

are, morally, as responsible, for they are offering an inducement, or prize, to housekeepers to use a food that contains a corrosive poison. This is a predicament in which it is not possible our grocers will care to place themselves when they come to think seriously of the matter.

It must be borne in mind that every one of these gift or prize baking powders are alum baking powders. These powders cost less than four cents a pound to produce; the gift or prize costs but a few cents more. They are sold at the price of a first-class baking powder, so that the swindle, in a commercial sense, is enormous. But the chief iniquity of the business consists in selling, as presumably wholesome, an article of a positively injurious character, and by means of gifts or bribes inducing servants or unsuspecting housekeepers to purchase and use it in our daily food.

There should be some prompt method of reaching these dangerous practices and punishing the parties engaged in their promotion. If the present laws are not ample, we commend the matter to the consideration of our State Board of Health for recommendation of such additional legislation as shall be effective for the protection of the public.

COMFORT IN A CLOUD.

A friend of mine told me of a visit he had paid to a poor woman, overwhelmed with trouble, in her little room; but she always seemed cheerful. "Mary," said he, "you must have very dark days; they must overcome you with clouds sometimes." "Yes," she said, "but then I often find there's comfort in a cloud." "Comfort in a cloud, Mary?" "Yes," she said, "when I am very low and dark I go to the window, and if I see a heavy cloud, I think of those precious words, 'A cloud received Him out of their sight,' and I look up and see the cloud sure enough, and then I think—well, that may be the cloud that hides Him, and so you see there is comfort in a cloud."

DON'T HEAR EVERYTHING.

The art of not hearing should be learned by all. It is fully as important to domestic happiness as a cultivated ear, for which so much money and time are expended. There are so many things which it is painful to hear, many which we ought not to hear, very many which, if heard, will disturb the temper, corrupt simplicity and modesty, detract from contentment and happiness, that everyone should be educated to take in or shut out sounds, according to his pleasure. If a man falls into a violent passion, and calls us all manner of names, at the first word we should shut our ears, and hear no more. If in our quiet voyage of life, we find ourselves caught in one of those domestic whirlwinds of scolding, we should shut our ears as a sailor would furl his sail, and, making all tight, send before the gale. If a hot and restless man begins to inflame our feelings, we should consider what mischief these fiery sparks may do in our magazine below, where our temper is kept, and instantly close the door. If, as has been remarked, all the petty things said of one by heedless or ill-natured idlers were to be brought home to him, he would become a mere walking pin-cushion stuck full of sharp remarks. If we would be happy when among good men, we should open our ears; when among bad men shut them. It is not worth while to hear what our neighbours say about our children, what our rivals say about our business, our dress, or our affairs. The art of not hearing, though untaught in our schools, is by no means unpractised in society. We have noticed that a well-bred woman never hears a vulgar or impertinent remark. A kind of discreet deafness saves one from many insults, from much blame, from not a little convenience in dishonourable conversation.—*Treasure Trove.*

—A writer in the *Homiletic Review* says the first need of a minister's study is books, and the next great need is a studious minister among the books. The trouble ordinarily with the minister is not that he does not have books enough, but that he does not use what he has, or if using them, does not use them rightly.

HINTS TO HOUSEKEEPERS.

BREAD PUDDING.—One-half pound of bread crumbs, one half pint of fresh milk; pour the milk hot over the bread and let stand half an hour covered; then break up the yolk of two eggs and add to the bread; grate in a little nutmeg; add a little salt and sugar. Now tie up in a cloth and boil one-half or three-fourths of an hour; then take out, lay on a plate, and pour over it some melted butter.

To keep your skin from roughening, find by trial what kind of soap suits you best, and use no other. Frequent changes of soap are bad for the complexion. Beware of those which are highly scented; as a general thing, they are of poor quality, the scent being used to destroy the odor of the other ingredients used.

If you would keep your face and hands unwrinkled, use tepid water; very hot or cold water is injurious. Also avoid burying the face in a soft pillow at night, which always produces wrinkles around the eyes.

A WASH which will remove the sunburn acquired by out-door sports is made by adding to twelve ounces of elder-flour water six drams of common soda and six drams of powdered borax, applied to the skin, it will make it as clear and soft as a baby's.

KEEP your combs and brushes sweet and clean. Wash them in tepid water containing a few drops of ammonia. The grease and soil will appear as if by magic. Place the brushes bristles down to dry, and delicate celluloid handles will not be injured.

To save both time and temper, never leave a bottle or box on your closet shelf without being plainly labelled. All packages which do not clearly indicate their contents should be marked. A list of the contents of packing trunks and boxes should be pasted on the inside of the lid.

