man it is customary for the bride to go in to the altar with a pinch of salt in their pocket, to insure a life of prosperity. Above all things should a bride weep on her wedding day no matter how happy she may be. She must squeeze out a tear or so, for the bride who ne-

indeed.—Philadelphia Press.

glects to weep will be very unhappy

Sayings of Spurgeon. Some excellent sayings of Spurgeon are given in a volume of "Personal Reminiscences," by Rev. Wm. Williams. Here are some of them: "I don't like dancing. It was through a dance that the first Baptist minister lost his head, and I may well be afraid of it." "Mind your illustrations are correct. It will never do to describe Noah as one did, sitting outside the ark read-"Always get the true ing his Bible." meaning of a text. One local preacher took 'He for our Profit,' and preached on 'The Prophetical Office of Christ.'" "Mind your figures of speech are not cracked. Don't talk like the brother who says: "I fly from star to star, from cherry-beam to cherry-beam." "Get amongst your people, or somebody may be saying of you as one old lady said urge upon county and local superin-tendents of narcotics to interview this world and carries it on to-day. You can of her minister, that he was invisible on all the week and incomprehensible on Sundays." "Shun all affectation in bacco in its various forms, and ask them to discontinue the sale of the control if you choose. If you wish and choose the pulpit, and mind you never get into the goody-goody style. One of this sort said, 'I was reading this morning in dear Hebrews.'" "Mind the theme of your sermon suits yourself. A beardless boy should not preach from 'I have been young and now am old.'

Are Nervous Diseases Increasing?

The Christian Work Says: Are we getting more nervous and are nervous diseases the product of an over-refined civilization? Probably nine out of ten would answer both questions affirmatively And yet if we are to beapparent knowledge of an experienced getting into a terribly "decadent" and nerve sick state, exhausting life by its to another man in the pew. pace-if we are to believe him a denial must be entered against both pro-

science, and yet people must die of something; that men, and especially women, live longer and healthier lives than ever before; and that, of the multitudinous so-called nervous diseases, a large part are not nervous at all, half the others are only maladies that hitherto went unnamed, and the rest are due, not to civilization, but to neglect of civilization's most simple precepts. Probably there is a great deal of truth in what our writer says. At the sam time it is true that civilization has its losses as well as gains, and that the pace of much of our modern life does Monday. Tuesday and Wednesday are shorten the years which but for the considered the best days to be married rush would be prolonged. And it is on if assurance of happiness is desired, certainly true that excessive use of stimulants acting as poisons sends countless thousands to their graves every year. There are two phases of this matter, and the one is as actual and unassailable as the other.

Needs of the Times. In a special article addressed to

The full baptism of the Holy Ghost on the day of Pentecest made each disciple interested in his fellow-man. The socialism of Pentecost was not compulsory communism, or a legal, mechanical organization of any kind; it was voluntary, spontaneous, over-

flowing, irresistible love. be corrected by the unselfish services of the city of God, where the fruit of righteousness is peace and the fruit of irresistible love is overflowing service.

I. Corinthians, XIII.

published upon this chapter it is pointed out that the usual translation of be they what they may, love bears up, believes, hopes, endures.

Fretting. Many women are more fatigued by things which demand attention and the tasks in order to turn to these others, added to the mental performance which, even though it may never materialize, are as physically exhausting to a nervously organized woman as manual labor. Fortunately, there are on the bride's finger the ceremony had some women who see things in their better be stopped right there. To lose rightful proportions, whose perception it is prophetic of evil, and many fancy of perceptives is accurate, and to whom to remove it after it is placed on the small things do not assume the undue proportions which characterize Japan-ese art. Such women can separate essentials from non-essentials. They can stand off a little way from the situation and get its general effect or see it as it really is, which is the first adjustment of themselves to it. But this and so our Christmas, which felt itself warmly commended the work of the practical sense of perspective is a thing which most women sadly need to develop and cultivate. Its application women's work is no less important than to artistic effect.

Outcry Against Missionaries.

