

## World of Missions.

### The Sunday of Converted Cannibals.

REV. JOHN G. PATON, D.D.

The New Hebrides' converts, of which we have now eighteen thousand, keep the Sabbath day sacredly to God's worship. All cooking is done on Saturday preparatory to the Sabbath, so that Saturday is called the "preparatory" day. Worship begins at each station soon after daylight in the morning of Sunday. Every convert is found in his or her appointed seat at the hour of worship, unless confined to a bed of sickness. None of the converts spend the Sabbath day in visiting friends, or turn their backs on the churches where others assemble for worship, as I saw multitudes last Sabbath, in conveyances and on bicycles, spending the holy day in pleasure and amusement. Are they not heaping up wrath against the day of wrath and righteous judgment of God, who said: "Remember the Sabbath day to keep it holy?"

If our Island converts saw the way in which many professed Christians keep the Sabbath in Britain, in Canada and in America, they would doubt if they were Christians at all, and, if possible, would plead with them to accompany them to the church and the Sunday School, that they might enjoy the happiness which they find in the worship of the dear Lord Jesus, on His own day.

I have myself met with very many people who dated their first step into sin and ruin on that Lord's Day which they spent with their companions and friends, in seeking worldly pleasure and amusement.

This is the message of the Cannibals to Canada.

The Pundita Ramabai opened her refuge at Poona, India, with two widows who were allowed the option of attending daily prayers with their benefactor. We are told at the Ecumenical Conference that she had 640 girls in her charge, but famine year materially altered those figures. There were at last accounts, 200 at Poona and over 1700 at the Khedgaum farm, where the evangelistic influence is pronounced and several hundred of the girls compose the church which Ramabai has named Mukti (salvation).

A Korean woman walked 33 miles with a heavy child on her back to attend the class at Pyeng Yang, last March. Another case, reported by Mrs. Hunt, is a young girl whose mother-in-law said that unless she would sew and wash on Sundays, she should not eat. Accepting the challenge, for four months she honored the Lord's Day, sometimes fasting entirely, sometimes receiving hospitality from Christians. The death of her husband now permits the girl's return to her own parents.

The population of South America is estimated at 38,000,000. There are 21,800 schools, with 1,290,000 scholars, and 131 institutes of higher learning. There are 35 missionary societies at work throughout the continent, which employ 255 ordained missionaries, 199 laymen, and 100 women other than missionaries' wives. There are about 650 native helpers. In all this vast mission field there are only 6 medical missionaries. There are 170 mission schools with about 1200 students in attendance, and 14 institutes of higher learning, with 900 students in attendance. The Gospel work among the incoming European Catholics and their children is peculiarly encouraging.

## Health and Home Hints.

If your cheeks are plump, only sinking in one place, it is caused by a loss of teeth.

PEAS AND BEANS are the most nutritious of vegetables, containing as much carbon as wheat, and double the amount of muscle-forming food.

Physicians assert that baked potatoes are more nutritious than those cooked in any other way, and that tried ones are the most difficult to digest.

It is the general opinion that if a door be opposite a window you must not open that window for fear of draughts. But that is just the window that is best placed for being opened, as it thereby insures a perfect renewal of the air by causing draughts.

Table linen should always be mangled or ironed very damp, in order to give it a nice stiffness and gloss. Collars, cuffs, &c., keep the stiffness much better if dried thoroughly before starching. Rubbing each article separately with soap while starching aids the smoothness and gloss when ironing. Lump borax gives a better gloss than the powder.

**RICE BALLS:** To one pint of boiled rice add, while still hot, one-half of a cupful of thick white sauce (using two tablespoonfuls of flour to a cupful of milk), the well-beaten yolk of one egg one-half of a teaspoonful of salt, three tablespoonfuls of grated cheese and a dish of cayenne. Set aside until cold then mold into small balls, dip each into slightly beaten egg, roll in fine bread crumbs and fry in smoking hot fat.

**BROILED BACON:** A thin slice of quickly broiled ham often proves tempting on a hot morning, hence it is suggested for breakfast several times during the month. The same is true of bacon, but the latter needs great care. It should be cut in wafer-like slices and chilled to make it firm then dropped into a smoking hot frying-pan. It will curl almost instantly and within half a minute will be slightly colored and when lifted to a hot plate will be found to be crisp as possible. Free the meat from skin, bone and fat and pack it in the mold, sprinkling with salt and pepper.

