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SPECIAL FEATURE: Oriental Travel League for Bible Teachers and Students organized by Rev. John Bancroft Devins, Editor N. Y. "Observer."

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wastes the ice, particularly where a refrigerator is built in, in a passage with a door opening directly in front of a range, as is often the case. For the better preservation of the ice it should be covered with a newspaper when the chest is filled in the morning. The lower chamber is cooler for all food, as cold air falls, but it is difficult to convince the average cook that this is the case. A small dish of charcoal is necessary in each chamber, and the waste-pipe should have very hot, strong washing soda water poured through often.

German Almond Rings.

One-half pound each of blanched almonds, pulverized sugar and puff paste, whites of six eggs. Roll the paste very thin and cut with a biscuit cutter. From the center of each cut a smaller one, leaving the outside ring three-fourths of an inch wide. Beat the eggs until stiff, stir in sugar, with dish in boiling water, until meringue is quite thick, add almonds thinly sliced and cool. Frost the rings with mixture and bake in an oven of proper temperature for cake.—'What to Eat.'

Strawberry Sherbet.

Stem a quart of strawberries, mix with them the juice of two lemons and a pound of sugar, then mash them and set aside for an hour; strain through a fine sieve, pour over a quart of ice water, turn into a freezer and freeze.—'Good Housekeeping.'

How to Knit a Bath Towel.

Here is a simple way of knitting an extremely useful and durable present, so simple that even a child could make one with ease.

For a large towel, four balls of No. 6 unbleached knitting cotton will be needed. The small size of bone needles should be used. Cast on 138 stitches. From beginning to the end knit plain the first three and last three of every needle, so as to make a selvedge. Knit the ends in any way that may be fancied, for instance, seven rows of plain knitting and seven rows of holes.

To make the holes, knit two stitches together and pull the threads over; then two together, and put the thread over across the needle, and in returning knit every stitch, the thread over the needle counting as a stitch. Then knit another plain space of seven rows, with three rows of holes, then a plain space of three rows, and then begin the towel centre.

After the three selvedge stitches knit two plain, two seam, two plain, two seam, across the needle, ending with the selvedge, and knit back in precisely the same order.

The next time (which is the third) reverse the order, knitting two seam, two plain, two seam, two plain, across the needle, knitting back in the same order. The whole centre of the towel is a repetition of these four times. The little squares of twos make raised spots, which will remain if the towels are wrung lightly when washed. They should never be ironed. Make the end correspond with the first, and finish with a heavy fringe of cotton. Do not knit much at a time, as the towel becomes somewhat heavy before it is done, but it is pretty work and most satisfactory.

BOYS

If you would like a nice rubber pad, with your own name and address, also a self-inking pad—all for a little work, drop us a card and we will tell you about it. Splendid for marking your books, etc. Address, John Dougall & Son, 'Witness' Office, Montreal.

A Grain of Sand.

(Charles P. Cleaves, in 'Forward.')

When I was pastor in the new factory town, I opened my study on Friday nights for the boys. Among the few who came to read my books and papers and chat with me was New Stark. He listened while others talked, and played the games with a quiet air, as if they were a matter of business, not amusement; there was no enthusiasm about him. He read little. But I liked the manly features and the high forehead under the crisp, rolling, black hair. 'There must be the making of a man there,' thought I. But the neighbors said he hadn't a 'grain o' sand.'

I came to that conclusion myself. It was too years since he had been in school, and while a few others were hustling for education and earning money at spare hours, Ned was idle except for occasional factory work as a spare hand. It annoyed me, too, to know that he earned so little, and time was passing when he might be learning a trade. There were a half dozen other children in the home to be fed and clothed and schooled. It was odd, too, that when Ned did labor he drove his work with a quiet, resolute energy. 'What's the matter with the boy?' I sometimes asked. 'I don't know,' was the usual reply, 'only he doesn't seem to have a grain o' sand.'

The factory boys always celebrate the Fourth. I stood that morning with a broad smile on my face and watched the antics of Irish Jem, blackened and dressed as an 'African Dodger,' with his head stuck through a canvas screen, dodging eggs. 'Three eggs for a dime! Every time you hit the African, yer git a quarter!' Men and boys pelted away in ignorance or disregard of the fact that the shape of an egg spoils the best aim. The bicyclists rolled in from their race, Fred. Carle two lengths ahead of Charley Holland, and Tom Beckett just coming in sight over the hill. Then, when the young men lined up for the running race, I was pleased to see New Stark among them. For half a mile he did famously. Then he lagged. That was not so bad. He had done something and done it well. But to see him give up and slip out and lie down by the fence where I sat made me indignant. 'He might have hung on to the end,' I thought. For I love to see pluck in athletic sports.

'What's the matter, Ned?' I asked.

He looked up and smiled sheepishly.

'Oh, nothing!' he said.

I called upon his mother one day. I know

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Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$2.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

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what a mother's loyalty to her son may be, so I dared not ask many questions nor show lack of faith in Ned. I found, as I expected, that she had a better opinion of him than I.

'He's a great help about the house,' she said; 'I couldn't do without Ned when I'm in the factory—and he's not well to work. He's a good boy. He'll come to church by and by, when he gets some clothes.'

(To be continued.)

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