

Health and Home Hints

Strawberry Desserts.

Floating Island—Whip the whites of five eggs with one pint of powdered sugar to a very stiff froth. Add one large cupful of crushed strawberries, and continue beating until the mixture will stand alone. Half fill a glass dish with rich yellow custard, and cover it with the pink island in spoonfuls, standing in peaks. Pass lemon-flavored whipped cream with it, and serve with delicate white cake. A most delicious dessert or tea dish. Serve all very cold.

Roly Poly—Cut two heaping tablespoonfuls of butter into one quart of sifted flour, to which has been added one level teaspoonful of salt, and two teaspoonfuls of baking powder. Mix well with one and one-half cupfuls of sweet milk. Knead as little as possible and roll out in a thin sheet. Sprinkle with powdered white sugar, and cover thickly with fine ripe strawberries. Sprinkle the berries with sugar and roll up. Put in a buttered baking pan and bake in a quick oven. Serve hot with sweetened whipped cream.

Syllabub—Half fill a glass dish with macaroon crumbs, and pour over sufficient strawberry juice to moisten. Squeeze the juice of two oranges on three-fourths of a cupful of powdered sugar, and add this gradually to a pint of rich cream. Whip this mixture to a stiff froth, then heap it on the moistened cake. Garnish with some fine large strawberries and blanched almonds cut in strips. Serve very cold.

Cream Pie—Line a dish with good paste, and fill with fine, ripe, firm berries. Sprinkle with sugar to sweeten, and put on a top cover of the paste, but do not press the edges down. When done, lift the top crust carefully and gently pour in the following mixture: Whip the whites of two eggs till light, and stir them into one cupful of cream heated to boiling; add two whole fresh, with or without whipped cream.

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World of Missions.

How an Idol is Made.

BY REV. J. ABERLY.

India abounds in idols. Besides the temples and the wayside shrines, every house among the twice born, or highest cast, has its idol. Among lower classes, the head man of a family alone has an idol in his house in which the whole relationship has its rights.

I have just been purchasing some idols. They are made of copper and brass, so they are cheap, costing only ten to fifteen cents each. They are of different shapes and sizes. Krishna is most popular. One can buy him either as the boy engaged in his mischievous pranks, or with some allusion to his innumerable exploits. He is always black and hideous, but yet the great favorite among these people. I also procured Venkateswarudu and wife, who have a temple in Guntur; Narasimhaswami and wife, who have a more famous temple at Manjalapuri. Narasimhu is the fourth incarnation of Vishnu—half-man, half-lion. Besides these, I bought a Nandi, the common symbol found in all temples sacred to Siva. These and a few others cost only about a dollar. They are only specimens. One loses himself in utter confusion when trying to name or catalogue the gods.

But these are not yet gods. They are only images. The merchant has no scruples about selling them to any one. To make such an image a god, an expensive ceremony is necessary. It requires feasting, processions, and above all, a Brahmin who knows effective charms or verses, called mantras, costing altogether often thousands of rupees, to consecrate a god, and give him, as they regard it, life. When that ceremony is once performed, then it is regarded as a god, and a Hindu will almost part with his life before he consents to part with it. It is this ceremony, and not the shape or material, that makes a bit of metal or even clay an object of worship and especially of fear.

From superstitions such as these, we have been delivered. From them thousands are being delivered in India. The mass of the people are still dreadfully afraid of their gods. They believe famines, cholera, small-pox, are all due to the wrath of neglected and offended gods. They are, as a rule, satisfied with this worship. They are, however, ready to learn. The religion of the Hindu is not the superior article that scholars are able to find amidst a lot of rubbish in her philosophical book. It is a gross, often sensual cult, which finds a good expression in the hideous images that are made into gods.

Guntur, India.

Protestant Missionaries.

The missionary forces of Protestantism from recent statistics number 1,186 European and 228 American missionaries. Over 200 ordained missionaries and 7,000 active helpers increase the force; 90,000 are in Christian schools, 250,000 church members, and probably 1,000,000 are under the influence of Gospel effort. Forty Protestant missionary societies are at work, but there is yet much land to be possessed. Only three years ago it could be said that "Northern Africa has one Protestant missionary to 120,000 Muhammadans. The Sahara has one Protestant missionary to 2,500,000 Muhammadans. The Sudan States have one Protestant missionary to 45,000,000 Muhammadans and Pagans. West Africa has about one Protestant missionary to 30,000 Pagans.

Painful Rheumatism.

This trouble is caused by an Acid in the Blood, and can only be cured through the Blood.

Rheumatism is caused by an acid in the blood. That is a medical truth every sufferer from this trouble should bear in mind. Liniments and outward applications cannot cure what is rooted in the blood—the disease must be cured through the blood. That is the reason rheumatism yields almost like magic to Dr. Williams' Pink Pills. This new blood conquers the painful poison, sweeps out the aching acid, soothes the nerves, loosens the muscles and banishes rheumatism. Mr. Robert Morrison, one of the best known and most esteemed residents of Guelph, Ont., gives striking testimony to the truth of the statements made above. He says:—"My trouble came gradually and was pronounced muscular rheumatism, and was located chiefly in my neck and shoulders. I can hardly tell you how much I suffered. I was confined to my bed for fifteen months. A great many friends came to see me during that time and I think I am safe in saying that most of them had very few hopes that I would get better. I tried a great many remedies without any lasting benefit. Then I tried Dr. Williams' Pink Pills, and I am thankful to say that through the use of these pills and the indefatigable nursing of my wife I am again on my feet. My neck is still somewhat stiff, but the pain is gone. I am now in my 79th year and I feel that I owe much to Dr. Williams' Pink Pills.

These pills have cured thousands of the very worst cases of neuralgia, rheumatism sciatica, lumbago and backaches, and they can do the same for you. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

Central Africa has one Protestant missionary to 80,000 Pagans. Southern Africa has one Protestant missionary to 14,000 Pagans.

Iced Strawberries—Select fine, ripe strawberries, wash carefully and hull. Cook one cupful of granulated sugar with two tablespoonfuls of water until it will "hair." Then beat it into the white of an egg, which has been whipped to a stiff froth. Stick a hat pin in each berry, and dip it carefully in the icing. Then lay on an oiled platter to harden. Two tablespoonfuls of finely chopped English walnut meats may be added to the icing and a few drops of lemon flavoring. These make a most delicious dessert, but should be eaten while fresh.

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