

COOKING WITH GAS STOVE.

Too rapid fire cooks a chicken tough and does not cook vegetables thoroughly. Turn the flame low as soon as boiling begins.

The simmering burner is usually enough to keep things warm.

In broiling or baking, heat the oven ten minutes before you begin to cook.

All baking takes less time in a gas than in a coal range. Bake in tin pans, not sheet iron or agate.

To bake bread, take thirty-five to forty minutes. First have the oven hot. When the loaf begins to brown, reduce the flame; five minutes before the bread is done, turn off the oven gas.

For biscuits, bake in tin pans about fifteen minutes, the oven first being hot.

In roasting meat, allow about twelve minutes per pound; when half done, reduce the heat one-half.

Have a hot oven before attempting to broil a steak. If very thick, give it about ten minutes to each side. Do not season till ready to serve.

In broiling chicken, season when half done.

In broiling shad, place the pan about four inches from the flame. It will cook without turning in about half an hour.

To toast bread, put it in the broiling oven, not too close to the flame. Toast must be watched closely.

To keep a meal warm, heat the baking oven ten minutes; turn off the gas; put the dishes in. They will keep warm for fifteen minutes or more.

Things cooked in a double boiler will keep warm indefinitely over a simmering burner.

Meat Pie.—Sometimes called sea pie. Put the scraps of meat in a pan with one carrot, one turnip, one or two onions, and three or four potatoes, all cut into slices. Season with pepper and salt, and cover with cold water. When just on the boil, lay in a suet crust on the top of the meat and vegetables, rolled out to fit the pan; put the lid on, and let all simmer gently about one hour and a half. The suet crust should be made as follows: Take 1 lb. of flour, mix it with 1 1/4 lb. of suet, finely shredded, one teaspoonful of baking powder, and a pinch of salt. Add sufficient cold water to make a stiff dough. This, especially for children, is wholesome and tasty.

Home-made Cement for China.—Take a heaping tablespoonful of quicklime and pour over it the white of one egg. Mix equal parts of vinegar and sweet milk together. Add this to the quicklime and egg while beating thoroughly. The whey should be poured in a few drops at a time only, and the whole should form a rather thin cement. When ready for use, warm the cement slightly and apply to the heated edges of the crockery or china. Then press firmly together.

WHAT THE SPIDER SAID.

"I was spinning a web in the rose vine," said the spider, "and the little girl was sewing patch-work on the doorstep. Her thread knotted and her needle broke, and her eyes went full of tears. 'I can't do it,' she said, 'I can't, I can't.'"

"Then her mother came, and bade her look at me. Now every time I spin a nice, silky thread, and tried to fasten it from one branch to another, the wind blew and tore it away."

"This happened many times, but at last I made one that did not break and fastened it close, and spun other threads to joint it. The mother smiled."

"What a patient spider!" she said. "The little girl smiled too, and took up her work. And when the sun went down there was a beautiful web in the rose vine, and a square of beautiful patch-work on the step."

SPARKLES.

"Do you come to Sabbath-school voluntarily or because you are coerced?" asked the teacher.

"Voluntarily, I guess," replied little Edgar. "I thought they only had to get coerced if they was Baptists."

"She seems like a very nice girl." "One whom it would be safe to marry!" "Oh, no. No girl is safe enough for that. But she's nice enough to think about marrying if you only know when to stop."

"Poor Adam!" sighed Mr. Nupop. "Why poor Adam?" demanded Mrs. N.

"He didn't have anybody to whom he could tell the bright things little Cain said."

Young matron—"I like natural decoration, but they say there are some creepers about a house which are very annoying in their habits. Do you know what kind they are?" Crusty old bachelor (with a glare)—"Yes, madam, Babies."

"Was everything in your house destroyed by fire?"

"Everything but the gas meter. When we got down to that we found it clicking away, apparently uninjured."

Roonan—Casey dead only two months an' there goes th' woife av him wid a "Merry Widdy" shapough!

