

Selected Recipes.

VARIETY IN OMELETS.—If eggs are used for the foundation we may have a different omelet every day in the week. A few ears of corn were left from the dinner, cut off the corn and add it to the regular omelet, chop the corn fine, that makes a little difference. Add chopped oysters to another omelet, chopped lean ham to another, berries fresh or canned or preserved to another. Lean veal, chopped to another. Change will give a relish to all.

RICE CAKES.—Add a tablespoon of melted butter to two cups of cold boiled rice and beat up a little. Beat the yolks of two eggs, add one cup of milk, a tablespoon of sugar, a level teaspoon of salt, the rice and butter, and when all are well beaten stir in two cups

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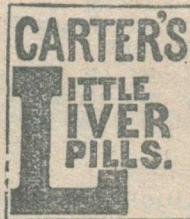
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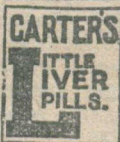
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of flour in which two level teaspoons of baking powder are sifted, and when this is mixed fold in carefully the stiffly beaten whites of two eggs. Bake in hot greased muffin pans filled about two-thirds full.

CREAMED MACARONI.—Cook quarter-pound of macaroni in plenty of boiling water that has been slightly salted; drain when it is tender enough to cut with a fork pressed against the side of the kettle. Make a sauce from one cup of milk heated in a double boiler, one rounding tablespoonful of flour, and two rounding tablespoons of butter. Season with salt and white pepper and add one-quarter pound of grated cheese. When the cheese is melted, and it should not be added until the sauce has cooked five minutes, pour at once over the hot drained macaroni. Serve hot.

Religious Notes.

The Duke of Connaught presided over the annual meeting of the Royal Army Temperance Association, and mentioned that the abstainers in the Army at home and in India numbered 49,000. They recognized at the War Office the very important part which the Association had played in raising the tone of the British soldier and in preparing him for whatever employment he might get in after-life. It was a source of great satisfaction to note the steady increase in sobriety which had taken place in the British Army. During his inspections he made inquiries as to the conduct of the men and was uniformly told that there was very little drinking, and in proof of this he was asked to see the canteen takings. Canteens did not exist to facilitate drinking. Mr. Clare White, the secretary, had visited the South African garrisons in the interests of the Association. Lord Methuen mentioned that one battalion in his command had 210 total abstainers.

A Chicago business man has recently published a 24-page pamphlet, entitled 'What We Owe and the Results of Paying it.' It contains the surprising results in a number of churches of obeying the command, 'Bring ye all the tithes into the storehouse.' To most people these experiences will be both a revelation and a prophecy of the only permanent solution of church and missionary finances. Sample copies may be had gratis by addressing Thomas Kane, 64-66 Wabash avenue, Chicago, Ill. It is encouraging to see business men taking up the question of church support in such an earnest and sensible fashion. Many Christians only need to have their full duty, as in the matter of giv-

ing, put before them, when they will respond with liberality and a holy joy.

It is sometimes the privilege of one man to swing the door of opportunity open a little wider for another man. The Rev. E. Payson Hammond is called the 'Grandfather of the Salvation Army,' because he counselled with General Booth with respect to the organization of the Salvation Army, and gave him some ideas regarding the best methods of reaching the classes lowest down in the social scale. It is a pleasant thought that many a Moses who cannot himself enter into a sphere of growing opportunity may yet give an encouraging word and a blessing to a Joshua who is to lead the Lord's hosts thereto.

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All business communications should be addressed 'John Dougall & Son,' and all letters to the editor should be addressed Editor of the 'Northern Messenger.'