There is loud outcry in certain commercial and agnostic quarters against protecting our missionaries in China and Armenia. It is a crime and outrage, say they, to send men and women to upset the hoary beliefs of the heathen, who are happy and contented until disturbed by the salaried intermeddlers sent out from Christian lands. But what bestial pagans such objectors themselves had been but for the Gospel! More sodden, cruel, bloodthirsty men than our ancestors before being subdued by the Gospel cannot be found even among the cannibals of the South In the transition from the old to the new, more or less commotion is inevitable. Christ came not to send peace, but a sword. The fermentation caused by the power of truth upon error must go on. Yet, to return to the former figure, our weapons are not carnal. We do not make converts by the terror of shotted guns. Rather, knowing the terror of the Lord, we persuade men. * * The jackals of infidelity, who owe their all to Christian civilization, even their privilege of barking, may sit on their haunches and yelp at the camp-fires of human progress, but nightly those fires glow on advancing hill-tops, and the march is as certain as it is irresistible.-The Western Christian Advocate.

A Hint to Preachers.

preacher, claims that much of the weakness of modern Christianity comes from the general indifference to the spitting in any place where decent intellectual aspects of Christian doc- people gather would be nabbed by the trine. He says: "Theology today is dethroned from her position as the queen of sciences, and none is so poor as to do her reverence. Ministers are applauded for attacking in the pulpit what they were ordained to preach. They go to the daily papers for their texts, and their congregations turn to the latest novels for their theology. densely ignorant of the very rudiments an article should arise in public. of theology. People are disinclined to think, and so they cease growing. What the writer to the Hebrews calls 'milk' has become alarmingly popular in our churches. There is a silly receplieve a writer in the Contemporary Re- tion of threadbare platitudes which view, who attacks the energy, art and apparent knowledge of an experienced What are called practical sermons are physician the ideas so widely held and often the least practical, the least help-so often expressed, that humanity is ful of all. They are often the mere ful of all. They are often the mere orders given by a man in the pulpit The knows his duty as well as the teacher. He does not wish to be ordered about; Teacher's Opportunity, by Mrs. C. A. Cole (addres Miss Jennie Duty, 180 Arlington avenue, Cleveland, Ohio), also Mrs. Hunt's 'School Physiology Journal (23 Truell street, Boston), be placed of cortable and artistic. he asks viston, revelation, inspiration,

A Check to Christmas

Peculiar Results of Recent Happenings in the East.

Example of the Fighting Christian World Followed by China and Japan.

Reference has been made in these pages to the check interposed by Japan gestive card on its cars the defilement to the carrying of Christmas round the world. The rise of Japan into the rank of powerful civilized nations, perhaps to be followed in a quarter of a century by the advent of China, certainly introduces another element into what we have been calling Christian civiliz tion. It is possible that these Orientals preachers, the Christian Guardian might accept the ceremonies and the symbols that were borrowed and adapted from paganism, Roman and German, and enter with some zest into the holiday by which we mark the end | Rorer, the digestion of the nation of the natural and the beginning of the Christian year. But it would not be any more Christmas. No doubt the Japanese and the Chinese could be brought to load down the mails with Utopian or imaginary socialism, scientific socialism (so called) mechanical socialism, revolutionary socialism, all of these have nothing before them but loss and disaster and continuous and disaster and continuous conti of these have nothing before them but loss and disaster and annihiliation.

A mighty spontaneous socialism, sustained by the Holy Ghost, where no man is an owner, but every man is a steward, where the whole spirit of the community is stewardship for God the spread of our Occidental civilization makes the Christmas of 1895 different from any that has preceded it. and humanity, and not ownership for self and the world and the devil; this since the Reformation, and, indeed, socialism leads naturally to the unisince the English and Spanish and spani versal kingdom of heaven and its righteousness. It is not the equalizing of property that we need, but the moralizing and spiritualizing of it. Anti-social, selfish individualism must he corrected by the unselfish savulors.