DISCARD the old opinion that "one piece of work should be completed before another is begun." You will find that a change of work affords rest; sometimes it even seems to give fresh vigor to the worker.

To lessen the fatigue of climbing stairs do not throw the body forward. Step leisurely, and hold the body erect.

To perfume your apparel put a few drops on small pieces of pumice-stone, and place in drawers and boxes and among dresses in wardrobes.

To use anything that comes handy for a book-marker places you in danger of carelessly hiding some note or business memorandum which may cause you trouble and delay by not coming to light when wanted, or may reach eyes for which it was never intended by the book being returned to the library or loaned to an acquaintance. If you will remember, in your putting away, not to put out of the way, some precious minutes might be saved.

If, when obliged to be on your feet all day, you change your shoes several times for a fresh pair, you will be astonished how much it will rest the tired feet, for no two shoes press the foot in the same part.

—Redemption from guilt without a personal Redeemer, salvation from sin and death without a personal Saviour, restoration to the favor and friendship of God without a personal Mediator and Intercessor, rising from the depths of a fallen nature to the holiness of Heaven without a personal helper and guide and comforter, a true Holy Ghost—were hopeless indeed; but mortality knows nothing of such divine personal agencies; revelation brings these grounds of help and hope to man.—*Prof. Henry N. Day.*

AN OLD CHURCH.

At the restoration service at the Church of St. Mary's, Chatham, Canon Self said: "The Norman and the Plantagenet, York and Lancaster, Tudor, Stuart and Hanoverian sovereigns, have all been prayed for on this actual spot." And again: "The Chatham Parish Church stood here 800 years before the battle of Agincourt, 400 years before the earliest dockyard, and 450 years before the destruction of the Spanish Armada; and parts of this building existed before there was any House of Commons." The memorial stone was laid by the Duke of Cambridge.

LONG SUFFERING.

There was once upon a time a Bishop of Alexandria in Egypt, named John the Almsgiver. A nobleman came to see him one day, and the conversation turned on a grievance. So and so had wronged him cruelly; and never to his dying day could he forgive him. He spoke with warmth and anger; his face darkened with passion and his eye sparkled. Just at that moment the bell tinkled for prayers in the Bishop's private chapel, and he rose and bade the nobleman follow him. St. John the Almsgiver knelt at the altar, and the nobleman knelt immediately behind him. Presently the Bishop began in a loud voice the Lord's prayer, and the nobleman repeated each part with him. "Thy will be done on earth, as it is in heaven. Give us this day our daily bread." The Bishop stopped abruptly. The nobleman, not thinking, went on alone: "And forgive us our trespasses against us." Then, finding he was alone, stopped short also. The Bishop did not go on, but remained silently kneeling. Then suddenly the sense of the words of the petition he had made, rushed on the nobleman's mind. The grace of God worked. He silently rose from his knees, went forth, and finding the man who had offended him, frankly forgave him.

One day the governor of Alexandria was in high wrath with the Bishop, who had remonstrated with him at levying a tax which was peculiarly oppressive to the poor. Backbiters had managed to widen the breach, and the governor, after an interview with the Bishop, in which he had given vent to his angry, excited feeling, left for his palace.

Towards evening the good old bishop got very troubled at the quarrel. He could not bear that any should be at enmity with him, so he wrote on a slip of parchment the words, "the sun is setting," and sent to the governor, who at once remembered the words of St. Paul, "Let not the sun go down upon your wrath," and rising from the table where he had been sitting, he hastened to the old prelate, to be reconciled to him before the day was done.—*S. Baring Gould.*

—"Let our daughters be as the polished corners of the temple," is a verse of a psalm that always gives me an image equally just and pleasing. The corners of the temple are of good firm stone or marble; the firmer the substance the finer is the polish they bear. But the polish that renders them beautiful lessens nothing of their power of supporting the edifice and connecting their parts into solid structure.—*Letters of Baroness Bunsen.*

P stands for Pierce the wonderful doctor, Providing safe remedies, of which he is concoctor, Pleasant to taste, and easy to take, Purgative Pellets now "bear off the cake."

PAYMENTS MADE TO ENGLISH ROYALTY.

The civil list of Queen Victoria is as follows: Class 1, her majesty's private purse, £60,000; class 2, salaries of her majesty's household, and retired allowances, £181,200; class 3, expenses of her majesty's household, £172,500; class 4, royal bounty, alms, and special services, £18,200; class 5, pensions to be granted to the extent of £1,200 per annum; class 6, unappropriated moneys, £8,040; total, £885,000. Besides this item, however, appertaining to the cost of royalty, we have