

World of Missions.

Girlhood in Syria.

Why does work for women in Oriental lands appeal with special interest to the Christian world? Why do missionary societies and benevolent individuals usually prefer to support a girl rather than a boy in mission schools? Because the need is paramount and progress evident. Sympathy for the thousands of women whose lives have not been brightened by the gentle ministrations of gospel love and mercy is strengthened by satisfaction at the manifest results achieved in this branch of mission work. The lights are brighter because the shadows are deeper.

A Syrian girl has but half a chance. Before the Mohammedan law she receives half the inheritance of her brother. Her inferiority begins at the cradle. Far from welcome, she is received with aversion, a sort of mild calamity of the household. She has few opportunities of earning money and must be provided with a dowry at her marriage. Parents usually enumerate their family as so many children, and so many girls.

In order to ameliorate this state of affairs and create new sentiment regarding the true and Christian standing of woman, it has been the duty and privilege of Protestant missions to use every available means, by example, by preaching, by teaching, in the homes and in the schools, from the pulpit and by the wayside. Christian education is a mighty factor in the emancipation of girlhood from the bondage of ignorance and custom. Thousands of girls are gathered annually in mission schools, American, British and German. The good work done in the nine or ten boarding schools for girls in Syria bears fruit in the lessening of prejudice, awakening of interest, preparation of teachers and Bible women, and the physical, mental, moral and social evolution of all who enter these schools. Let a girl attend but one year, she has gained an intangible something which differentiates her from her fellow-villagers. Time and again has this been proved in missionary experience and observation.

On a tent tour, at a village where no school or regular work has been conducted, amongst the crowds about the tent at the Sunday afternoon gospel service, one face impressed itself upon the speaker, intent, intelligent, refined. After the service, inquiry verified the conjecture that the young woman had been trained in a boarding-school, and there she was, a bit of heaven in that needy town. Pioneer efforts in female education have largely passed. To-day the schools are filled, and most of the girls pay well for their privileges. To win Syria to Christ no one agency yields better results than the personal, continuous effort among the girls in our schools and seminaries.—Women's Work for Women.

Ministering to the Poor of London

Who can estimate the want and the wretchedness existing in any great city? Among others, there are hosts of the sick and crippled and helpless, who must be taken care of outside the national and city institutions. That the Christian people of this city have generous hearts is witnessed by the report in the London Charities Directory, where the benevolences of the past year foot up about \$32,000,000. This includes hospitals, dispensaries, charities for the deaf, dumb, incurable, and feeble-minded, institutions for the aged, orphanages, Bible, book, tract, and missionary societies. As the vast

sum mentioned above given for this work comes from the churches, it will be seen what an active force Christianity is in this, the largest city in the World.—The Missionary Review of the World.

Health and Home Hints.

Suggestions for Lunch.—As the heat increases there is less desire for a hearty meal at mid-day, and with some hot dish a cold drink may be served, while cold dishes are accompanied by hot tea or cocoa. Pineapple or strawberry lemonade is greatly liked, the flavor being added to the lemonade by mixing with it the chopped or crushed fruit an hour or more before serving and straining before it is sent to the table. A few whole berries or a little diced pineapple may then be added as a garnish. Salads rank high in favor, for they are nutritious, and at the same time utilize many left-overs in an attractive guise. Cold meats should be freed from fat and diced; vegetables cooked in sauces should be rinsed in boiling water, then drained and dried. Both should be marinated with a French dressing and allowed to stand an hour or more if possible before being mixed with greens for the table. In planning ahead a better potato salad will result when French dressing is added to the hot potatoes than where they are allowed to stand until cold; in place of sliced raw onions, to which many object; a little onion juice may be added to the dressing.

