

## The Quiet Hour.

### Toronto Children's Fresh-air Mission.

I have just received the Eleventh Annual Report issued by this Mission, and wish to tell you about it so that you may put a kindly shoulder to the wheel and help to move the train that carries Fresh-air children from the hot city streets into the cool, healthy country. Now that I am working in the city, I see the other side of the question. I hardly dare to go along some of the poorest streets near me because the children hang round me so with eager, questioning faces, and the cry: "Are you going to send me to the country?" We would gladly send them all if that were possible, but we have to pick and choose, sending the delicate ones and the poorest first, and as many as we can of the others too. It costs a good deal more here, because in many cases the Mission has to pay the board of the children as well as their travelling expenses. But when the parents can afford to pay something, they are always glad to do so. These children have no other playground than the paved street, where they play until ten o'clock at night and often later. They certainly sound as though they were having a very good time there—judging from their shouts of laughter—but it is not very healthy for either body or soul. I often see the little ones trying to scrape up a little earth from the cracks in the pavement to make into mud pies—you see, they find even a little earth hard to get. Yesterday I was potting a few pansies, and could hardly get enough earth to plant them in, and the little I found was dry and poor. However, the pansies look very healthy, and so do most of our children—in spite of disadvantages. But that is no reason why you should not have the pleasure of helping to make Christ's little ones perfectly wild with delight. Some of you can offer to take two children for a fortnight, and surely every household where "The Farmer's Advocate" is read can send—and will send—at least five two-cent stamps to the treasurer of the Toronto Fresh-air Mission. It will be money well invested, of that you may be sure, for here is a chance to offer a gift to our Lord Himself, according to His wonderful declaration: "Whosoever shall receive one such little child in My Name receiveth ME," and "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto ME." It has been well said that "God's best gifts are not things, but opportunities." Here is an opportunity for you, won't you catch it on the fly, and write to the Mission to-day?

Here are some quotations from the Report, which only reached me an hour ago. You see, I am not wasting much time in putting it on to you:

Are you looking for a safe investment or a partnership in a paying business? If so, the Toronto Children's Fresh-air Mission will interest you. God's own promise is Prov. 19: 17, "He that hath pity upon the poor LENDETH UNTO THE LORD; and that which he hath given will He pay him again."

Did you ever visit a poverty-stricken home and see the distress there?

Would you like to hear the pitiful cry of the needy, or the moan of a sick child?

Have you little ones at home and yet have no sympathy for the poor's children?

The Fresh-air Mission is carried on amongst our needy and deserving children during the hot summer months; sending them out to the homes of Ontario farmers for a two weeks' holiday, where they are received and cared for in the Master's name.

During the winter months we do all in our power to relieve their distresses. Warm clothes are provided, hungry ones fed, and the Gospel preached. Scores of these children have learned to know their best Friend, and are now trusting Jesus as their personal Saviour.

Last year about 350 were given the holiday treat, and if one could only hear from the children the stories of "life on the farm," we would all want to increase our "stock" in the Fresh-air Mission.

The average cost per child for the holiday is only about ONE DOLLAR, and let us make plain here, that we trust our Heavenly Father for everything, the homes, the children and the money. Never do we ask directly or indirectly for money, simply publishing a small report each year and leaving it to each one what their responsibility is. If God has taken you into partnership in this Fresh-air Work, ask Him what part He desires of you.

Let us tell you how a child's life was saved through this work. Frankie was born of godly Scotch parents, and when only a baby his father and mother died, leaving him to the care of an aunt. This person, though very respectable, was poor and had a hard struggle for a living. Not getting proper nourishment and living in a small house, where fresh air was at a premium, Frankie soon became weak and sickly. A doctor's advice was sought and after a time, there being no improvement, he said to one of our workers, "Three months will finish his life if not gotten away to the country." After much prayer, a home was offered, and Frankie sent out. The change worked wonders, and in three months one would hardly have known the child.

The Grand Trunk and Canadian Pacific Railways do nobly, giving us every possible assistance, and we wish again to thank them this year.

"A child that was born to sorrow,  
A child that is pinched and lame,  
Who watched through the flight of the  
hot summer nights  
For a holiday that never came."

