

Health and Home Hints

BREAKFAST EXPERIENCES.

BY ADELAIDE G. MERCHANT.

"Breakfast!" exclaimed Mrs. Wilmer who was visiting Mrs. Peters, from a neighboring city; "if any of you have ideas on the subject, please let me have them. That meal is a perfect bugbear to me."

"If you had two hungry boys to feed," replied Mrs. Price, "you would have no trouble except to get enough of it."

"That is just the trouble," rejoined Mrs. Wilmer; "my husband is not hungry. He does not want any meat for breakfast, and he hates made-over dishes, hash, etc."

"I have known men who scorned 'hash,' but would eat a 'mince' with great relish," remarked Mrs. Ripley dryly. She was older than the other ladies present, and had at one time kept boarders in the city, though now she lived in this small town.

"Just what do you mean?" asked Mr. Wilmer, with interest.

"Chop your bits of cold meat very fine, season pretty highly, add a little Worcestershire sauce, if you like. Make it quite moist with gravy left from your roast; if you have none, be extravagant and use a spoonful of cream. Boil some eggs hard, heat your mince hot, pile in the center of a hot platter, be sure it is hot; arrange the sliced eggs around your meat. Give it to the man, with a muffin, or some toast and coffee, and I'm mistaken if he doesn't eat it."

"It does sound appetizing," said the young housekeeper.

"Your boys, Mrs. Price," continued Mrs. Ripley, "perhaps will not mind if the meat is a trifle coarser and the platter not quite so hot, but delicate appetites must be given consideration, and really this dish is not so much trouble as it sounds."

"My great dependence for breakfast is eggs," said Mrs. Peters, who had not spoken before.

"Oh, that is very well for you, who can always have them fresh," replied the visitor.

"But, then one soon gets tired of eggs, always boiled or fried," remarked another of the company.

"But there are so many ways to cook eggs," exclaimed Mrs. Peters. "One can vary almost indefinitely."

"Tell me some of them; you know I am quite an inexperienced housekeeper."

"Baked or shirred eggs, as some call them, are easy and appetizing," was the answer. "Butter slightly an earthen plate you are not afraid to put in the oven. Beat the whites of the eggs stiff and pile on the plate. Drop the yolks at regular intervals into the beaten whites, add salt and a bit of butter to each; bake until the yolks are cooked, which will take only a short time. Eggs may be cooked in the same way without beating the whites; the latter plan gives a prettier appearance."

"That is what I want, something that looks tempting," interrupted the young housekeeper.

"Then scrambled eggs, everybody knows how to cook."

"Please tell us your way," interposed Mrs. Price; "I find something I know less than I think I do."

"Beat the eggs slightly, adding a spoonful of milk for each egg. Pour into a hot spider and stir until the whites are set, seasoning of course. They should be served the moment they are done. A variation of this is to serve on toast, a spoonful

on each slice. Then there is the infinite variety of omelets."

"Oh, yes, I can make an omelet. I learned that in cooking classes," exclaimed the city lady.

"Try adding a little chopped chicken or cold boiled ham; spread on the omelet just before turning over. Another variety is to spread with jelly in the same way. Any kind of cold meat chopped fine can be used."

"Let me add a word," said Mrs. Peters. "To have your breakfast a cheerful and well served meal, make a rule that the family all sit down together, not come down at different times, when the food is cold and unappetizing, or what is more trying demanding something special."—Advance.

World of Missions.

Revolutions in the Black Republics.

Hayti and San Domingo have been subjects to sudden revolutions, which, like most of the changes in these two republics, turn partly upon the perpetual conflict between the black and mulatto factions, and partly upon the struggle between ambitious and ignorant politicians. San Domingo has been prosperous and comparatively quiet until very recently. Juan I. Jimenez was elected president in 1899 for four years under a compromise, which left the vice-presidency and the probable succession to Horatio Vasquez. In the last week in April the latter began the usual revolt in south San Domingo; in a week occupied all the country outside of the capitol, where he has been since peacefully in control. President Jimenez sought an asylum in the French legation and later left the city.

A similar movement has taken place in Hayti, whose president, General Tiresias Simon Sam, was elected in 1896 for a term of seven years. A normal election would not have taken place until next year, but in view of disturbance which has already taken place, a meeting of Congress was called for May 12th to elect a president. Three candidates were prominent, one having the support of President Sam, who handed in his resignation. A disturbance ensued, and Congress was dissolved. Fighting occurred on the streets, but has been terminated by a provisional presidency under Boisrond Canal, who was elected president in 1896. The practical result will be the election of a new president, but stable conditions in either end of the island are believed impossible unless sugar enjoys special privileges in the American market.

The missionary societies at work in Hayti are the American Baptist (Consolidated), the African Methodist, the Protestant Episcopal and the Jamaica Baptist. In San Domingo are the African Methodist, the English Baptists, and the Wesleyan Methodist. In 1896, 25,000 Protestant communicants were reported in the whole island. Many of the people are Voodoo worshippers.—The Missionary Review of the World.

Not "Given," Only "Left."

"So Mr. Jones gave £500 to missions at his death, did he?" was asked of a minister the other day. The answer was: "I did not say he gave it, but he left it; perhaps I should more explicitly have said that he relinquished it, because he could no longer hold it." The distinction needs to be kept in mind; one only "gives" when living; he

"relinquishes" at death. There is plenty of Scripture commendation for giving, but none for relinquishing what the stiffened fingers of death can no longer hold.

Love of God and love of country are the two noblest passions in a human heart. And these two unite in Home Missions. A man without a country is an exile in the world, and a man without God is an orphan in Eternity.—Rev. Henry van Dyke, D. D.

Think Healthy Thoughts.

There is plenty in life that is unpleasant and disagreeable, and we all have our sufferings and trials, but it is not healthy for the mind or body to dwell upon them or to emphasize their importance. They form a larger or smaller part of our existence, according to our way of looking at them. It is commonly said that no man or woman can be perfectly happy in this world: for if all that was necessary to make one happy fell to his or her lot, unhappiness would creep in through seeing the suffering and sorrow of others. This contains a world of wisdom in it, like many other proverbs and common sayings, and it emphasizes a quality of our nature that we cannot dispense with. Sympathy for and with others must always affect our lives, and the moments of our highest mental exaltations and triumphs must ever be tinged with the thought that others cannot share equally our supreme happiness.

This sympathy with the world of people around us serves as many valuable lessons, and we would not eliminate it from our lives if we could. For by forfeiting the sympathy of others we would lose the most precious things of life. We add to our sorrows by being keenly alive to the sufferings of others, but we gain thereby a human love and sympathy that greatly lessens our own burdens. But we have no more right to be prodigal with our sympathies and emotions than we have with our fortune. It is as much our duty to hold our powers of sympathizing with others under control as it is to curtail our passions. Excessive expenditure of nervous energy for others is a crime upon our own natures, and we have no authority to justify us in its commission. Yet the man or woman who sees only the gloomy side of life will waste energy and emotions in this way if there is no other channel through which they can be expended for self. A clear comprehension of the sufferings in the world is necessary for our well-being, but undue brooding or emotional sympathy over them will accomplish nothing but evil. We merely add to our own burden without lightening in any degree whatsoever that of the world.

He who cannot keep his temper, or be self-sacrificing, cheerful, tender, attentive at home, will never be of any real and permanent use to God's poor abroad.—Charles Kingsley.

TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease Consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a sure cure for Consumption, Asthma, Catarrh, Bronchitis and all throat and lung Maladies. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address.

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