

World of Missions.

The Church of the Waldenses.

The Waldensian Church in Italy makes steady progress. A map indicating its stations shows that the whole country is being dotted over with congregations and places of preaching. Besides the mother church in the valleys with its 15 parishes, and those of Pinerolo and Torino, there are 48 ordained pastors, 8 evangelists, 11 teacher evangelists, 65 teachers, and 12 colporteurs at work. In the Church there is a membership of 5,310. The regular hearers are 8,250, and occasional hearers 79,665; 4,083 pupils are in the Sabbath schools, and there are 3,387 day and evening pupils. At the head of the work stands "The Board of Evangelization," of which Dr. Matteo Prochet, well known in this country, is president.

A Trial to Missionary Flesh.

Dr. A. S. Wilson, a missionary of the American Presbyterian Church at Kodoli, India, writes: "This famine has thrown us into personal contact with the people as never before, and we have tried to make the most of our opportunities and are hoping for great results. There is a side to this personal contact which I have not seen emphasized anywhere, but which is very real to us. Old missionaries say they never had to fight vermin as in this famine. When you came in from a distribution of clothing or grain, tired in body and spirit, but inclined to feel good at the thought of the suffering you have relieved, it is a little disquieting to find that your clothing is full of fleas and bedbugs. But this is our daily experience, varied by occasionally finding what Bill Nye called 'restless little stowaways' in our hair. We have learned to control the first feeling of utter loathing which used to seize us on making these discoveries, and we try to be philosophical, but it is pretty tough on the children, who sometimes manage to get their share of the 'white man's burden.'"

Protestantism in France.

A well-known French pastor, R. Saillens, recently in London, has been giving his views upon the present situation in France. He says that there is an unmistakable revival of church-going and external Catholicism in France just now, and that this is due, not to any serious belief in the Catholic creed, but to the sheer despair which has seized many parents in view of the results upon their children of a Godless education. The average Frenchman confounds Christianity with Romanism, and he has been taught from infancy that Protestantism is synonymous with rationalism and the negation of Christianity. He sees that the negation of Christianity has produced disastrous results upon morals, and to save these he imagines he must do homage to Catholicism, and invite the priest to exercise his functions. There is in France at present a fruitful soil for the truth, if only the sowers could be confederated. Single-handed work is too slow; a combined movement is needed.

The Secret of Victory.

Send me the names of ten or more earnest Christians, mentioning this special offer, and I will send you, free, a booklet, "Pentecostal Messengers," or "Goodbye's Commentary on Thessalonians," which explains this subject. Address M. W. KNAPP, office of God's Revivalist, CINCINNATI, O.

Health and Home Hints.

Set a small box of lime in the pantry, and it will help to keep it dry and the air pure.

Exercise will do for your body what intellectual training will do for your mind—educate and strengthen it.

Soda should never be used for flannels; and if they are kept in good condition they should be neither mangled nor ironed.

All furniture should be cleansed occasionally with warm water and soap; it must afterwards be rubbed perfectly dry, and then polished.

Stocking mended with silk instead of the ordinary wool will not chafe tender feet. The silk should be almost as thick as buttonhole twist, and as it lasts a long time it is not as extravagant as it sounds.

It has been positively ascertained by expert chemical analysis that rice contains more nutritive elements than any other grain. It will sustain life better and longer than any other cereal, a fact well-known throughout the Eastern countries from time immemorial.

Lamb kidneys are a good breakfast dish, too. They may be stewed, peeled, and cut up the day before they are needed, and quickly heated in a rich sauce made of stock or beef extract, Worcestershire sauce, chopped parsley, and lemon juice. A quantity of mushrooms, either canned or fresh, are a pleasant addition to the whole.

July home breakfasts.—A light meat which may be served for the morning meal if it seems impracticable to dispense with it altogether, is liver and bacon, prepared by cutting the thin liver into pieces the size of a silver quarter, and putting them on small skewers furnished by the butcher, alternating each bit with one of still thinner bacon, of the same size. When the skewers are full they are to be turned in a hot, dry frying-pan until the meat is brown, then they are to be laid on strips of toast, with the same garnish of parsley and lemon called for by so many dishes.

