

Health and Home Hints

In Peach Season.

Peach Sauce.—Stew two or three peaches until they are tender; sweeten them, and push them through a sieve. Add the juice of a lemon, a cupful of hot water and sugar to taste. Thicken with a tablespoonful of cornstarch.

The peach season is all too short for votaries of the fruit to waste the days in eating desserts made of all the year round materials. Raw or cooked, the flavor of the peach is delicious, and a combination is hardly to be suggested to which it will not lend itself gracefully. For the hot days of early September, ices, creams and the like are not only the most healthful, but the most acceptable to most persons.

Peach Tapioca.—Soak a third of a cupful of tapioca over night in a cupful of water. In the morning drain it and cook it in a quart of water, until it is clear. Then take it from the fire and season it with lemon juice, sugar and salt to taste. Have ready nine or ten peaches that have been stewed until they are tender. Place them in the bottom of a baking dish and mix the juice that comes from them with the tapioca. Turn the tapioca over the peaches; place in a moderate oven and bake ten minutes. Serve with cream.

Peach Pudding.—Soak a cupful of fine breadcrumbs in a cupful of hot water and a tablespoonful of melted butter. Cream together an egg and three tablespoonfuls of granulated sugar, and add them to the crumbs. Butter a pudding dish, sprinkle in with fine breadcrumbs and put in a layer of thinly sliced peaches. Sprinkle them with sugar, cover with the batter and put in more peaches. Continue in this way until the dish is full. Sprinkle the top, which should be batter, with breadcrumbs, and bake until the peaches are soft and the top brown. Serve with sweetened cream or hard sauce.

Peach Shortcake.—Make a rich biscuit crust and bake it in two shallow cakes. When it is done, and while it is hot, split it with a hot knife. Lay one-half on a broad plate, the cut side upward, and cover it with peaches that have been cut rather fine, sweetened and allowed to stand for an hour or two before using. Put in another crust, also with the cut side up, and place upon it another generous layer of peaches. Continue in the same way until all the biscuit is used and the peaches cover the top. Serve with cream. Some persons add a little cream to the sweetened fruit.

Peach Bavarian Cream.—For peach Bavarian cream, cover one-half a box of gelatine with one cupful of water, and let it soak for half an hour. Peel and stone nine peaches and cook them until they are soft enough to push through a colander. (Canned fruit will serve for the purpose.) Sweeten the pulp to taste. Stir the gelatine over hot water until it is dissolved, and add it to the fruit. Stand the bowl containing the mixture in a pan of cracked ice and stir until there are signs of thickening. Then fold in promptly a pint of cream whipped to a dry froth. Turn into a mould and stand on the ice. When the Bavarian is ready to serve, turn it onto a broad plate and garnish it about the base with whipped cream.

Plants that are small and shrivelled in the arctic zone, or even in the temperate, become large and luxuriant when they are

transferred to the tropics. This change is to be noticed in everything—trees, flowers, fruit, and even animals. Now our life in this world is like life in an arctic region. We have a thousand hindrances to check our growth. But in heaven there will be no hindrances. One of the happiest thoughts that can come to the mind of the Christian is to think what he may become under the sunny skies of paradise.

Care of the Hands in the Fall.

As fall and winter begin to come on, it is time for the woman who thinks much of the care of her hands to indulge in a few precautionary measures. There are few minor things more unpleasant, either for the sufferer or for the casual observer, than ill-kept, red and roughened hands. Skin that easily chaps requires oil, and so do nails that split and crack. The best sort of soap for such skin is that which contains the most oil; the best sort of treatment for such nails is to rub them well with a cold cream mixture after washing them at night. Very hot water is bad for the skin, and so is cold water used constantly when washing the hands. It is also a poor policy to surprise your hands by putting them from hot water into cold water, or from cold water into the hot element. A little powdered borax added to the water will soften it, and have a beneficial effect. Indian meal is a simple, but good addition to the toilet table, and should be used as a preventive and as a cure for chapped hands. Use a fine soap and tepid water in washing the hands, and before rinsing off the soap rub the hands well with the meal, rinse them with tepid water, using a little meal each time, except the last. Dry the skin thoroughly, and then rinse it again in a little water containing a teaspoonful of pure glycerine. The word pure is important in that connection, since impure glycerine is anything but healing. Pure glycerine rubbed on the hand is perfectly lacking in odor. Glycerine, by the way, should never be applied to the skin undiluted. It has a strong affinity for water, and will absorb all moisture from the surface which it touches unless it has first been mixed with an equal bulk of water. Rose water, lemon juice and glycerine make a first-rate combination for softening and preserving the skin.—Table Talk.

