THE DOMINION PRESBYTERIAN

Health and Home Hints.

A delicious delicacy is orange toast. Pare several oranges. Seed, pick apart, heat a few minutes. Serve on slices of hot, crisp, buttered toast.

Baked apples are attractively served with this novel fruit dressing: One tablespoonful of cocoa dissolved in a little boiling water, add five tablespoonful of rich cream, two spoonsful of sugar, mix skillfully together.

In removing take things easy, finish one room at a time, and both mistress and servants, or helpers, will find far more satisfaction than if the work is hurried over and too much attempted in one day.

Outmeal Gems.—One pint of cooked oatmeal, one pint sweet milk, five small tablespoonfuls sugar, two eggs thoroughly beaten, one teaspoonful salt, two tablespoonsful melted butter, two heaping teaspoonsful baking powder, and enough flour to make a soft batter. Use hot gem pans and be sure and bake in a quick oven.

A Quick Dessert .- An excellent hurried dessert, when company comes in unexpectedly, is made thus : Soak a handful of bread crumbs in a half teacuptul of milk while you place the frying-pan over the fire with a lump of butter, and beat four eggs quite light. Quickly add the crumbs and milk to the eggs, and cook as an ordinary omelette. When just set, spread thickly with jelly (raspherry is best for this) fold, and serve at once with powdered sugar. A good recipe for Devonshire cream. Here is an excellent one, given by a lady who is famous for the way in which she prepares this dainty : Use milk fresh from the cow; set the pan away in a cool place for 24 hours; then, taking care not to disturb the cream, put the whole pan, just as it is, over boiling water, until it is very hot, so that you can scarcely bear your finger in it, but be careful not to let it boil. Set it away again for another 24 hours, then skim off the cream. Remedy for Choking .- Raising the left arm as high as you can will relieve choking much more rapidly than by being thumped in the back. And it is well that every one should know it, for often a person gets choked while eating when there is no one near to thump him. Very frequently children get choked while eating, and the customary manner of relieving them is to slap them sharply on the back. The effect of this is to set the obstruction free, so that it can be swallowed. The same thing can be brought about by raising the left hand of the child as high as possible, and the relief comes much more rapidly. In happenings of this kind there should be no alarm manifested, for if a child sees that older persons or parents get excited, they are very liable to get so also. The best thing is to tell the child to raise its left arm, and immediately the difficulty passes down -- Washington Evening Star.

Words of Hope.

TO ALL WHO SUFFER FROM A RUN DOWN SYSTEM.

MRS. HARRIET A. FARR, FENWICK, ONT., TELLS HOW SHE OBTAINED A CURE AFTER SUFFERING FOR TWO YEARS.

Thousands throughout this country suffer seriously from general debility-the result of impoverished blood and shattered nerves. To all such the story of Mrs. Harriet Farr, widow of the late Rev. Richard Farr, Fenwick, Ont., a lady well known throughout the Niagara district, will point the means of renewed health. Mrs. Farr says : "For a couple of years prior to 1899 I was a great sufferer from a run down system. My digestion was bad; I had little or no appetite and was in a very poor state : I suffered from heart palpitation and a teeling of continual exhaustion. Doctors' treatment failed to benefit me and I gradually grew worse until I was finally unable to do the least work. I then began using Dr. Williams' Pink Pills and from the very first I noted an improvement in my condition. The severity of my trouble gradually lessened and by the time I had taken eight boxes I was again enjoying the best of health despite my sixty years. I believe that Dr. Williams' Pink Pills saved my life and would strongly urge all sufferers to give them a trial, believing they will be of great benefit." When your blood is poor and watery, when your nerves are unstrung, when you suffer from headaches and dizziness, when you are pale, languid and completely run down, Dr. Williams' Pink Pills will promptly restore your health by renewing and enriching the blood. They are a prompt and certain cure for all troubles having their origin in a poor or watery condition of the blood. But only the genuine cure and these bear the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper of every box. Sold by all dealers in medicine or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

World of Missions. Korean Converts.

