

World of Missions.

Waiting for the Consolation of Israel.

It is an old saying that the Jewish race is one of the miracles of history. A race so gifted in music, in poetry, and in philosophy; so scattered, yet so distinct; the most passionately patriotic of all peoples wandering homeless among the nations because, when Messiah came, they refused Him a spot whereon to lay His weary head. It is with an infinite pity that we read of the Wailing Place by the wall of Jerusalem, where to this day sorrowful heads are bowed with woe, and sorrowful voices lament with tears the golden days of the heroic past. But it is also with steadfast hope that we wait for the Consolation of Israel. "The thing is true, but the time appointed is long."

Our Lord Jesus condescended to be born of a Jewish mother and to be brought up in a Jewish home. To the Jews we owe our knowledge of Him Who is the Light of the World, as of the individual soul. What shall we render to them for all that they have given us? Shall we not take an interest in all Jewish boys for the sake of the stainless boyhood in the home at Nazareth? Shall we not teach the Jews of to-day the New Testament as their fathers have taught us the Old?

They are a difficult people, and who can wonder that beside their hoary religion the glad tidings which we preach seems but the growth of yesterday—a plant without a root which must wither away? Let us not be disappointed that they do not press into the Kingdom in crowds, for strait is still the gate and narrow the way. "One by one ye shall be gathered, O ye children of Israel." We forget how much it means to them to come forth and be baptized. It means loss of work, social ostracism, and hardest of all, hatred and persecution from their nearest and dearest. Truly for them the hymn is full of meaning,

"Jesus, I my cross have taken,
All to leave and follow Thee,
Destitute, despised, forsaken,
Thou from hence my all shalt be."

And so it may be that the number of converts is few, but the leavening influence of our Missions is great. The seed which is being sown, sometimes even in tears, will be reaped, assuredly, with joy. Our Jewish Missions are full of life, and life spells growth, and growth means, on our part, more prayer and more money. It is the dream of those in charge to found a Medical Mission at Constantinople to help the poor Jews of Haskeni. And a dream that is committed to God returns to us a reality by and by. Who will help? Who will build a hospital? Who will offer for medical work, taying, "Here am I, send me"? Who will pray "the effectual fervent prayer" that "availeth much"?—Life and Work.

In reply to a question, How many mission converts lapse? Dr. N. Macvicar, of Biantyre, British Central Africa, says, in the *Church of Scotland Mission Record*, that out of a total of 314 men (with 5 exceptions young men) who have been baptized from the beginning of the African mission up to December 31, 1899, only 26 have lapsed from membership. Seeing that many of the converts are now living at a distance from any of the churches, and are exposed to temptations from their heathen neighbors often hard to be resisted, the proportion of the lapsed is remarkably small.

Health and Home Hints

A man should weigh 26 lb. for every foot of his height.

The most laxative fruits are apples, figs, prunes and peaches.

Never put any warm food away in a covered dish, as the steam arising therefrom will surely cause moulding.

Blood oranges are sometimes artificially produced by injecting a few drops of claret through a small aperture in the rind.

The use of fruit diminishes acidity and antagonizes rheumatism. The acids in fruit undergo changes which diminish the acidity of the blood and aid in the elimination of uric acid.

To prepare unfermented wine for use at the communion service or in the sick room is as simple as canning fruit, and is on the same principle. Press the juice from grapes, and to one pint take a half pound of sugar. Boil a few minutes and can while hot. Nothing is better than the self-sealing cans commonly in use.

Salad Rolls.—Scald one cupful milk, add one and one-half tablespoonfuls sugar, one-half teaspoonful salt and two tablespoonfuls butter. When lukewarm add one yeast cake dissolved in one-fourth cupful lukewarm water, the white of one egg beaten stiff and three and three-fourth cupfuls flour. Knead, let rise, shape, let rise again, and bake in a hot oven over fifteen minutes. Always make rolls small.

Braised Chicken.—Prepare as for roasting, omitting the filling. Place in the bottom of a braising pan half a carrot cut into dice, a small onion sliced, with a sprig of parsley. Now place the chicken on top of these, and add half a pint of water or stock, salt and pepper. Cover and cook in a quick oven an hour and a half, basting frequently. When done, remove from the pan, make a gravy with the liquor from the braising pan, a tablespoonful of butter and two of flour. Season to taste, and serve with the chicken.