World of Missions.

Go Ye.

there's a call from the far-off heathen land,
O, what can we give for the great demand?

We have not wealth, like the rich man's store;
We will give ourselves; we have nothing more.

We will give our feet; they shall go and go
till the heathen's story the world shall know.

We will give our hands, till their work shall turn
To the gold we have not, but can earn.

We will give our eyes the story to read
Of the heathen's sorrow, the heathen's need.

We will give our tongues the story to tell,
Till Christian hearts shall with pity swell.

We have little to give; but by and by
We may have a call from the voice on high—

"To bear My Gospel o'er land and sea,
Into all the world go ye, go ye."

Though of silver and gold we have none at all,
We will give ourselves, for we hear that call.

Neuralgic Pains.

ARE A CRY OF THE NERVES FOR BETTER BLOOD.

DR. WILLIAMS' PINK PILLS MAKE RICH, RED BLOOD AND DRIVE THESE PAINS FROM THE SYSTEM—READ THE PROOF.

A high medical authority has defined neuralgia as "a cry of the nerves for better blood," and to effectually drive it from the system the blood must be made rich, red and pure. For this purpose there is no other medicine so prompt and sure in result as Dr. Williams' Pink Pills. These pills make new, rich, red blood with every dose, and impart new life and new vigor to the person using them. Mr. John McDermott, Bond Head, Ont., offers strong proof of the certain results obtained from the use of Dr. Williams' Pink Pills in cases of this kind. He says: "A few years ago while working as a carpenter in Buffalo I got wet. I did not think it worth while changing my clothes at the time, but I soon began to suffer for my neglect. I awoke next morning with cramps and pains throughout my body. I was unable to go to work and called in a doctor who left me some medicine. I used it faithfully for some time, but it did not help me. In fact I was growing steadily worse and had become so reduced in flesh that I weighed only 138 pounds. As I was not able to work I returned to my home at Bond Head. Here I placed myself under the care of a local doctor who said the trouble was neuralgia, which had taken the thorough hold upon my entire system. Misfortune seemed to follow me for the doctor's treatment did not help me, and I think my neighbors at least did not believe I was going to get better. I had often read and heard of Dr. Williams' Pink Pills and in this emergency I determined to try them. I had not used more than three boxes before I felt that the pills were helping me. From that on I gained day by day, and after I had used some ten or twelve boxes, I had fully recovered my old time strength, and have since been able to work at my trade as a carpenter without any trouble. I have no pains or aches, and now I weigh 156 pounds. I think Dr. Williams' Pink Pills are an invaluable medicine and shall always have a good word to say for them."

When the nerves are unstrung, when the blood is poor or watery, or when the system is out of order, Dr. Williams' Pink Pills is the medicine to take. They cure all troubles arising from these causes, and make weak, despondent men and women bright, active and strong. Protect yourself against imitations by seeing that the full name, "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. Sold by all medicine dealers or mailed post paid at 50c. per box or six boxes for \$2.50 by writing to the Dr. Williams' Medicine Co., Brockville, Ont.

Since the days of Professor Henry Drummond no one has been so successful with the undergraduates of Edinburgh University as the Rev. John Kelman, M. A., of the New North U. F. Church, Edinburgh. He wields the same magnetic influence as did the author of "Natural Order in the Spiritual World," and blends a ripe scholarship with passionate evangelical spirit. Mr. Kelman has been visiting America, where he addressed large audiences at Northfield, the old home of Mr. Moody.