Rhubarb Jelly.—A very pretty as well as agreeable and refreshing jelly is made from rhubarb, with the addition of a little gelatine and the rose-colored tint that comes with commercial gelatines like Knox's. Stew the rhubarb until tender, adding water barely to cover, and strain through cheese cloth. Add an equal quantity of sugar by measure and a tablespoonful of the granulated gelatine to each half pint. Dissolve a pinch of the rose gelatine in a very little water, and add to make the color as desired. Stir over hot water until sugar and gelatine are perfectly dissolved; then strain and mold. Serve very cold. This jelly goes very nicely with flaked rice, tapioca or cream of wheat.

Gooseberry Shortcake.—Make a shortcake of the biscuit order, but light and short, remembering that much handling destroys its lightness. A level teaspoonful of baking powder to a cupful of flour, and a bit of butter as large as an English walnut, give the right proportions. Add a pinch of salt and mix with milk, using a knife, to a very soft dough. Turn upon the board and gently put it into shape, and bake in one or two flat cakes as crust is preferred, or otherwise. Butter while hot, splitting if one cake only is used, and fill with the gooseberries, stewed and sweetened while the shortcake is baking. Put together and cover with the fruit. Serve with cream and sugar. Green currants and gooseberries, as well as ripe ones, and stewed rhubarb, all make very acceptable shortcakes after this rule.

Why Women Have the "Blues."

"Why do so many women have melancholia?" repeated the doctor, who has a large practice among the "depressed" and "nervous" feminine population. "Because they don't care to avoid it. Because they absolutely disregard the rules of mental and physical well-being. Because they would rather eat what they like and suffer indigestion and the blues afterwards than to eat what is good for them but doesn't tickle their palates. Because they'd rather sit about on soft cushions than take a tramp six miles through the open air. Because they haven't enough to occupy their minds and their hands."

Then the doctor paused to take breath, and began again somewhat less aggressively: "It is never the women who have cause to feel blue," he said, "who indulge in blues. The women who have shiftless husbands, hard-hearted landlords, sick babies and all the usual accompaniments of poverty never grow so depressed that they have to be treated for it. They are too busy. It's the woman with an adoring family, social position and a comfortable income who doesn't find life worth living. It isn't the servant girl who gets up at six to kindle the fire and who slaves all day who indulges in melancholia, but the daughter of the family who arises at eight, dawdles over her breakfast, reads a little, practices a little, shops a little, craves excitement with all her heart, and is melancholic because she doesn't have it."

"There is no habit which grows upon one so rapidly," went on the doctor. "It becomes a disease in a very short time. My own plan, whenever I feel an attack coming on is to put on my walking boots and tramp vigorously as far as I can. It is simply impossible to exercise and feel blue at the same time. Of course, a general care of the health is necessary, and work is the chief factor in effecting a cure. Every woman who has a tendency to melancholia should have an occupation which, if it doesn't entirely absorb her, will at least keep her busy. And she should give her mind up to practical rather than theoretical affairs. She should study how to put an extra shelf in a cupboard or how to stop a squeaking door, or how to make an overshoe that won't come off at the heel, rather than the teachings of the theosophical school or the philosophy of Herbert Spencer. Ordinarily good health, plenty of exercise, plenty of work, and an interest in the affairs of this world are the great preventives and cures of melancholia." —London Doctor.

Cutting Our Wings.

Plato says that we all once had wings and that they still tend to grow out in us, and that our burnings and aspirations for higher things are like the teething pangs of children. We are trying to cut our wings. Let us not despise these teething seasons; though the wings do not become apparent they may be starting under many a rough coat, and on many a clumsy pair of shoulders.—H. B. Stowe in "Old Town Folks."

Do you remember some of the books you read, but did not allow to lie on the table where others of the family would see them?

"Blinks has a perfect mania for condensing everything. Did you hear how he proposed?" "No." "He held up an engagement ring before the girl's eyes and said 'Eh? And what did she say?'" "She just nodded."