

Health and Home

A towel folded, dipped in hot water, wrung out rapidly and applied to the stomach, acts like magic in cases of colic.

Custard Toast—Bring a quart of milk to the boiling point, season and add two eggs well beaten. Boil one minute and pour over six slices of buttered toast. Put in the oven until the custard is set.

Frozen Custard—Make a boiled custard of one quart of milk, four eggs, one and a half cupfuls of sugar, and one tablespoonful of gelatine dissolved in a half cupful of cold milk. Let the custard cool, then put it in the freezer, and as soon as it begins to freeze add one pint of whipped cream and flavoring.

Caramel Pudding—Take four tablespoonfuls of white sugar, put in a buttered pan and cook until the sugar begins to melt and brown; then stir in one quart of milk until sugar is all dissolved, then stir in four tablespoons of cornstarch wet with milk so you can pour it readily; let it thicken and pour in a mold to cool. Eggs may be added if preferred.

Harmful Effects of Face Powder—If people who regularly use powder could only realize how destructive the practice is to the skin, and how exceedingly nasty the results are, they would try what radiant, perfect cleanliness would do. Several dollars' worth of rouge and powder can be outdone by a plentiful use of pure water, if only sensibly applied.

Lemon Drops—Grate the rind of two lemons, and cut the middle very fine, discarding the thick white part. Add one cup of sugar, one-half cup of butter, two eggs, a small pinch of soda and flour, to make a stiff batter. Drop it in large balls on a buttered tin and bake twenty minutes. Serve with lemon sauce.

Graham Gems—Cream together one and one-half tablespoonfuls of unmelted butter and two heaping tablespoonfuls of light brown sugar. Add one well-beaten egg and one cup of milk. Sift together one salt spoonful of salt, two teaspoonfuls of baking powder, one cup of white flour and three-fourths cup of Graham flour. Bake in gem pans in a quick oven.

One of the greatest mistakes about food which people make is to forget that the true value of food to anybody is the measure of its digestibility. Half a pound of cheese is vastly more nourishing, as regards its mere composition, than half a pound of beef; but while the beef will be easily digested and thus be of vast service to us, the cheese is put out of court altogether for ordinary folks by reason of its indigestibility. We should bear this rule in mind when we hear people comparing one food with another in respect to their chemical value.—London Hospital.

"NO ADULTERATION"

Its Fine Flavor is its natural Bouquet.

"SALADA"

CEYLON TEA

From the Gardens of the finest Tea producing Country in the World.

Sold in Lead Packets only. All Grocers.
25c, 30c, 40c, 50c and 60c.

NEW BOOKS.

- Christian Science**—An Exposure, by Annie Harwood. Cloth.....\$ 30
- A Handbook of Comparative Religion**—By Rev.S.H. Kellogg, D.D., Missionary to India..... 75
- From Fact to Faith**—By Rev. J. Monro Gibson, D.D..... 75
- The Two Covenants**—By Andrew Murray..... 50

Upper Canada Tract Society,
102 YONGE STREET, TORONTO

SELBY & COMPANY 23 RICHMOND STREET WEST, TORONTO.

EDUCATIONAL PUBLISHERS
SCHOOL AND KINDERGARTEN FURNISHERS
BOOKBINDERS AND MANUFACTURING STATIONERS

We are the only house in Canada carrying a full line of Kindergarten Goods.

Headquarters for the publications of

W. & A. K. JOHNSTON, Edinburgh and London
Maps, Charts, Globes, &c., &c.

BOUQUET OF KINDERGARTEN AND PRIMARY SONGS

Nearly 3,000 Sold. The best book published in Canada for Anniversary Entertainments, for Home and School use.
Cloth..... 75c.
Paper, Bristol Board Cover..... 50c.

Sunday School Teachers should send for our Catalogue of Sunday School Models

WE MAKE BLACKBOARDS

Prices on application. Send for our Catalogue of Kindergarten Supplies and School Aids.

SELBY & COMPANY - TORONTO ONT.

THE INGREDIENTS OF THE....

COOK'S FRIEND



It is sold at a more moderate price and therefore the more economical to use. It is best to buy and best to use.

are equal in quality to those of the highest priced brands on the Market.

RICE LEWIS & SON LIMITED

BRASS and IRON BEDSTEADS

TILES
GRATES
HEARTHES
MANTELS

Cor. King and Victoria Sts.
TORONTO

Is Your Son Away from Home ?

Send him THE DOMINION PRESBYTERIAN. It will prove a valued visitor for a whole year, and only costs \$1.00.

FOR ONE DOLLAR

We will send post free Prayer for Family Worship by PROFESSOR GREGG, KNOX COLLEGE—Largely in use throughout the church and strongly recommended for "Heads of families and all who lead others in prayer." By earnest and devout prayer of really good prayers, mind and memory will be stored with appropriate devotional language, and untimely prayer will be directed and enriched.

Williamson & Co., Publishers.
Toronto.

One Dollar

Will secure the weekly visits of THE DOMINION PRESBYTERIAN till the first of January, 1900. Sixteen to twenty-four pages of bright, crisp articles as well as all the news in connection with the Church. We ask your co-operation in maintaining a first-class religious newspaper for the family in connection with our Church. One Dollar till January 1st, 1900.

Address all communications to 232 St. James street, Montreal.

C. BLACKETT ROBINSON,
Manager.