

Health and Home Hints

Kerosene oil and a soft cloth will keep mahogany in fine condition.

Injuries to the tongue, whether of man or animal, are said to heal more quickly than those of any other part of the body.

Appendicitis is very much more common than it used to be, and one reason for its prevalence is the hurried swallowing of masses of unmasticated food.

Graham Gems.—One pint sour milk, soda to sweeten, salt, stir in Graham flour with a spoon, not too thick, bake quick in well greased pans.

Quaker Loaf Cake.—One cup sugar, $\frac{3}{8}$ cup sweet milk, 1 nutmeg, 2 eggs, 1 small teaspoon soda, 2 cups flour, 1 cup of raisins.

White Cake.—Two cups granulated sugar, 1 cup butter, 1 cup sweet milk, $\frac{3}{4}$ cup sifted flour, 2 teaspoonsful baking powder, whites six eggs, vanilla. Bake in 3 layers.

Corn Bread.—Cream 2 tablespoonfuls of sugar and 1 of butter. Together 1 cup of sweet milk, $\frac{3}{4}$ cup corn meal, 2 eggs, 3 teaspoonful baking powder, flour enough to thicken.

Never place feather beds or pillows in the sun. It is a great mistake, as the sun will act on the oil and give the feathers a rancid smell. Air the beds on a windy day in a cool place where it is shady.

People of middle age who are inclined to become too stout, and are troubled with feeble digestive powers, should avoid potatoes, spirits, sweets, and food rich in fats or oils. They should also take toast in place of plain bread.

Cranberry Sherbet.—To six quarts of cranberries add five quarts of water. Put over the fire and boil until the cranberries are thoroughly mashed. Remove from the stove and drain in jelly bags until the next morning. Then measure the juice, which will be about three quarts, the amount varying according to the juiciness of the cranberries. Place over the fire until heated, then add one-half as much sugar as liquid and boil for five minutes. Bottle and seal at once. To make the sherbet, add to one pint of juice one pint of water, one pint of sugar and the juice of two lemons. Freeze to a mush. When half frozen add the stiffly-beaten whites of two eggs. Serve in sherbet-glasses. This ice is very acceptable in winter time served after a roast at dinner. Utilize the pulp remaining to make cranberry marmalade.

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World of Missions.

The Belgian Government has at last consented to let teachers from Uganda and Toro work in the Congo Free State.

A lady writing from Uganda says: "One can tell the Christian women almost at once in visiting a place, by their looks. They are much quieter in their manner, less quarrelsome, and have a superior look about them."

In a village near Ho tsin, Shan-si, China, the village "elder" is a Christian. He has got the people unanimously to consent to his tearing down two heathen temples in order to build a Christian Church out of the materials.

Lord Cromer, the British Commissioner in Egypt, in a recent journey up the Nile, noticed a great contrast between the attitude of the natives in British territory and that of those seen in the Congo Free State. In the first case the people swarmed the banks, full of good-will; in the other, they fled, full of terror. The experience was a curious confirmation of the charges of brutality against Congo officials.

A bit of missionary life in Tsuchiura, Japan: "Imagine me," says the missionary, "sitting on the floor, with a little table three feet square and a foot high, and a little charcoal fire with an oven on it, on one side. I was giving a cooking lesson to six Japanese ladies." The lesson was on stuffing and baking mackerel and on making sponge cake. After the lesson in cooking came a Bible lesson. What was the missionary's reward? Three of the women of the cooking class have already become Christians!

A man in Tsin-ün, Che-Kiang, China, recently reached his fiftieth birthday. The occasion calls for idolatrous festivities. But the man was a Christian, and after some study of his duty in the emergency he contributed to church building the money which the pagan festivity would have cost. That man's conversion has reached every fibre of his being.

An aged Cree Indian, who failed in learning to read, has committed to memory, through repeated hearings, the 14th, 15th, and 16th chapters of John. There is no danger of his lacking matter for communings with his own heart on his bed.

Chile and Argentina have jointly set up a colossal statue in bronze of "Christ the Redeemer," at the highest point of Upsallata Pass in the Andes. Both countries sent representatives of rank to the imposing ceremony of the unveiling, which took place in the middle of March. This great monument on the frontier is a memorial of the satisfaction that in place of the usual frontier guards, armed to the teeth and glaring defiance into each others' faces, the boundary should be marked by this benignant figure which recalls to all passers their common allegiance to the Prince of Peace.—Missions Bulletin.

Oyster Salad.—Three well-beaten eggs, $\frac{3}{4}$ cup vinegar, 1 teaspoon mustard, salt, pepper, 6 soda crackers, rolled fine; $\frac{3}{4}$ pound can ova oysters. Put eggs, vinegar, salt, mustard, pepper and liquor of oysters in kettle, and when it boils add cracker crumbs. Cook 5 minutes. Take off stove, add oysters and 1 pint of chopped cabbage.

A candle protected by a glass chimney made for the purpose is much safer to carry about the house than a lighted lamp.

What is it to be Saved?

Salvation for future life only is not the salvation that Christ offers. Things that are all in the future are very potent factors in either our future or our present. If salvation is worth anything at all, its worth is of to-day as well as of the next world. The urging of this truth may reach persons to whom the future blessedness or punishment has no interest. For every one is interested in getting the most out of present life. And the man does not live who is satisfied with his own way of living this present life. Therefore an offer of more strength, more power, more joy in meeting and conquering this present life finds an answer in every heart to-day. This is Christ's offer. "I came that they may have life, and may have it abundantly." To accept this offer means to accept Jesus Christ as Saviour and to enter wholly upon his service. That alone is salvation.

Eternal Friendship.

There may be hours of prostration when we ask only for rest; we pray for cessation of suffering; we seek repose from conflict with ourselves and with God's providence. But God gives us more. He gives us more generously than we dared to believe. He gives us joy; he gives us liberty; he gives us victory; he gives us a sense of self-conquest, and a union with himself in an eternal friendship. On the basis of that single experience of Christ as a reality, because a necessity, there arises an experience of blessedness in communion with God, which prayer expresses like a revelation. Such devotion is a jubilant psalm.—Austin Phelps, D. D.

—Trust Christ! and so thy soul shall no longer be like "the sea that cannot rest," full of turbulent wishes, full of passionate desires that come to nothing, full of endless moanings, like the homeless ocean that is ever working and never flings up any product of its work but yeasty foam and broken reeds,—but thine heart shall become translucent and still, like some land-locked lake, where no winds rave nor tempests ruffle; and on its calm surface there shall be mirrored the clear shining of the unclouded blue, and the perpetual light of the sunshine that never goes down.—Rev. Alexander Maclaren, D. D., in "Music for the Soul."

—Give me, O Lord, a steadfast heart, which no unworthy affection can drag downwards; give me an unconquered heart, which no tribulation can wear out; give me an upright heart, which no unworthy purpose may tempt aside. Bestow upon me also, O Lord my God, understanding to know thee, diligence to seek thee, wisdom to find thee, and a faithfulness that may finally embrace thee. Amen.—St. Thomas Aquinas.

—A new illustrated monthly magazine entitled "The Bible in the World," will shortly be published under the auspices of the British and Foreign Bible Society. It will record the world-wide progress of the Scripura among all the races and in all the languages of mankind.

One of the most agreeable mixtures for chapped hands is composed of one ounce of glycerine, one ounce of rosewater, and 20 drops of solution of benzoïn. The mixture should be rubbed in after the skin is washed, but before it is dried.