Toast with Cheese Sauce.—A hot lunch-dish, which is easily prepared, is toast with cheese sauce. The sauce is our old friend made with one tablespoonful of butter, one tablespoonful of flour and one cupful of milk, but the amount of the salt is reduced to one quarter of a teaspoonful and the pepper increased to one-third of a teaspoonful. Just before taking it from the fire there is added two-thirds of a cupful of grated or finely-chopped cheese, and after stirring for a moment until the cheese begins to melt the sauce is poured over toast arranged on a hot platter. The grade of cheese—mild or sharp—and the exact amount used may be varied to suit the tastes of the household.

Panned Tomatoes, Cream Gravy.—When neither meat nor eggs are desired for breakfast, a tasty dish is panned tomatoes with cream gravy. Firm tomatoes are chosen, and without skinning they are cut into halves, the cut side dipped into flour, then placed, flared side downward, in a frying pan containing a large spoonful of hot butter or dripping. Salt is sprinkled over them, the pan closely covered and the tomatoes slowly browned. As soon as tender they are transferred, cut side uppermost, to a hot platter. A spoonful of flour is dredged into the pan, a cupful of milk gradually added and, after seasoning, the sauce is simmered for a moment, then strained round the tomatoes. Another vegetarian breakfast dish is egg plant sliced, dipped in eggs and crumbs and quickly sautéed or fried in deep fat.

Horse Radish.—With cold mutton or beef, horse-radish, plain or as a cold sauce, harmonizes well. After grating it may be mixed with a little vinegar, or one half of a cupful of thick cream may be whipped to a solid froth, a dash of cayenne and a teaspoonful of lemon juice added and, last of all, two tablespoonfuls of grated horse-radish stirred in.—Table Talk.

Willow furniture may be cleaned with salt and water, applied with a stiff nail-brush.—The Delineator.

Friendly Advice.

TO WEAK, NERVOUS AND EASILY TIED WOMEN.

GIVEN IN THE STORY OF ONE WHO HAS SUFFERED AND HAS FOUND RENEWED HEALTH AND STRENGTH.

From the Sun, Orangeville, Ont.

It is a good many years since the good wrought by Dr. Williams' Pink Pills was first recorded in the columns of the Sun, but during that period the sterling merit of the medicine has increased its reputation and every day adds to the number of those who have found health through the use of these famous pills. Many in this town have freely spoken of the benefit they have derived from the use of Dr. Williams' Pink Pills, and to these another is added in the person of Miss Victoria Widdis. To a reporter of the Sun who had heard of her cure, Miss Widdis said: "Several years ago I became very much run down; I felt tired all the time, my blood was watery and I was in what the physicians called an anaemic condition. I was always weary and worn out, not able to do anything and yet not sick enough to be in bed. My heart bothered me with its constant palpitation brought about by my extreme weakness. My appetite failed me and I was gradually growing worse. I had heard and read of Dr. Williams' Pink Pills and decided to give them a trial. After using them a short time a decided change was noticeable and it is no exaggeration to say that I felt like an entirely different person. My appetite returned and with it good blood and strong nerves. I can conscientiously say for Dr. Williams' Pink Pills that they did me more good than I can tell. To all weak, nervous, easily tired, run down women, I say by all means give Dr. Williams' Pink Pills a trial and you will be delighted with the result."

It is because these pills make rich, red blood that they cure such troubles as anaemia, shortness of breath, headache, palpitation of the heart, rheumatism, erysipelas, St. Vitus' dance, and the functional ailments that make the lives of so many women a source of constant misery. The genuine pills always bear the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper on every box. Sold by all dealers or sent by mail at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Dr. Henson told the story of a church that had turned off its preacher because they did not agree with some of his doctrines. "And how about the new preacher?" a stranger asked the sexton. "Is he sound?" The answer came sadly: "Nothing else."

Apropos of the "buzzer," Rev. A. K. Foster told the story of the bashful lover, who was not able to come to the point till two o'clock in the morning. At last he mustered courage to get down on his knees, when the sound came from upstairs: "Fanny, is that young man there yet?" "No, not quite, mamma; but he's getting there!"