had a mission to force their ideas upon add to it one tablespoonful of salt and the poor souls of the earth and make them happy—lawfelly if might be, but unlawfully if it must be; and for cenunlawfully if it must be; and for cenAdd sifted flour little by little until turies, say at least since the ravaging you have a batter, then beat it rather Turk was turned back at Vienna, they vigorously for several minutes. Add have had no doubt of the authenticity In a little tract that has been lately of their mission. But here now are out upon the board and knead lightly coming other nations, also with big and carefully and occasionally raise guns and armored ships, more civilized the lump and throw it with vigor upon than the Turks, and by millions more verse 7, "beareth all things, believeth numerous, who are proposing to take all things, hopeth all things, endureth all things," is very questionable, and that the order of the words—in each sentence, "all things" coming first—suggests as a preferable rendering: "In things (or circumstances) hears up. all things (or circumstances) bears up, of arms? Are the heaviest guns to dein all things believes, in all things cide which is the better civilization? hopes, in all things endures." There The nations of the so-called Christian is a parallel in the same epistle (9:25) world are still arming themselveswhere the order of the words is the building stouter and swifter ships of same, which is rendered rightly in the war, and inventing new missiles and Authorized and Revised Versions, "is machines of destruction to be used to temperate in all things." This render- harry and pauperize each other, and ing gets rid of the difficulty that a to fight for the possession of the bits state of mind which "believeth all of earth still unappropriated by the things" is not generally credited with civilized. This is the report on the things" is not generally credited with much wisdom. Moreover, we are expressly told in I. John, 4:1: "Relieve not every spirit." Much happier is the thought that in all circumstances, be they what they may love bears up. defend the Occidental Christian idea, or, better still, will it have a little faith in itself, and expect by the arts win the world to the better way?
These are, no doubt, idle speculations—were always idle in this fighting world

The lar Northwest, beyond Winnipeg, an Episcopalian bishop stopped for the night with a Scotch family who had been brought up in the kirk. try, that swift permanent justice be changing her gown she must throw by what they do; that is, they fret —and especially profitless now in this away every pin used in the bridal at- and worry over the thousand and one period of the rise and consolidation of had not been baptized; but they were idle, upon the day of the advent upon hurrying to get through the present the field of contest of two such capable nations as Japan and China, to take a said the lord bishop. Janet was not little thought upon the true spirit of Christmas and to reflect whether the sun of charity is not stronger to win the world to concord than the hurricane of war. The things which non-Christian nations are most likely to imitate are our vices and our violences. The Japanese may well say that we should never have respected their gentle civilization if they had not borrowed from us the most unlovely fea-

for December.

tures of ours. Now, taking a

from the fighting Christian world, both

China and Japan are preparing to

push their own civilization to the front,

pretty well established on the earth,

is to enter from this year upon a new

series of struggles for the honor of its

banner and the spirit it professes .-

From the "Editor's Study," by Charles

Dudley Warner, in Harper's Magazine

A Thoughtless Practice. The Woman's Club of Chicago has been discussing informally the possibility of checking an unpleasant habit that renders streets, stairways and on this great question. In the meancorridors of public places disgusting to time it was very important that temperance sentiment should not be weakclothing. For, no matter how deftly thing of their zeal in the cause. a woman may raise her skirts to avoid temperance cause was really and esthe soiling contact, it is impossible to sentially the cause of God, and of escape defilement. In a neighboring truth, and of social order, and of city a petition has been presented to purity, and of religion. the authorities to place at frequent intervals along the streets what are called "cuspidors" by way of apology for calling them at all. The vessel suggested is as objectionable as the habit that suggests it, and the habit tioned on the beach of Sullivan's is as needless as it is obnoxious. This is the only country generally tice prevails. In no public gallery, He was one of those soldiers who be-

museum or other resort in any European city would the sight of a vessel for an instant. It is perfectly known hospitals, as well as in hospitals for consumption, typhoid fever and other diseases whose germs many be conveyed through the air, the greatest vigilance is exercised against the evils inherent in expectorated matter. The discharges from the mouth and nose Rev. J. M. Gibbon, an English are cast into covered vessels and subjected to instant chemical treatment for the extinction of their evil micro-Any man in health found police and hustled away to be taught a sharp lesson in common sense and Yet in some parts of the United States people will not only tolerate the practice, but actually provide open vessels to receive and retain, for unlimited mischief, substances for whose reception and concealment civilization is supposed to have suggested a pockethandkerchief if need of such

The practice of expectorating in the presence of others ought to be stopped, as many other needless and disgusting habits have been stopped. It is not a nice subject to write about; its very name ought to be unseen of eyes polite, but its name is nothing in of-fense when compared with the act. a'most drowned me."

