

Health and Home Hints

Dishcloths are quickly made fresh and sweet by boiling in clean water with a good lump of soda added.

Red tablecloths will keep their colour when washed if a little borax is added to the rinsing water and they are dried in the shade.

Before frying bacon soak it in water for three or four minutes. This will prevent the fat from running, and will make the bacon go further.

To make the hair grow take one teaspoonful of salt to half a pint of soft water; apply three times a week. The effect at the end of the month is surprising.

You find yourself refreshed by the presence of cheerful people. Why not make earnest effort to confer that pleasure on others? You will find half the battle is gained if you never allow yourself to say anything gloomy.

It is unwise to tire the eyes, for if it is frequently done they are likely to lose tone. Of course, if thoroughly rested at night they will bear a very frequent repetition of fatigue, but otherwise the sight will grow dim.

It is a mistake to iron flannels. If pulled out evenly while on the line they dry in good shape, and if when dry they are folded and put in the bottom of the clothes basket and other clothes piled on them, they will be smoothed enough to suit anybody but a crank. Hot irons take the life out of flannel.

A person rarely catches cold from being cold, but mostly from being hot and perspiring, then getting cold too suddenly. Many colds are caught coming from a hot room, church, theatre, or into the cold foggy air suddenly. To avoid this be sure to keep the mouth shut for a few seconds and breathe through the nose.

Correct standing is said to be a cure for nervous depression, insomnia and a host of other ills. Stand perfectly erect, with the chest well raised, beginning with periods of ten minutes, and gradually increasing to half an hour. The pressure of the internal organs will be relieved, the blood more thoroughly oxygenised, and the tone of the whole system wonderfully improved.

Cream Sauce for Onions—Thicken one cup of hot milk with one tablespoonful of butter and flour rubbed together, and season with salt and white pepper.

Graham Bread—The secret of success in baking any thing made of Graham flour is to have the oven as hot as possible without burning.

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World of Missions.

The Reflex Value of Missions.

In estimating the value of missions, we are often content to consider their worth by the actual results accomplished on the field, in the way of conversions and spiritual growth; but we fail to take into effect the reflex influence of missions upon the lives of those engaged in the work, not only those who compose the "thin red line" on the field of battle, but those at home, "who hold the ropes," are together enriched in character by their efforts to obey the Divine commission, "Go ye into all the world and preach the Gospel to every creature."

Obedience to this command demands two things. First: a looking unto God in prayer for grace and strength. Second: a working for God—the using of the power granted us. The consequent result will be, not the feeble piety of the cloister, but the strenuous piety which is the fruit of hard fought battles for God, by those who are in the world, yet not of the world.

The law underlying the enrichment and development of spiritual life is, "Give, and it shall be given unto you." We have an evidence of this law in the physical life, which is sustained by the two-fold process—inhaling and exhaling, the one is as important as the other. Again, physical strength is conserved and increased by exercise. But in no realm is the law more imperative than in spiritual life. The law of spiritual preservation and growth demands that we invest in missionary work.

A further vindication of our efforts is found in the character of those who are engaged in the work. That famous Unitarian, Theodore Parker, after having read the life of Adoniram Judson, declared: "If missions had but produced but one such hero, all costs were amply repaid."

The home Church cannot afford to simply hold its own; it must advance, or else it will lose its own. If it is not true to its heaven-given work of sending the light of the Gospel, that men may see Christ and turn to Him as their Saviour, then the Church will soon be neglected by the people, because it neglected them in having left the light to die without the Gospel.

As members of the visible Church, with no uncertain voice we are called to give the Gospel to those who "sit in darkness and the shadow of death."

Another side of the reflex influence of missions is the spiritual joy which comes from obedience to the command of our risen Lord. We have heard His sweet voice as He said, "Come unto Me," and we came and found the promised rest; but we hear His voice, "Go ye and tell others of my power to save." Can we reasonably expect to have His joy, if we do not obey Him? But if we take His message, and by going, sending or giving, seek to have it known. "The wide world around, wherever man is found," there comes into our hearts the joy of obedience, and Christ is more real, for he is dwelling in us, fulfilling the promise "Lo, I am with you always."—The Recorder

Roast Mutton—Stick three or four cloves of garlic in a leg of mutton that is to be roasted, or slice half an onion in the basting juice, and note the improvement in the flavor of the dish.

Snow Pudding—Any one who is in the habit of making snow pudding will find preserved pineapple a great addition to it. When the snow is ready, pour it into the

mould until you have a good foundation, add your pineapple, and then the rest of the snow. When it is cold, serve as usual with soft custard.

Baked Apples—Pare and quarter enough tart apples to fill a baking-pan; add a little water to prevent sticking (the amount depends on the juiciness of the apples); cover the pan, place on the stove and cook the apples till tender; then sprinkle over them one half cup of granulated sugar—more if the apples are very sour—and dot the top with bits of butter. Brown in a warm oven. Slow browning gives a richer flavor than rapid browning. If desired, a little nutmeg or cinnamon may be added. They are delicious served cold with cream.

Corn Muffins—Beat one egg till very light; add one pint of buttermilk or sour milk, in which has been dissolved one level teaspoonful of soda, one teaspoonful of salt, meal enough to make a moderately stiff batter. Bake quickly in hot, well-greased muffin-pans. Do not have the batter too stiff.

A new help to the evangelizing of Central Africa is a line of English Government steamers on the Nile, running once a month from Khartum to Gondokoro, the frontier town of Uganda. The schedule allows 15 days for the round trip. In 1891 the Moravians opened mission in German East Africa at the northern end of Lake Nyasa. It was more than years before one convert was baptized. After seven years' work there were four Moravian stations, 36 pupils in school, and 52 baptized Christians. At the end of 1903, after 12 years' work, that mission had 120 stations and substations, and 1087 souls under religious instruction, of whom 340 were baptized.

One of the Korean goods destroyed during an itinerating trip consisted of a handful of rice done up in paper and stowed in a gourd hung up in a corner, the whole quite thickly covered with an accumulation of dust. The Governor of Hunan, China, has forbidden the custom of foot-binding. Until lately Hunan was very much opposed to foreigners.

Three small islands in New Guinea have had the gospel through the London Missionary Society. They lived with each other in giving. One of them with a population of 300 gave \$1,037.50; another with a population of 165 gave \$560.50, and the third containing eighty-two inhabitants brought \$111.50 to the treasury. This will do to call "hilarious giving."

The arbitration treaty between Great Britain and the United States was signed at Washington on Monday. The treaty was signed by Secretary Hay and Sir Mortimer Durand, the British Ambassador. It follows the lines of the French arbitration treaty. It is expected that the Italian treaty will be signed within a few days.

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