Noonan—Yis! An' d'ye moind, she carries it as aisy as she used to th' basket av laundry befoor Casey do'd an' lift his loife-insurance money.

The stern faced old gentleman, who had been a school teacher in the 40's, selected a goose quill, deftly fashioned it into a pen, and wrote his letter on a single sheet of paper.

Then he sprinkled black sand over the written page.

Then he folded the sheet in the form of a rectangle.

After which he sealed it with a red wafer and directed it.

"I like the old way best," he said, "and it's mighty little the steel trust, the paper trust, and the mucilage trust get out of me."

But he had to use something modern, and with a frown he affixed a 2-cent postage stamp.

A clergyman not long ago received the following notice regarding a marriage that was to take place at the parish house:

"This is to give you notice that I and Mis Jemima Arabella Brearly is comin' to your church on Saturday afternoon nex' to undergo the operation of matrimony at your hands. Please be prompt, as the cab is hired by the hour."

The Edinburgh National Museum has now got a full grown specimen of a walrus.

The Kentucky Legislature has voted to abolish pool rooms by a vote of 58 to 4.

Those who hope for no other life are dead even for this.—Goethe.

To live in hearts we leave behind is not to die.

If prayer is a task and a slavery, you must not spring up from your knees and rush back into the open fields of self-reliance; you must press forward into deeper chambers of God's helpfulness.—Phillips Brooks.

A little blind girl was taken out of her father's arms and left with a stranger for a moment. "My child," said the father, "why are you not afraid?" "But," said the little one, "I know that you know."

FROM GIRLHOOD

TO MIDDLE LIFE

All Women Need the Rich, Red Blood Dr. Williams' Pink Pills Actually Make

From girlhood to middle life the health and happiness of every woman depends on her blood. If her blood is poor and watery she becomes weak, languid, pale and nervous. If her blood supply is irregular she suffers from headaches and backaches and other unspeakable distress which only women know. At every stage of a woman's life Dr. Williams' Pink Pills are her best friend, because they actually make the rich, red blood which gives health and strength and tone to every organ of the body. They help a woman just when nature makes the greatest demand upon her blood supply. Mrs. H. Gagnon, who for twenty years has been one of the best known residents of St. Roches, Que., says:—"Dr. Williams' Pink Pills have been a blessing to me. I was weak, worn out and scarcely able to drag myself about. I suffered from headaches and dizziness, my appetite was poor and to attempt housework left me utterly worn out. I slept badly at night and what sleep I got did not refresh me. For nearly three years I was in this condition and was constantly taking medicine, but found no benefit from it. One of my neighbors who had used Dr. Williams' Pink Pills with much benefit, advised me to try them. I did so, and the whole story is told in the words 'I am well again.' There are times yet when I take the pills for they seem to me a guarantee against the troubles which so many women suffer."

Dr. Williams' Pink Pills do not act on the bowels. They contain just the elements that actually make new blood and strengthen the nerves. That's why they cure anaemia, indigestion, rheumatism, lumbago, headaches, backaches, heart palpitation and skin diseases like pimples and eczema. That is why they are the greatest help in the world for growing girls who need new blood and for women who are troubled with irregular health. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Interior presents seven desiderata that should govern all planning for the Brotherhood's progress. One we specially note and commend to our Men's League: The ordinary layman is shy of being called "spiritual." He wants to be called "practical," and the other term he regards as a direct contradiction. Spirituality suggests a weird unearthliness—a monkish and mystical pietism. He is far readier therefore to load himself with the concrete temporal interests of the Church than to take any part in its ministry to the inner nature. The Church will never get its full quota of power out of its men members until it convinces them that spirituality is not an uncanny distortion or abatement of manliness; that it does not take men out of the world but only gives them a larger life in a completer universe. The Brotherhood has no higher mission than to make men feel it worth while to avail themselves of the nearer personal friendship of God. Here the prayer unions can help.