

Health and Home Hints

If meat be allowed to stand a little too long before cooking, a slight sprinkle of sugar over it just before taking it from the fire will remove the unpalatable taste.

Bread should never be covered with a cloth when taken from the oven, but laid on the side and allowed to become perfectly cold; then keep in a closely covered tin box without wrappings.

If rice is not disturbed during the process of boiling, the berries will be whole, dry, and easily digested. A few drops of lemon juice added to the water will make it whiter and finer flavored.

Drugs should never be kept for any length of time. If medicine is changed before the bottle is finished, or if the patient recovers before taking all the medicine, the remainder should be thrown away, and not set aside because it might be useful later on. Drugs undergo various changes by being kept.

Mildew stains may easily be removed by wetting and soaping the spot, covering it with powdered chalk and then putting it in the sun to bleach. Damp it from time to time as it dries and then wash it off in the usual manner with soap and water. If necessary repeat the process.

To Prevent Chaps.—Camphor balls to prevent chaps may be made as follows: Take three drachms of spermacetti, four drachms of white wax, and one ounce of almond oil. Mix three drachms of camphor with a little spirits of wine to dissolve it, and pour this into the other ingredients; then pour the whole into small jars so as to turn out into the form of cakes.

Remedy For Burns And Scalds.—In cases of burns or scalds the following is a good remedy: Without loss of time cover the injured part with cotton wadding, lay on this some salt, and pour whisky over it. This will immediately sooth the pain and prevent blistering. Put on a bandage to keep the wadding in position. As soon as the spirit evaporates add more salt and whisky, always keep the dressing wet.

There is a Society of Christian Endeavor in the Samoan Islands, out of which have gone 250 members, with whom it still keeps in correspondence, and through them it has established sixteen others societies. Best of all, it has sent out from its own membership more than a hundred earnest missionaries, most of them to the deadly climate of New Guinea.

•Let the GOLD DUST twins do your work•



Are you a slave to housework?

GOLD DUST

has done more than anything else to emancipate women from the back-breaking burdens of the household. It cleans everything about the house—pots, pans, dishes, clothes and woodwork. Saves time, money and worry.

Made only by THE R. K. FAIRBANK COMPANY,
Montreal, Chicago, New York, Boston, St. Louis.
Makers of COPCO SOAP (toilet cake).

World of Missions.

Many Japanese soldiers on leaving for the war wound up their affairs, expecting to give their lives for their country. Some even divorced their wives, and one man killed his two little children, having no one with whom to leave them. This devotion to country explains something of the success which the Japanese have won. But what a revelation of the lack, in non-Christian districts, of love and willingness to help! The man had to kill his children because he knew none who would take care of them!

It is reported that the conversion to Christianity of two well known Brahmans in the city of Jaipur, India, the one a sub-judge and the other a lady doctor, has created much excitement in the Hindu community, and a resolution has been passed that the children are not to be sent to Missionary schools, and that zenanas are to be closed against lady missionaries. One of the Hindu papers, referring to education under Christian influence, say "it does not end with their social life, but sticks to them throughout their lives.—Christian Work.

A Japanese pastor recently visited his brother, whom he had not seen for a number of years, and who was a captain in the army. The pastor with some inward trepidation presented his brother with a New Testament and urged him to study it. The captain laughed and going to a drawer in his desk took out a little book which he handed to the evangelist brother. It was a New Testament, well worn with reading! Neither knew the other's views on religion.

In some parts of India Hindus are making serious efforts to dissuade the people from sending their children to missionary schools, because the teaching given does not end with the time of schooling, but sticks to the pupils throughout their lives. It is a testimony to the value of missionary schools which is worth bearing in mind.

Y. M. C. work in Bombay is likely to receive considerable impetus within the next few months. The Association is obliged for to remove from the bungalow in the Apollo Bunder which it has occupied for many years, and to erect a new building, chiefly adapted for use by European and commercial young men, on an eligible site in the business part of the city. Special contributions have been raised in Bombay itself, and English friends, led by Sir George Williams, who has contributed £500, have supplied about £2,000. The remainder will be taken up on mortgage. Building operations will be commenced at the earliest possible moment. Bombay Association has been in existence for thirty years and has over 400 members; £709 per annum is raised locally for current expenses.

In a Presbyterian Mission in China a woman recently baptized and received into the church was asked by the missionary previous to her baptism if she really loved Jesus. She replied: "For three years I have come here every Sabbath; if it rained, I came; if the sun shone hot, I came. When I could get a boat to row the three miles I came in that. When I was not able to do this I walked. Had it not been that I love Jesus do you think I would have come?"

The power of caste in India is such that one of the Christian lepers at Kothara in Berar refused to come to the communion because a low caste man had been received into the church. He left the leper village with his family. But in April of this year

he returned, worn, feeble, and repentant. He said: "God has punished me for my sin; I confess and ask Him to forgive me. Now I want to obey Him and am ready to take the Lord's supper at any time that you are willing to give me." The victory over caste gave the poor man perfect peace at last.

"Work and Play."

The biggest summer resort within easy reach of civilization, is what is commonly termed Muskoka, a district in the "Highlands of Ontario" about 100 miles north of Toronto, including an immense tract of country bordering on the Georgian Bay. This district is composed of lakes and rivers innumerable, and is situated 1,000 feet above sea level. Good fishing and hunting are assured. Ample hotel accommodation at all points on the lakes is provided to suit the purses of everyone. Excellent transportation service.

Copies of handsome, descriptive literature, relating to this country can be had free by applying to. J. Quinlan Montreal, Que.

To Fight Consumption.

While tuberculosis is spread through infection, it must be remembered that its predisposing cause is in the body itself. If one could get rid of narrow chests and bring up children in healthy surroundings, we should resist the sources of infection more successfully, whatever they are. We are all in danger from bacilli, but we do not all get consumption, because many of us have constitutions with a sufficient power of resistance. Good houses, good air, good exercise must be brought to the help of weak constitutions; and they are also necessary if we are to have strong constitutions and the weak are to be eliminated. By so much hygiene as we have already practiced, and before any special precautions began to be taken about consumption the mortality from it has decreased, since 1850-5 by 53 per cent. It is probably still decreasing steadily, though it accounts for a tenth of the annual mortality, if all the forms of tuberculosis that appear in the registrar General's report are reckoned. Bronchitis and pneumonia are more familiar than phthisis. In the army the death rate from tuberculosis has been reduced from 12 to 1.2 per 1,000 per annum since the Crimean war. It is a well known story how a commission reported that consumption was much more prevalent in the line regiments, where each man in barracks had only 350 cubic feet of space, than in the Guards, where each man had 500, and how the death rate began to fall when the barracks became more fit to live in.—Phil. Ledger.

A remarkable statement has been made by Lord Radstock with regard to the standing and prospects of Christianity in India. His Lordship's statement appears in the *Times* of the 23rd ult. He has made five visits to India, and he is amazed at the change for the better noticeable in course of his fifth visit. The Christian population shows an increase from 35 to 50 per cent. where the Hindoo population shows an actual decrease. Recently a Boys' Refuge conducted on Christian lines was opened by the Lieutenant-Governor. His audience consisted of 200 Europeans, Eurasians, and some 600 Hindus. When he spoke of his own faith in Christ and of the blessing he had had from early Christian training he was warmly applauded by Hindus as well as Christians.