

God means us to be frugal. Money is for use, not to be wasted. Time, and talent, and opportunities are all gifts, for which we must give an account. "Go to the ant, thou sluggard." Nothing is much worse than laziness, unless it be extravagance. It is like pouring water on the sand; the thirsty ground drinks it all up, and we get no return for our toil.

UNCLE JOHN.

FOOD TESTS IN NEW YORK.

OFFICIAL ANALYSIS OF BAKING POWDERS—ADULTERATIONS IN CREAM OF TARTAR.

Under the direction of the New York State Board of Health, eighty-four different kinds of baking powders, embracing all the brands that could be found for sale in the State, were submitted to examination and analysis by Prof. O. F. Chandler, a member of the State Board and President of the New York City Board of Health, assisted by Prof. Edward G. Love, the well-known United States Government chemist.

The official report shows that a large number of the powders examined were found to contain alum or lime; many of them to such an extent as to render them seriously objectionable for use in the preparation of human food.

Alum was found in twenty-nine samples. This drug is employed in baking powders to cheapen their cost. The presence of lime is attributed to the impure cream of tartar of commerce used in their manufacture. Such cream of tartar was also analyzed and found to contain lime and other impurities; in some samples to the extent of 93 per cent. of their entire weight.

All the baking powders of the market, with the single exception of "Royal" (not including the alum and phosphate powders, which have not the virtue of even an impure cream of tartar), are made from the adulterated cream of tartar of commerce, and consequently contain lime to a corresponding extent.

The only baking powder yet found by chemical analysis to be entirely free from lime and absolutely pure is the "Royal." This perfect purity results from the exclusive use of cream of tartar specially refined and prepared by patent processes which totally remove the tartrate of lime and other impurities. The cost of this chemically pure cream of tartar is much greater than any other, and on account of this greater cost is used in no baking powder but the "Royal."

Prof. Love, who made the analysis of baking powders for the New York States Board of Health, as well as for the Government, says of the purity and wholesomeness of the "Royal."

"I find the Royal Baking Powder composed of pure and wholesome ingredients. It is a cream of tartar powder of a high degree of merit, and does not contain either alum or phosphates or other injurious substance. E. G. LOVE, Ph. D."

It is highly satisfactory to the housekeepers of this vicinity, where the Royal Baking Powder is in general use, that the investigations by the analysts in Massachusetts, New York, and Ohio, the only States that have thus far taken action upon this important subject, agree in classing it as the purest and most efficient baking powder in the market.

THE ENORMOUS DISTANCE OF THE STARS.

Alpha Centauri is the nearest to the earth of all the fixed stars. The distance of this star may be stated in round numbers to be twenty billions of miles. Now a billion means a million of millions, so that the distance of Alpha Centauri may be stated to be twenty millions of millions of miles. Let us now try to form some conception, however imperfect, of this amazing distance. Let us suppose a railway train to leave the earth, travelling day and night at the rate of fifty miles an hour without stoppages. In six months it would reach the moon, in 200 years it would reach the sun and in 6,000 years it would reach the planet Neptune, the orbit of which forms the extreme known limit of the planetary system. The same train

however, would not reach the star Alpha Centauri in less than 42,000,000 of years. One more illustration may be useful. Comets, in general, revolve in very eccentric orbits. When a comet is in the perihelion of its orbit it is comparatively near to the earth; on the other hand, when it is at the aphelion, it is remote—in many instances very remote from the earth. For instance the comet of 1858, known as Donati's Comet, one of the greatest comets of modern times, at the time of its passage of the perihelion was distant from the sun 50,000,000 of miles, but when it has attained the aphelion of its orbit (which will occur in about 1,000 years hereafter) its distance from the earth will not be less than thirty thousand millions of miles. Now our typical railway train, starting from the earth, would not reach the aphelion of the orbit of Donati's Comet in less than 60,000 years, and yet the aphelion-distance of Donati's Comet is only one seven hundredth part of the distance from the earth to Alpha Centauri, the nearest of the fixed stars.—Prof. R. Grant, LL.D., F.R.S.

THE MESSAGE.

"Which hope we have as an anchor of the soul, sure and steadfast."—Heb. 6, 19.

Sermon preached by Rev. Canon Richardson, M.A., at the Memorial Church, London, Ont., 5th Sunday after Easter, 1887.

Faint-hearted and sad and weary, care-burdened and sore distressed,

I had raised my head from my pillow with a feeling of dire unrest;

A sense of utter failure of being conquered in the fight,

As one in a gathering darkness, with scarce a glimmer of light.

Life's bitter mistakes and misleadings, soul-battles fought and unwon,

Kindly words I had left unspoken, and kindly deeds left undone!

All these, ay, and more such recallings, "Mea Culpas" with cruel refrain,

And driven sweet sleep from my eyelids, and madly tortured my brain.