#### JORDAN COTTAGE.

A new feature of the work was that of a Summer Cottage at Jordan Harbor. Some kind friends, "whose hearts the Lord stirred," wished to do something for the poor children in Toronto. A farmhouse was placed at their disposal, and they at once communicated with Mr. J. J. Kelso as to how to get the boys and girls. Knowing of the Fresh-air work in connection with the Toronto Mission Union, Mr. Kelso passed on the letter, with the result that Jordan Harbor was visited and all arrangements made for the summer's work. Our share in the work was to secure the boys and girls, and two workers to look after them while on their holiday. The kind friends provided everything else, and it was very sweet to see the good things come in day after day.

The children were sent in batches, numbering from ten to seventeen every two weeks, with two workers, sixty boys and girls thus enjoying a holiday.

There were some who looked on with suspicion, thinking that city lads were different from other boys, and predicted a general smash-up of trees, fences, household furniture, etc., but by the time the holidays were over, the suspicion was gone, as the trees were still in place and laden with fruit, fences were up and the household furniture had not suffered.

One of the pleasures looked forward to was the afternoon trip to the lake and an occasional picnic on the hill, after the bathing was over.

But the important event of the two weeks was the picnic given by our friends on their lawn, at which the children could swing, play games, visit the horses, cattle, etc. What a notable day it was, and how well they all behaved!

The life at the cottage was made as homelike as possible, and every morning all gathered round to hear God's word read, and to commit in prayer to a loving Heavenly Father's care the work and needs of the day. Each Sabbath afternoon we had our own Sabbath School, as there was none near enough for the children to attend.

The young ladies who have undertaken this work hope to be able to continue it another summer.

2 Cor. 8: 12—If there be first a willing mind, it is accepted according to that a man hath, and not according to that he hath not.

#### CAN YOU MAKE ROOM?

"I wish we lived on a farm," said a city friend, "for then we could take some of these Fresh-air Children every summer." "I wish you did, too," said one of our workers, "for we have so many deserving ones who are begging to go." And yet it means a good deal of self-sacrifice to our friends in the country

to take these children. What do you think of a man and his good wife, who, being blessed with 11 children, the oldest 18, writing to our Mission and asking if they might help in the work by taking two needy ones? Of course, they got their wish, and one hardly needs to tell of the blessing that home received in giving that holiday.

Needy children are like the poor spoken of in God's Word, "Always with us." No fault of theirs that they are poor and unhealthy; no fault of theirs the crowded quarters and close confinement, where to play is impossible, and the only outlet the narrow street. Did you ever stop to think of what it must be to live amid such surroundings?

Last summer, after the outing, I visited a home "in the rear" and found a hard-working little mother with a heart full of gratitude for what had been done for her two children. Best of all, she said, they had learned some beautiful "songs" (Gospel hymns), and also an evening and a morning prayer.

Of course we are dependent on our friends living in the country for these homes. We believe our Heavenly Father will open the hearts of His own children to take these needy ones for a two weeks' holiday.

"In saving a man you save a soul;  
In saving a child you save a soul and a life."

#### WHAT WE ASK OF OUR FRIENDS WHO TAKE THE BOYS AND GIRLS.

To take them for two weeks' holiday. To be strict and not withhold correction when it is necessary.

To notify children's parents of their home-coming.

To kindly write Secretary as to children's conduct (good or otherwise).

We desire to send them all out the first week in July, commencing Wednesday, July 4th.

Friends to meet the children at the railway station, and see them safely on the train on their homeward journey.

We send the children two by two, so as to prevent homesickness.

We pay their railway fare both ways.

We ask only for Christian Homes, where the children will be received for the Master's sake.

We try to send our best behaved and most deserving boys and girls.

Kindly say whether boys or girls are preferred.

We cannot send their names before going out.

If the same children are desired again, kindly let the Secretary know.

In your correspondence please say whether Miss, Mrs. or Mr.

State Post Office Address and nearest Railway Station.

We wish to have by June 20th the names of Friends who desire to take our children.

Please join us in earnest prayer that above all our boys and girls may learn to know and trust Jesus as their personal Saviour.

The Secretary is Miss Florence Roberts, 21 Scarth Road, Toronto; the Treasurer is Martin Love, 506 Church St., Toronto.

