

and ends of the previous day. Grease or food spilled on the shelves should be wiped off. Once a week at least, the refrigerator should be well cleaned. The shelves, being removable, can be scalded and dried in the sun. The sides and floor should be washed with tepid water in which is dissolved sufficient borax or washing soda to make a strong solution. Then it should be rinsed with clear cool water. This is better than hot suds, as ice is not wasted in cooling the box. The waste water tube from the ice chamber is kept open by running through it a stout wire kept for that purpose.

An old zinc-lined refrigerator may be rendered sanitary and sweet by painting inside and out with two coats of white paint and then with the white enamel used for bath tubs. Let dry thoroughly before using.—Selected.

If all my Years Were Summers.

(‘British Weekly.’)

If all my years were summers, could I know
What my Lord means by His ‘Made white
as snow?’

If all my days were sunny, could I say
‘In His fair land He wipes all tears away?’
If I were never weary, could I keep
Close to my heart, ‘He gives His loved
sleep?’

Were no graves mine, might I not come to
deem

The life eternal but a baseless dream?
My winter, yea, my tears, my weariness,
Even my graves may be His way to bless,
I call them ill, yet that can surely be
Nothing but good that shows my Lord to
me.

Salads.

Russian salad is extremely appetizing, and all kinds of vegetables are used. beet root, turnip, carrot and potatoes cut into dice, with peas and sliced celery for instance. These are seasoned with salt, pep-

per, oil, and vinegar, and masked in rich mayonnaise sauce.

To make a Dutch salad mince half a pound of chicken and mix it with about the same weight of soft Dutch cheese and a tablespoonful of pickled cauliflower and gherkin, all coarsely chopped. Take the yolks of two hard-boiled eggs and mash them or rub them through a sieve, moisten with three tablespoonfuls of vinegar, and four of oil, with mustard, salt and cayenne for seasoning. Pour this sauce over the mixed cheese and chicken and serve.

Cape Town salad has a Dutch origin, and is a great favorite in South Africa. The following ingredients are required. A cold chicken, two white-hearted lettuces, two dessertspoonfuls of salad oil, two hard-boiled eggs, two teaspoonfuls of mustard, a teaspoonful of sugar, two tablespoonfuls of vinegar, and one of cream. Arrange some of the lettuce in a bowl, mince the white meat of the chicken and place it on the lettuce. Rub the yolks of the eggs to a paste with oil, add the sugar, salt, mustard and a sprinkling of pepper, and stir in the vinegar slowly for the dressing. Use the centre leaves of the lettuce as a border and the white of eggs cut into fancy shapes together with beet or tomato, and when just about to serve pour the dressing over all. This salad is particularly recommended as a nice supper or luncheon dish.

Religious Notes.

The King of Wurtemberg has given tax exemption to the Southern Alliance of German Y.M.C.A.'s amounting to 1,500 marks and the freedom from stamp duty when buying ground for Soldiers' Homes.

Baron Takaki says four-fifths of the Japanese boys are now studying English, and that it will soon become the language of Japan.

The head of one of the biggest manufac-

turing establishments in Worcester, Mass., says that since the Y. M. C. A. has held Bible classes in his shops, the men have done more work and of a better grade.

The ever wide-awake Japanese Endeavorers now have a circulating library, which they loan to Christian Endeavor workers throughout Japan.

There are 138 Congregational churches, each of which is supporting its own foreign missionary under the American Board, and the number is growing. It is the coming method of missionary operation.

The following account of a phase of religious activity in England, with fruitful results, is interesting and suggestive. The correspondent says:

‘A religious revival has laid hold upon the workmen of Lower Edmonton, and it is chiefly due to the exertions of a small band of enthusiasts who make the early trains their preaching ground. The Great Eastern Railway authorities, so far from objecting, cordially support it. A few years ago the workmen from the Edmonton district were the most turbulent on the line. They made vigorous protests against overcrowding in the carriages. Now that the revival has got hold of them their methods have changed. Each morning a small party of the railway evangelists, themselves workmen, enter a compartment and while the train is on its way to Liverpool street sing hymns, read a portion of the Scriptures, pray and preach. The result has been many converts. Very seldom is any objection made by passengers in the particular compartment selected—which are varied each morning—but it has surprised many not in the secret when Liverpool street is reached to hear the last verse of a hymn sung before the passengers leave their seats. The custom, of course, is a common one in Wales, where frequently on a journey some excellent singing is heard in the railway carriages.’

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