In the last annual report of the American Methodist Episcopal mission in Korea, the Rev. Heber Jones writes thus hopeful about Korean converts : "I think we missionaries in Korea cannot be too grateful for the fact that our Korean church is a church of workers for the Lord. As soon as a Korean becomes converted, he immediately begins work among his relatives and neighbors, and presses home Christianity on them. As a result, the missionary, instead of having to go out seeking the people, has more than he can do to care for the people who come seeking him. And this is one of the peculiarities of the work in Korea. I would like to mention each one of these volunteers in the Lord's service, but, to do justice to all, it would be necessary to mention most of the members."

What is Left in China,

Under this caption the veteran, Rev. W.Iliam Ashmore, writes thus in the Standard : "With a rapidity almost equal to that of the destruction, things are getting back not to their normal position simply, but to deal in advance of that. The scattered missionaries are coming back by the hundreds, with many new ones added. The imperial government has issued edicts for their protection. Governors of provinces are sending them urgent invitations to return and resume their work ; indemnities for the loss of their property have already been paid them in full, with but rare exceptions, before as yet the foreign powers have got a cent of theirs ; their great school buildings are going up more stately and capacious than before ; their dwillings are rising up out of their ashes ; their chapels are being replaced on a much larger scale, More than all that, the missionaries are being treated with 'distinguished consideration' everywhere, are consulted on great measures of reform, are invited to take the presidency of the colleges they propose to found to promote the new education. And still more than that again, and still more inspiring, the attention of multitudes is turned to the contemplation of Christianity as never before. Christian books are in demand and Bibles are called for. Recently some of the high officials have been making large presents to help on in certain branches of work, one even sending \$3,000 to Dr. Timothy Richard to aid him in 'the diffusion of Christianity and general knowledge.' And the great student body, 1,000,000 strong, is getting ready for a morning march, keeping step to a new music, in which the notes of the silver trumpet played, whereby missionary voices are heard leading the strains."

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The view has been very common in Europe that the Chinese are a mild, peaceloving, harmless people, utterly set against war. Doubtless, on the whole, the Chinese, like all men, would choose peace rather than war. Yet China is the greatest warlike nation of Asia. The leaves of the Chinese chronicles are full of war and bloodshed. It is well for Europe if she discovers this at last, and understands what Europe would have to expect from the Chinese if these 400,000,000 Chinese were allowed, following the example of Japan, but in tenfold greater than Japan, to equip themselves with our best weapons, or if it should occur to the Russians to incorporate into their giant host some millions of Chinese, as the cheapest, least exacting, soldiers of the world. The Chinese in warfare are worse than the Huns. -Zeitschrift fur Missionskunde.

a quarter pound of flour, one ounce of

Although nickel was not discovered in paying quantity in Canada until 1887, it is said that the country now produces 40 per cent. of the world's supply of nickel, says the "Youth's Companion." The deposits of metal are in a district near Sudbury in Ontario, covering an area about seventy by forty miles. The ore contains about three per cent. of nickel and about an equal quantity of copper, together with considerable iron and sulphur. One mine has already reached a depth of 1,000 feet.

"This is the church where you hold your services, I suppose ?"

"We used to call it a church, but we have outgrown all that. It is a Temple of Progressive Thought now."

sugar, a quarter teaspoonful of baking powder, a quarter teaspoonful of salt, the juice and grated rind of a lemon, one quarter pint of cold water; chop the suet finely and mix it with the other ingredients; add the water and stir them together. Dip a pudding cloth in boiling water, wring and dredge with flour; tie the dumpling in it, leaving room for it to swell; put in boiling water and boil for two hours.

Presbyterian Witness: Certainly "Sabbath observing" of the right sort would be a great boon to any community. It would prevent many a heart-breaking tragedy. It would brighten many a stunted intellect and moral nature. It would bring men, the old as well as the young, into intimate and wholesome communion with the thoughts of God.