It would be far more descent for men to go about with their shaving cup, razor and lather than to have vessels at their feet for discharges that are

both dangerous and nauseating. There must be no distribution of such vessels on the streets of Chicago. They ought to be removed from every inclosed place, public or semi-public, which they now defile. If the policemen in the city hall and the county building were instructed to arrest the loafers who use the floors of that building for this habit, it would speedily cease. It is to the credit of one street car company that by posting a sugof the floors of its vehicles was ended. The spitting habit is simply unclear, and it ought to be abolished by decent public opinion like any other form of uncleanliness. Medical science has shown it to be wholly needless, even for users of tobacco.-Chicago Times-Herald.

Mrs. Rorer's Bread.

If the average American housewife would bear in mind just one of the many wise utterances made by Mrs. would inevitably improve:

"Eat all your yeast breads cold. Eat all baking powder breads hot." these two sentences lie a whole sermon on dyspepsia. How many Canadians eat hot rolls day by day and biscuits cold for luncheon!

No yeast bread can be made as wholesome as that raised by other scientific processes, but if loaves were made small and fingers and sticks were more used, the evil would be reduced to a minimum. In them the proportion of crust is greater and the insufficiently baked crumb is less. Such bread, made after the following recipe, will be found delicious and as healthful as fine white flour raised with yeast can

be: To make a quantity sufficient for six Vienna loaves, put one pint of milk into a bowl and scald it with one pint of boiling water. When it is lukewarm one cake of compresed yeast dissolved more flour till a dough is formed. Turn the board. Then brush the bowl lightly with melted butter and put the dough back in it. Stand in a moist temperature of 75 degrees for three hours. At the end of that time turn out on the board, cut into pieces and mold as lightly as possible into loaves. Let stand a second time for one hour, and bake in a moderate oven for 30 minutes.

Notes and Incidents.

A brute is in jail in Brooklyn. He is the husband of Mrs. Minnie Johnson, who died on Tuesday of pneumonia. While she was ill, the neighbors say he pulled her out of bed a number of times, crying: "Hurry up and die! Lots of better women than you are dying every day." The ill-treatment undoubtedly hastened her death. The coroner

is investigating the case. There are a few high church Presbyterians, says North and West. Up in the far Northwest, beyond Winniso far removed from any church that it had been impossible to give them "I'll baptize them for you," that rite. prepared to have any ceremonies that she considered half-pagan children. So she replied: "I tell spier Sandie aboot it." In the morning when the man who claims the monopoly of ordination as the only legitimate successor of the apostles, inquired again, the daughter of Jenny Geddes answered: "We have concluded to wait for a regular ordeened meenester." For once the tables were turned. The bishop was not ordained!

At a recent meeting in Toronto Rev. Principal Caven, of Knox College, presided, and in a brief opening address league, he said, was working in a great cause and a cause which he had no doubt was certain to prevail, but all good causes required time for their development, and temperance workers were too well used to reverses to be discouraged. He trusted that the legal and constitutional questions in which the Dominion and Province were involved would soon be decided, so that it would be possible for the friends of temperance in this country to express their opinion

To the Letter.

The Washington Post says that an Irish member of the Sixth Regiment of South Carolina Infantry was sta-Island, with orders to walk between two specified points, and to let no one classed as civilized in which this prac- pass without giving the countersign. lieve in obeying orders to the letter. Two hours after Hugh had thus been for the reception of sputa be tolerated stationed, the corporal with the relief appeared in the moonlight, and was that human sputa contains every im- astonished to see Hugh walking to and aginable kind of microbe. In cancer fro up to his waist in the water. The tide had come in.

"Who goes there?" demanded the sentry. "Relief," answered the corporal. "Halt, relief! Advance, corporal and give the countersign."

"But I am not coming in there to be drowned. Come out and let me relieve you. "Niver a bit," said Hugh. "The liftenant tould me not to lave me post.' "Well, then," said the corporal, start-

ing to move away, "you may stay there all night." "Halt!" thundered the sentry. "I'll put a hole in ye if ye pass without the countersign. Them's me orders from the liftenant," and he cocked and

leveled his gun. "Confound you!" answered the co poral. "Everybody will hear it if I bawl it out to you."

"Yis, me darling, and the liftenant said it must be given in a whisper. In with ye; me finger's on the trigger." There was nothing for the corporal to do but to wade out to where the faithful sentinel stood.

"Be jabers," said that worthy.