Dimmed and blurred seemed both "precepts and promise," I could only look within

And weep at my sense of failure, in the fight I so needed to win;

Should light never dawn on this darkness, and the struggle but end with my life,

I had better just lay down my weapons, and coward-like flee from the strife!

Then a cry from my soul I sent upwards! "A message dear Master, I pray,

By the lips of Thy servant send me, when I enter Thy portals to-day."

Came that message with balm and healing, of "the hope so steadfast and sure,"

Of the "anchor" with seal attested, which would "hold" for evermore;

Tho' billows might beat around it, tho' waves roll mountains high,

There was nought could prevail against it, in time or eternity!

Storm-lashed my barque and battered, but held by that cable true,

Though I had forgotten my watchword, my Captain had guided me through.

Safe! though my faint-heart had doubted, held fast by that Grace-wrought strand

I was safe from all fear of shipwreck! within haven-sight of land.

H. A. B.

HINTS TO HOUSEKEEPERS.

MUTTON BROTH.—To one pound of lean mutton use one quart of water and a little salt, with a few crusts of bread; boil slowly for a couple of hours; then skim off the oily matter carefully before using.

FLOUR GRUEL.—Take one tablespoon of flour and stir it smoothly with one cup of cold water; mix it thoroughly so there will be no lumps. Let one pint of fresh milk come to a boil, then stir in the flour and water; add sufficient sugar to sweeten, and stir about fifteen minutes.

BOILED FLOUR.—For young children who are suffering with looseness of the bowels no better food can be given than is made as follows: Tie

securely; in coarse muslin, two teacups of wheat flour, and boil for eight or ten hours; take off the cloth and crust formed over the flour, grate the inner portion as needed into boiling milk, to the consistency of thin starch, and sweeten with white sugar.

BREAD PANADA.—Take a slice of well toasted bread, boil gently in one pint of water for a few minutes, with a bit of cinnamon; then grate in a nutmeg, add a very little butter, add two table-spoons of liquor of any kind, and sugar.

NUTRITIOUS JELLY.—Take two ounces each of rice, pearl barley and sage; boil slowly in three quarts of water down to about one quart; take a teacup full in a little milk, warmed, morning, noon and night.

CONSUMPTION CAN BE CURED by proper, healthful exercise, and the judicious use of Scott's Emulsion of Cod Liver Oil and Hypophosphites, which contains the healing and strength-giving virtues of these two valuable specifics in their fullest form. Dr. D. D. McDonald, Petitoctiac, N. B., says: "I have been prescribing Scott's Emulsion with good results. It is especially useful in persons with consumptive tendencies." Put up in 50c. and \$1 size.

IRISH MOSS JELLY.—Let the moss stand in water a little while, then wash it through two waters. To one ounce of moss use two quarts of water and a little cinnamon bark; boil to a thick jelly and then strain and season to the taste with wine and white sugar.

WINE WHEY.—Take one quart of new milk, half as much water, put them in a saucepan, place over a fire, and when they begin to boil add one-half pint of sour wine; boil slowly about fifteen minutes, during which time as the curd or cheese part collects, take it off with a spoon, and when the whole of the curd is thus removed, pour the whey into a vessel and it is ready for use. Good for very weak persons.

TO MULL PORT WINE.—Boil a little allspice in one pint of water, to get the proper flavor, and then add an equal quantity of port wine, a little sugar, and boil together a few minutes, and serve any way preferred.

SEVEN YEARS of suffering relieved is as many days. Corns cause in the aggregate as much suffering as any single disease. It is the magic solvent power of Putnam's Corn Extractor that makes it speedily successful in removing corns. Take no substitute, however highly recommended. Putnam's Painless Corn Extractor is the best. Sure, safe, and painless.

REFRESHING DRINK IN FEVERS.—Take four ounces of tamarinds, four ounces of raisins, and boil in about three quarts of water, slowly for fifteen or twenty minutes, or until the water is reduced near one-fourth; then strain, while hot, in a vessel with a little lemon-peel in it. When cool use as a drink.

GRAHAM BREAD.—Wet the graham flour with luke warm water, and use yeast and salt as for wheat bread. Knead in flour to make stiff; let stand from one to two hours till risen, and then bake.

HOW TO HELP NAIL UP A CHURCH DOOR.

(BY REV. JOHN W. FORSTER.)

Nail 4.—Take an interest in everything but the service; the minister and choir will attend to that; that is what they are there for. Take sufficient interest to notice all mistakes, and please tell them to everybody.

Nail 5.—Be sure and never give silver in the collection. Sometimes put a copper on the plate. This will give you the right of finding fault to an unlimited extent.

Nail 6.—Don't fail to forget the time of meetings for church work. This is very encouraging to the minister. Find fault with everything that has been done, and do not do anything because you were not consulted.