HINTS! TO HOUSEKEEPERS.

Sweet Pickled Pears.- Wash clean, sound pears that are not too ripe. Peel and stick a clove in each 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 dissofted. 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 deadly sweet.

the "Lancet" "new bread" is not prettier than the delicate green mist in itself more indigestible than stale which catetes our eye here and there bread—the former simply requiring, in the landscape. But the weeks despite its apparent softness, to be go by and we discover that summer's as carefully masticated as the latter, rich foliage is even better. And owing to its dryness, usually is best of all are the autumn leaves, "Hot rolls," we are told. "may be each one as brilliant as a flower, enjoyed for breakfast without fear making the woods dazzling and good, and so long as pains is taken the memory all the year. to masticate it thoroughly."

of the soundness of Mr. Gladstone's better. Youth's promise is very rule "of chewing each morsel a little, compared with the serene great number of times."

formation regarding the virtues of fully to the days that are gone, for the pineapple, the juice of which the best days are always ahead. contains, it seems, a remarkably active digestive principal, termed "Haunts of Fish and Game." "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 Christlife; 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 Lake St John. An interesting acyour soul, and draw all the hurry and fever from its veins; to realize experiment made by the Grand that you are not a mighty messenger, | Trunk and the Ontario Governan important worker of His, full of ment to replenish the waters of care and responsibility, but only a the northern lakes by transplant little child, with a Father's gentle ing parent bass. In all some 10, bidding to heed and fulfill; to lay ooo small mouth bass were transyour busy plans and ambitions planted from Lake Erie and disconfidently in His hands, as the tributed where needed. The cover child brings its broken toys at its mother's call; to serve Him by wait the eye of the sportsman, for it ing; to praise Him by saying, "Holy, holy," a single note of praise, as do the seraphim of the heavens, if that be His will; to by applying to J. D. McDonald, cease to hurry so that you lose sight of His face; to learn to follow Him District Passenger Agent, Torand not run ahead of orders; to onto.



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

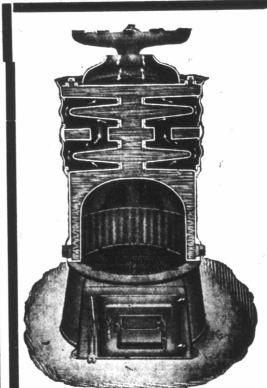
### FROM BETTER TO BEST.

The life of the leaf is a progress syrup like honey, without being from beauty to better beauty. In the spring of the year it is hard to Bread.—According to a writer in believe that anything could be of dyspepia so long as the bread is leaving a bright picture to carry in

Every life which fulfills God's will And once again we are reminded grows from one loveliness to a glory of a beautiful old age. There From the same source comes in- is no need of looking back regret-

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 count is given of the successful of this brochure will at once strike shows the deer as it becomes the mark for the hunter's rifle.

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