To derive benefit from the exercise of walking, it is necessary to walk with a light, elastic step, which swings the weight of the body so easily from one leg to the other that its weight is not felt, and which produces a healthy glow, showing that the sluggish blood is stirred to action in the most remote veins. This sort of walking exhilarates the whole body and produces healthful fatigue.

Clear Soup.—Five pounds of shin of beef, three quarts of cold water, eight cloves, one-half of a bay leaf, three sprigs of parsley, one teaspoonful of pepper corns, four leeks cut fine or two onions chopped, one-half of a cupful each of chopped white turnip and carrot. Wipe the meat, remove the fat and cut in small pieces. Melt the fat in a pan and fry quickly in it about one-quarter of the meat until very brown. Add the remainder with the bone and the cold water and let stand for an hour, then put on the fire and heat slowly to the simmering point. Simmer steadily for five hours, add prepared vegetables and seasonings and simmer for an hour longer, then strain and set away until cold. Remove all fat from the stock. Put into the soup kettle with the whites and crushed shells of three eggs, the former whipped to a soft froth. Stir constantly until the soup reaches the boiling point, boil without stirring for five minutes, draw to the side of the fire, where it will barely simmer for ten minutes. Strain through a double thickness of cheese cloth wetted in cold water.

The Lesson of Health

IS ONE TAUGHT BY THE EXPERIENCE OF OTHERS.

LEARN THIS LESSON WELL AND THE RAVAGES OF DISEASE WILL NO LONGER BE SO PREVALENT—THE STORY OF ONE WHO HAS BEEN BENEFITTED AND WHO OFFERS HER EXPERIENCE TO AID OTHERS.

From L'Sorelois, Sorel, Que.

Among the multitude of ailments that afflict humanity there are few that cause more acute misery than indigestion or dyspepsia, as it is variously called. Both young and old are susceptible to its attacks, and its victims throughout the country are numbered by tens of thousands. Among the disagreeable symptoms which accompany dyspepsia and make it easily recognizable, are weight, uneasiness and a heavy feeling in the stomach after eating, a feeling of weariness, sick headache and dizziness, pains in the stomach, offensive breath irritability, etc. Ordinary medicines will not cure dyspepsia. They may relieve its symptoms temporarily, but the trouble always returns and each time in an intensified form. Dr. Williams' Pink Pills is the only medicine which will thoroughly and effectively cure dyspepsia. These pills act not merely upon the symptoms, but on the disease itself through the blood, hence through the stomach, which is strengthened and restored to its normal functions.

Mrs Alf Lussier, a lady well known in Sorel, Que., is one of the many who have been released from the clutches of dyspepsia through the use of Dr. Williams' Pink Pills, and in the hope that her experience will be of benefit to some other sufferer she gives the following story for publication: "For over two years I was a sufferer from dyspepsia or bad digestion. The disease became chronic and I was an almost continual sufferer from headaches, heartburn and heart palpitation. All sense of taste left me and at times my stomach was so weak that I was unable to keep any food on it, and this caused me more distress than one could imagine. Although I tried several remedies, none of them gave me any relief, and I began to regard my life as a burden, rather than a joy as it should be. One day while reading I came across a case similar to my own, cured through the use of Dr. Williams' Pink Pills, so in the hope that I would receive similar benefit I decided to give the pills a trial. I had not taken the pills long before I could see that my hopes for recovery were being realized. By the time I had taken half a dozen boxes all symptoms of the trouble had disappeared and I was able to enjoy life as I did before being seized with the malady. I have no hesitation in saying that I think that Dr. Williams' Pink Pills are the best known cure for dyspepsia, and I would strongly advise all sufferers to give them a trial.

The old adage "experience is the best teacher" might well be applied in cases of dyspepsia, and if sufferers would only be guided by the experience of those who have suffered but are now well and happy through the use of Dr. Williams' Pink Pills, there would be less distress throughout the land. Dr. Williams' Pink Pills can be had at all dealers in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.