

## Health and Home

**Orange Filling.**—Scald one cupful of milk, thicken with two tablespoonfuls of cornstarch dissolved in cold milk. Stir until smooth and thick. Add the yolks of two eggs, well beaten, and three tablespoonfuls of sugar; when cool, the juice and grated rind of an orange.

**Egg Salad**—Chop the whites of hard-boiled eggs and mix with French dressing. Wash lettuce leaves and fill with the mixture. Put the yolks through a sieve and arrange in the centre.

**Caramel Custard.**—Place one cup of sugar in a saucepan; let it remain on the fire until melted into a brown syrup. To this add one pint of milk. When dissolved, remove from the fire, and when cool add one beaten egg. Turn into a pudding dish and bake fifteen minutes in hot oven.

For burns the most important point in their treatment is to at once exclude the air. Sweet oil and cotton wool are standard remedies. Do not remove the dressing until the inflammation subsides.

**Severed Arteries.**—If an artery is severed tie a small cord or handkerchief tightly above it, and, inserting a round stick, improvise a tourniquet to hold the flow in check until the surgeon arrives.

**Cocoanut Pudding.**—Wash four tablespoonfuls of tapioca and stand it overnight in a pint of milk. Put into a double saucepan and boil gently till tender. Take from the fire, and when cool add an ounce and a half of desiccated cocoanut, sugar to taste, and two beaten eggs. Pour into a pie-dish and bake.

If ever you find yourself where you have so many things pressing upon you that you hardly know how to begin, let me tell you a secret: Take hold of the first one that comes to hand, and you will find the rest all fall into file, and follow after, like a company of well-drilled soldiers; and though work may be hard to meet when it charges in a squad, it is easily vanquished if you can bring it into line.—F. H. Sweet.

**Minute Loaf**—A quart of flour sifted with a teaspoonful of baking powder; one cupful of milk; one cupful of melted butter; four eggs, beaten light; one teaspoonful of salt. Mix all together except the flour and baking powder, which should be added last of all. Bake in a large tin with a funnel in the middle.

An excellent remedy for whooping cough, a medical journal states, is to pour boiling water on flax seed, steep it for some time, strain, and to every pint of tea, add enough granulated sugar or honey to make a thick syrup; after boiling them together a few minutes, put in the juice of two lemons. A few spoonfuls taken at intervals will soon relieve the cough.

## DISTINGUISHED

From all others by its delicious Flavor and absolute purity. . .

# "SALADA"

CEYLON TEA

Sold in Lead Packets only.

All Grocers.

25c, 30c, 40c, 50c and 60c.

## NEW BOOKS.

- Christian Science**—An Exposure, by Annie Harwood. Cloth..... \$ 30
- A Handbook of Comparative Religion**—By Rev. S. H. Kellogg, D.D., Missionary to India..... 75
- From Fact to Faith**—By Rev. J. Monro Gibson, D.D..... 75
- The Two Covenants**—By Andrew Murray..... 50

Upper Canada Tract Society,  
102 YONGE STREET, TORONTO.

**SELBY & COMPANY** 23 RICHMOND STREET WEST, TORONTO.

EDUCATIONAL PUBLISHERS  
SCHOOL AND KINDERGARTEN FURNISHERS  
BOOKBINDERS AND MANUFACTURING STATIONERS

We are the only house in Canada carrying a full line of Kindergarten Goods.

Headquarters for the publications of  
W. & A. K. JOHNSTON, Edinburgh and London  
Maps, Charts, Globes, &c., &c.

**BOUQUET OF KINDERGARTEN AND PRIMARY SONGS**  
Nearly 3,000 Sold. The best book published in Canada for Anniversary Entertainments, for Home and School use.  
Cloth ..... 75c.  
Paper Bristol Board Cover..... 50c.

Sunday School Teachers should send for our Catalogue of Sunday School Models

**WE MAKE BLACKBOARDS**  
Price on application. Send for our Catalogue of Kindergarten Supplies and School Aids.

**SELBY & COMPANY, - TORONTO ONT.**

THE INGREDIENTS OF THE....

## COOK'S FRIEND



are equal in quality to those of the highest priced brands on the Market.

It is sold at a more moderate price and therefore the more economical to use. It is best to buy and best to use.

## RICE LEWIS & SON LIMITED

### BRASS and IRON BEDSTEADS

TILES  
GRATES  
HEARTHES  
MANTELS

Cor. King and Victoria Sts.  
TORONTO

### Is Your Son Away from Home ?

Send him THE DOMINION PRESBYTERIAN. It will prove a valued visitor for a whole year, and only costs \$1.00.

### FOR ONE DOLLAR

We will send post free Prayer for Family Worship by PROFESSOR GREGG, KNOX COLLEGE—Largely in use throughout the church and strongly recommended for "Heads of families and all who lead others in prayer." By earnest and devout personal of really good prayers, mind and memory will be stored with appropriate devotional language, and extempore prayer will be directed and enriched.

Williamson & Co., Publishers.  
Toronto.

# One Dollar

Will secure the weekly visits of THE DOMINION PRESBYTERIAN till the first of January, 1900. Sixteen to twenty-four pages of bright, crisp articles as well as all the news in connection with the Church. We ask your co-operation in maintaining a first-class religious newspaper for the family in connection with our Church. One Dollar till January 1st, 1900.

Address all communications to 282 St. James street, Montreal.

**C. BLACKETT ROBINSON,**  
Manager.