

sliced, a large round cake may serve between eight and twenty-five people.

Plum Pudding.—One pound to four people.

Fruit Cake.—Three to six ounces make one serving.

Wafers, varying with the kind, when other cakes are served. Three boxes to fifty people. Small cakes are usually sold by number.

Olives are computed by number, to suit an occasion. There are two hundred and two hundred and ten in a quart bottle.

Salted Nuts.—One and a half to two pounds for twenty-five people.

Bonbons.—One pound for sixteen people.

Timbales and Patties.—Twenty-five may be filled from a quart of mixture.

Croquettes.—One and a half quarts of meat make croquettes for twenty-five people.

Oysters, by number.—Four to a person; used chopped, two quarts for twenty-five people.

Welsh Rabbit.—Three pounds of cheese for ten people, varying greatly with the cheese and recipe used.

Chicken or Turkey.—Twenty-five pounds dressed for fifty people. Most roasts weigh two or two and a half times more raw than the net weight of meat after roasting.

Sandwiches, made from sandwich loaf, loaves varying and thicknesses of sandwiches varying roughly:

Two whole sandwiches after cutting serve three people.

Twenty-four sandwiches may be counted to a loaf.

One pound of butter to three loaves.

One pint of other fillings to one loaf.

While it would be impossible to give a complete list, a novice may find in these estimates a basis for further computation.

—'Good Housekeeping.'

Religious Notes.

A beautiful work that is being done for the children of the poor is described by the New York 'Christian Herald.' On a high rocky bluff overlooking East River at New York, has been established a fresh air camp for sick babies. Any little one who is not suffering from a contagious disease will be received and cared for free of charge. It is expected that much educational work among the mothers will be possible, and the staff of nurses seize every opportunity to instruct them how to bathe and feed the infants. Boston and Chicago have similar camps, but this is the first in New York, and it is conducted not only for present results, but also as an experiment, with a view to demonstrating what can be done to keep down infant mortality, and with the hope of establishing Fresh-Air Camps in many localities all along the waterside, in summers of the future.

In the city of Che Foo there is a unique phase of missionary service. This is the school for deaf children in charge of Mrs. A. T. Mills. It was inspiring to see these Chinese boys proving that they can be taught as successfully as American children in all the branches of the common school, and to hear them articulate clearly words of greeting and farewell. We found some of them serving most acceptably as trusted and capable servants in some of the homes of foreigners in Che Foo. It is also important to note how this education destroys superstitions about the deaf children, whom the Chinese consider possessed of evil spirits. This is a work most worthy of assistance. Its blessings in China are manifold.—New York 'Observer.'

'Half a loaf is better than no bread,' and it is likely that many a Hindu bitterly reproaches the educationists in India who in giving them the education of civilization to-day, have of necessity taken away their trust in their old religion, without offering them the higher instead. The 'Christian' notices this fact as a further call for missionary effort. Many thousands of intelligent Indians are being educated by our Government on a purely secular basis, which means that they are educated out of a belief in their own religion without any training in

the Christian faith. This throws the responsibility of the religious education of India on the Churches. While much good work is being done by the various missionary agencies in that country, the machinery is totally inadequate to overtake the needs. As Mr. Slater says, in the 'British Congregationalist': 'Would that the situation in India were so realized at home that there should be no lack of cultivated and Christian men to offer for this difficult but promising field of labor!'

For the Busy Mother.



MISSES' TUCKED OR GATHERED SHIRT WAIST—1019.

This pretty design would make up nicely in any soft material. The waist closes at the back and may be made with or without tucker, which is of all-over lace. It is tucked to form a pointed yoke effect, which gives it a pretty blouse. The sleeves are made with deep cuffs, trimmed with bands of insertion or all-over lace. The pattern is cut in four sizes, 13 to 16 years. For 16 years it requires 2 5-8 yds. of material 27 inches wide with a 1-2-yard of all over 18 inches wide for tucker.

'NORTHERN MESSENGER.'

PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

No.

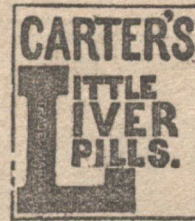
Size

Name

Address in full

N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern will reach you in about a week from date of your order. Price 10 cents, in cash, postal note, or stamps. Address, 'Northern Messenger' Pattern Department, 'Witness Block,' Montreal.

SICK HEADACHE



Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Bizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

A Child's Influence.

It seems to me that a blessing asked by a little child makes more of an impression than one given by the head of the house. For four years, ever since my little daughter of six could talk, she has repeated the following blessing:

For these and all Thy gifts of love We give Thee thanks and praise; Look down, O Father, from above, And bless us all our days.

Her papa is not a church member, but if he comes in late he asks the small daughter to repeat grace for him. Five other households have adopted this same grace to be given by one of the children. Two of them had never had a blessing at the table before, so you see missionary work is being done on a small scale.—'Congregationalist.'



Only Ten Cents

to quickly introduce our fashionable jewellery catalogue. We send you this Ladies' 14 K. Gold Filled Ruby Set Ring, Lord's Prayer or initial engraved free. Send size. SHELBY JEWELLERY CO., Mfg. Dept. 76, Covington, Ky., U.S.A.

Cancerol, a Mild Treatment for Cancer.

The originator of Cancerol claims more cures from its use than from all other treatments combined. Costs but a trifle to satisfy yourself. Write for handsome free book. Address Dr. L. T. Leach, Drawer 88, Indianapolis, Ind.

BABY'S OWN SOAP

THE NORTHERN MESSENGER.

ANNUAL SUBSCRIPTION RATES. (Strictly in Advance).

Table with 2 columns: Subscription type and Rate. Single Copies: \$.40 a year. Three Copies, separately addressed if desired, for: 1.00. Four Copies, separately addressed if desired, per copy: .30. Ten Copies or more, to one address, per copy: .20. Six months trial at half the above rates.

Postage included for Canada (Montreal and suburbs excepted); Newfoundland, Great Britain, Gibraltar, Malta, New Zealand, Transvaal, Jamaica, Trinidad, Bahama Islands, Barbadoes, Bermuda, British Honduras, Ceylon, Gambia, Sarawak, Zanzibar, Hong Kong, Cyprus, also to the United States, Alaska, Cuba, Hawaiian Islands and Philippine Islands.

Postage extra to all countries not named in the above list. Samples and Subscription Blanks freely and promptly sent on request.

SPECIAL OFFER TO SUNDAY SCHOOLS.

Any school that does not take 'The Messenger,' may have it supplied free on trial for three weeks on request of Superintendent, Secretary or Pastor, stating the number of copies required.

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Edgpath Dougall and Frederick Eugene Dougall, both of Montreal.

All business communications should be addressed 'John Dougall & Son,' and all letters to the editor should be addressed Editor of the 'Northern Messenger.'