**JELLIED CHICKEN:** Select for this a fowl rather than a chicken as the long cooking will make it tender. Singe, clean and cut it up as for a fricassee, put in a kettle with one-half of a small onion, stick with a clove and one stalk of celery, cover with boiling water and simmer until the meat falls from the bones, adding one teaspoonful of salt when half done. Take out the chicken and cook down the liquor to three-quarters of a cupful then strain it and skim off the fat. Lightly butter a mold and decorate the bottom and sides with slices of hard-boiled eggs.

A HOT WATER BOTTLE is a necessity, a positive essential in every family. It is not only a comfort, but a soother of pain, and under certain conditions a life saver even. No house should be without it, especially in its improved form which obviates all former defects, and presents many advantages. The new bottle is a hollow disk and adjusts itself to all parts of the body, and lies on it without holding or bandage. It is only half the thickness of the ordinary bottle when filled, making it easy and comfortable to lie on. By buttoning the two ends together it gives to one-half of it an upright position to serve as heater to the feet, or any part of the body desired. Soft, light in weight and pliable, it is a great improvement on the old-time hot water bag.

## A Child's Suffering.

### HER MOTHER FEARED SHE WOULD NOT REGAIN HER HEALTH.

SHE WAS FIRST ATTACKED WITH RHEUMATISM AND THEN WITH ST. VITUS' DANCE—SHE WAS UNABLE TO HELP HERSELF AND HAD TO BE CARED FOR ALMOST LIKE AN INFANT.

From the Sun, Orangeville, Ont.

Among the much respected residents of Orangeville is Mrs. Marshall, who lives in a pretty little cottage on First street. For some years her twelve year old daughter, Mamie, has been a sufferer from rheumatism combined with that other terrible affliction—St Vitus' dance. In conversation recently with a reporter of the Sun Mrs. Marshall told the following story of her daughter's subsequent restoration to health:—"At the age of eight," says Mrs. Marshall, "Mamie was attacked with rheumatism from which she suffered very much, and although she was treated by a clever doctor her health did not improve. To make her condition worse she was attacked with St. Vitus' dance, and I really gave up hope of ever seeing her enjoy good health again. Her arms and limbs would twitch and jerk spasmodically, and she could scarcely hold a dish in her hand, and had to be looked after almost like an infant. While Mamie was in this condition a neighbor who had used Dr. Williams' Pink Pills with beneficial results in her own family advised me to try them in Mamie's case. I had myself often heard these pills highly spoken of, but it had not occurred to me before that they might cure my little girl, but now I decided to give them to her. Before she had completed the second box I could see a marked change for the better, and by the time she had taken five boxes all trace of both the rheumatism and St. Vitus' dance had vanished, and she is now as bright, active and healthy as any child of her age. Some time has elapsed since she discontinued the use of the pills, but not the slightest trace of the trouble has since made itself manifest. I think therefore, that I am safe in saying that I believe Dr. Williams' Pink Pills not only restored my child to health, but have worked a permanent cure."

Rheumatism, St. Vitus' dance and all kindred diseases of the blood and nerves, speedily yield to Dr. Williams' Pink Pills and the cures thus effected are permanent, because this medicine makes rich red blood, strengthens the nerves, and thus reaches the root of the trouble. These pills are sold by all dealers in medicine, or will be sent post paid at 50 cents a box, or six boxes for \$2.50 by addressing the Dr. Williams Medicine Co. Brockville, Ont.

A son of Rev. Andrew Murray is one of three young ministers who have lately gone from Cape Colony to carry the gospel to Nyasaland.

Premier Roblin says Manitoba will have 50,000,000 bushels of wheat to export and in the other provinces conditions are equally favorable to optimists. Over the line, crop reports are generally of a favorable character, notwithstanding the extraordinary weather of last week. The wheat crop is practically safe, and some estimates run as high as 700,000,000 bushels. While this seems an exaggerated figure, there is little doubt that the crop will be the largest on record.