

HINTS TO HOUSEKEEPERS.

Sweet Pickled Pears.—Wash clean, sound pears that are not too ripe. Peel and stick a clove in each one. Allow three and three-quarter pounds of sugar to seven pounds of fruit. Boil the sugar with one quart of vinegar and two ounces each of cloves and a stick of cinnamon. Boil for five minutes after the sugar is dissolved. Put a few pears at a time in the boiling syrup and cook them until they look clear, but are not softened enough to fall apart. When all are cooked, continue to boil the syrup until it is reduced nearly one-half and pour it over the pears.

Baked Pears.—Select five large green winter pears without any blemishes, wash them carefully, place in the bottom of a stone butter crock which you have covered with about a gill of water. Pour granulated sugar over the pears, which should have been perforated in several places with a silver fork to allow the juice to run out without bursting them. Cover the jar closely, using a stone china plate. These should bake from three to four hours in a slow oven. When done they will be soft to the core, and the syrup like honey, without being deadly sweet.

Bread.—According to a writer in the "Lancet" "new bread" is not in itself more indigestible than stale bread—the former simply requiring, despite its apparent softness, to be as carefully masticated as the latter, owing to its dryness, usually is. "Hot rolls," we are told, "may be enjoyed for breakfast without fear of dyspepsia so long as the bread is good, and so long as pains is taken to masticate it thoroughly."

And once again we are reminded of the soundness of Mr. Gladstone's rule "of chewing each morsel a great number of times."

From the same source comes information regarding the virtues of the pineapple, the juice of which contains, it seems, a remarkably active digestive principal, termed "brometin," similar to pepsin. These digestive agents are present more or less in all fruits, but owing to the quantity of juice it contains, the pineapple in its fresh condition is especially valuable in this respect, and it is suggested that these qualities compensate largely for the indigestible nature of its woody fibre.

REST.

To step out of self-life into Christ-life; to lie still and let Him lift you out of it; to fold your hands close and hide your face upon the hem of His robe; to let Him lay His cooling, soothing, healing hands upon your soul, and draw all the hurry and fever from its veins; to realize that you are not a mighty messenger, an important worker of His, full of care and responsibility, but only a little child, with a Father's gentle bidding to heed and fulfill; to lay your busy plans and ambitions confidently in His hands, as the child brings its broken toys at its mother's call; to serve Him by waiting; to praise Him by saying, "Holy, holy, holy," a single note of praise, as do the seraphim of the heavens, if that be His will; to cease to hurry so that you lose sight of His face; to learn to follow Him and not run ahead of orders; to

to live in Him and for Him; to love His honor more than your own; to be a clear and facile medium for His life tide to shine and glow through cease to live in self and for self, and—this is consecration, and this is last

FROM BETTER TO BEST.

The life of the leaf is a progress from beauty to better beauty. In the spring of the year it is hard to believe that anything could be prettier than the delicate green mist which catches our eye here and there in the landscape. But the weeks go by and we discover that summer's rich foliage is even better. And best of all are the autumn leaves, each one as brilliant as a flower, making the woods dazzling and leaving a bright picture to carry in the memory all the year.

Every life which fulfills God's will grows from one loveliness to a better. Youth's promise is very little, compared with the serene glory of a beautiful old age. There is no need of looking back regretfully to the days that are gone, for the best days are always ahead.

"Haunts of Fish and Game."

This is the title of an artistic little book just issued by the Grand Trunk Publicity Department, in which the sportsman, the angler, the tourist and those who are seeking for health and alert for pleasure may find information that will guide them in the choice of a rendezvous for the gratification for their tastes or the exercise of their skill. It tells of the charms of the Diamond Lake, the Ontario Highlands, the Thousand Islands and St. Lawrence River, the Rideau Rivers and Lakes and Lake St. John. An interesting account is given of the successful experiment made by the Grand Trunk and the Ontario Government to replenish the waters of the northern lakes by transplanting parent bass. In all some 10,000 small mouth bass were transplanted from Lake Erie and distributed where needed. The cover of this brochure will, at once strike the eye of the sportsman, for it shows the deer as it becomes the mark for the hunter's rifle.

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