

# Health and Home

**Sour Cream Salad Dressing**—Add one tablespoonful lemon juice to one-half cup sour cream, shaking in a few grains of paprika or white pepper and one-fourth teaspoon salt. Use it on a mixture of cucumber and onion.

To clean cut-glass, first scrub well with warm water and soap. Rinse in clear water, and then brush well into every crevice a paste made of whiting and water. Let dry, brush off, and polish with a soft duster.

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

To Take Rust From Steel.—Rub the rusted article well with sweet oil, and allow the oil to remain upon it for forty-eight hours. Then rub with soft leather; sprinkle well with finely powdered unslacked lime till the rust disappears.

**Apple Crouton**—Pare, halve and core good smooth apples; cut slices of bread, without crust, to fit the flat side of each half apple; just the apple all over with sugar, a little nutmeg or cinnamon, arrange these on the slices of bread in a pie plate, and bake in a moderate oven.

To Fry Egg Plant.—Pare and cut in slices and lay in cold, salted water for over an hour, which removes a black, bitter juice. Then press the slices between two plates and wipe them on a clean cloth. Roll in cracker crumbs and egg and fry with butter.

**Sponge Gingerbread**—One cup sour milk, one cup dark rich molasses, one-half cup butter, one-half cup sugar, one egg, one teaspoon soda, one tablespoon ginger and two cups of flour. Warm the butter, molasses and ginger together, add the milk, flour and egg and a pinch of salt, and last the soda dissolved in one tablespoon of warm water. Bake in shallow pans.

**Carnaffs**—Take cold cooked ham and chop it fine, season with pepper. Put a tablespoonful of flour in a saucepan, mix, and add a gill of cream, stir continually until it boils, take it from the fire, add the well beaten yolks of four eggs and a half pint of chopped ham. Put this into buttered cups, stand them in a baking pan half filled with hot water, cover with paper, and cook in an oven for twenty minutes. Serve with cream sauce.

**Entire Wheat Cookies**—Cream one-half cup butter with one cup light brown sugar. Add one egg, beaten light, and one-half cup sour milk, the more creamy the better. Mix one-half level teaspoon each of fine soda and salt with one cup entire wheat flour and stir this into the mixture. Flour one-half cup seeded raisins, cut fine, and stir this in, then add enough more flour to make a very stiff dough. Roll out one-fourth inch thick, cut in rectangular strips and bake in a quick oven.

Dr. Chase gives the following directions for procuring sleep: "The pressure of the blood upon the brain keeps it in a stimulant or wakeful state, and the pulsations in the head, are often painful. Let such rise and chafe the body and extremities with a brush and towel, or rub smartly with the hands, to promote circulation and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few minutes. A cold bath, or a sponge bath and rubbing, or a good run, or rapid walk in the open air, or going up or down stairs a few times just before retiring, will aid in equalizing circulation and promoting sleep."

MERIT WINS THE SOUL  
THAT ACCOUNTS FOR THE GREAT POPULARITY OF

# "SALADA"

CEYLON TEA

Which has the merit of being absolutely Pure and free from all coloring matter and adulteration.

Sealed Lead Packets only. All Grocers.

25c, 30c, 40c, 50c and 60c.

## NEW BOOKS...

- Bible Characters, Third Series, Completing the Old Testament characters. By Rev. Alex. Whyte, D.D. .... \$1 25
- George Muller, of Bristol, New and authorised Life, By Arthur T. Pierson, D.D. .... 1 50
- Messages to the Multitude, Twelve Sermons by C. H. Spurgeon, paper ..... 25
- Missionary Expansion of the Reformed Churches, Rev. J. A. Graham, M.A. .... 60
- Young People's Problems, J. R. Miller, D.D. .... 50

Upper Canada Tract Society,  
102 YONGE STREET, TORONTO.

RICE LEWIS & SON  
LIMITED

BRASS and IRON  
BEDSTEADS  
TILES  
GRATES  
HEARTHES  
MANTELS

Cor. King and Victoria Sts.  
TORONTO

SIX  
MONTHS  
FREE

.. FOR ..  
TEN  
MINUTES'  
WORK

Any subscriber sending us two new names for the Dominion Presbyterian, accompanied by **Two Dollars**, advanced six months.

A few minutes any evening will accomplish the task. We will send you sample copies on receipt of post card. Collect One Dollar from each of the two subscribers, sending us the names and the amount.

Subscription Price **\$1.00 per year when paid in advance. \$1.50 when not so paid.**

The Dominion Presbyterian 232 St. James St., MONTREAL.

C. BLACKETT ROBINSON, Managing Editor.