I hope that if you do help this work along, either by offering a fortnight's home to some poor children, or by sending a little money to help in paying expenses, you will mention "The Farmer's Advocate," so that I may be able to tell you some day how great your help has been. Don't put this paper away, and say, "I will do something about it some day soon." Time slips by so quickly at this busy season, and the children should be sent out the first week in July.

HOPE.

#### Good Work.

"If there is one rule above another which I wish to impress on those who are starting out in life," writes Charles Kingsley, "it is this—take pains. Take trouble. Whatever you do, do thoroughly. Whatever you begin, finish. It may not seem worth your while at the moment, to be so very painstaking and exact, but after years you will find that it was worth your while, that it has paid you by training your character, and by giving you success in life. It paid you by giving you the respect of others."

## About the House.

### Food Values: Sugar.

Now that preserving season is in sight, a few paragraphs devoted to the consideration of sugar may not be inopportune. The sugar most familiarly known is, of course, the ordinary commercial article, formerly made from sugar cane, now largely from beets. The chemical constituents of cane sugar, beet sugar and maple sugar are, however, practically identical, so that no one may consider herself cheated who is given the beet product instead of that made from the cane.

There is another group of sugars, the glucoses, comprising dextrose or grape sugar, levulose or fruit sugar, and invert sugar, a mixture of the two, found principally in honey. Since all the cane or beet sugar eaten must be changed into either dextrose or levulose in the intestine before it can be digested, and the sugar in fruit and honey is already ready for assimilation, it will be seen that sweet fruits and honey contain sugar in a very digestible form. Jam is also good, as in the cooking a chemical action set up by the acids and the heat converts the sugar into a more digestible form.

As with other things, however, sugar must not be eaten to excess. Strong solutions of ordinary sugar are likely to cause, by irritation, an excess of mucus in the stomach; while in some cases the fermentation set up by any of the sugars is likely to prove troublesome. Lactose or milk sugar is the least liable to fermentation, hence is it that we find a milk diet so often recommended in case of stomach trouble.

Nevertheless, it must be remembered, sugar, when used in moderation by people in ordinary health, is a most valuable food. Being practically a pure carbohydrate, its fuel value is very high. Most of all is it a muscle food, and it not only gives energy to do work, but lessens fatigue. Swiss guides and Arctic explorers have long found it indispensable; the endurance of the old Scotch soldiery who used to ride forth with a bag of oatmeal and another of brown sugar at their saddle-bows is a matter of history; while shipments of chocolate candy have come to be a matter of course in modern warfare.

When to all this it is added that sugar is one of the best known stimulants to appetite (except in some cases of illness), it will be seen that sugar is a real food, not a mere luxury, and that a sweet used as dessert is an economy of strength and endurance, not an extra of no practical use.

### Seasonable Recipes.

Strawberry Snow.—Make a boiled custard, by any of the recipes given recently in "The Farmer's Advocate," of milk, corn-starch, yolks of eggs, sugar and enough crushed berries to flavor. Chill and turn into a glass dish. Whip 4 egg whites stiff. Add 3 tablespoons sugar and beat until dry, then add half a cup cocoanut. Cover the custard with this "snow"; scatter whole berries over the top and serve.

Hot Strawberry Shortcake.—Sift a pint of flour with 2 teaspoons baking powder and a pinch of salt. Chop into this 1 tablespoon each of butter and lard, and add enough water to mix with a knife into a very soft dough, handling as little as possible. Press out into a cake half an inch or more in thickness, and bake. When done split it, butter freely, put split berries between and over the top and serve with rich cream. A very nice strawberry cake may be made by using any recipe for layer-cake instead of this one for shortcake.

Strawberry Pancake.—Make a rich pancake batter with eggs, and cook in three large pancakes, butter, and put in layers, with crushed berries and sugar between and on top.

Strawberry Whipped Cream.—Rub 24 lbs. strawberries through a sieve, and add 4 lbs. of sugar and 1 quart whipped cream. Put a layer of macaroons or stale cake in the bottom of a dish. Add a layer of the strawberry whip, then a layer of the cake, and so on until the dish is full. Bake the top with cream, whipped until set, and served with cream.