

HEAD BACK LEGS ACHE

Ache all over. Throat sore. Eyes and Nose running, slight cough with chills; this is La Grippe.

Painkiller

taken in hot water, sweetened, before going to bed, will break it up if taken in time.

There is only one Painkiller. "PERRY DAVIS"

World of Missions.

Persian Village Life.

Two-thirds of the population live in the villages and the rest in the cities. If you were to examine the villages you would find that all the houses are built in a sort of solid block, close together for the safety of the inhabitants, and are built mostly of mud, one story high, and the one room is used in which to cook, bake, dine, receive their company, and lodge. Parents, children and grand-children live in the same place. The floor is nothing but the ground, upon which they have straw mats. A stranger comes in without any previous notice or knock on the door. As he enters the people are taken by surprise, but he is welcome. He will keep his hat on, but his shoes will be removed. No windows are to be found in the walls, but some holes in the ceiling. Oftentimes one of these windows will seem to be closed, but if we examine closely we will see a man putting his head through to see who are the inmates of the house. Thus they ascertain if there are any strangers within the walls. As we sit down, not on chairs, but on the floor on our knees, or like tailors do in this country, and look around, we will see that there are no pictures on the walls and no books or papers in the house. But sometimes we may hear a voice, and, listening closely, will find that it comes somewhere from the wall. The voice comes from the neighbors who live on the other side, and they are giving the news to members of this family through the hole in the wall; this way the news is circulated. Another way of spreading the news is by means of gossip, which is practiced universally.—Selected.

Great trials are often lightened by unexpected alleviations. The hour of trial may witness the cementing of a friendship which will comfort and strengthen the whole life.

ARE YOU RUN DOWN?

"The D & L" Emulsion

Trade-mark.

Puts new life into you.
Builds up Nerve and Muscle.
Adds pounds of solid flesh to your weight.
Positively cures Anæmia, General Debility, Lung Troubles, including Consumption if taken in time.
Be sure you get "The D & L."

Health and Home Hints

■ To induce the soundest and most restful kind of sleep, apart from brain sensitiveness, make the room absolutely pitch dark by means of a thick black blind over the window.

■ TO WASH STOCKINGS.—All kinds of stockings require careful washing. No soda ever should be used, and the water should be used, and the water should be only moderately warm for both washing and rinsing. After rinsing, which should be done in water containing a few drops of liquid ammonia, dry them quickly out of doors in a good current of air.

WHITE CAKE.—Whites of four eggs, one cup of sugar, one-half cup of sweet milk, one-half cup of butter, one-half cup of corn starch, one and one-half cups of flour, two teaspoonfuls of baking powder, flavor to suit taste; put all ingredients together and stir briskly until it is a smooth batter, and bake in a quick oven.

■ FOR SPRAINS.—Take half a pint of turpentine and two raw eggs; put both into a large bottle, cork it, and shake till it becomes a thick cream, then add gradually one pint of vinegar and one half ounce of ammonia. Shake all well together and bottle for use. This mixture will keep for years, and is improved by the addition of a small lump of camphor.

Oyster Salad is convenient and tempting. Materials. Two dozen oysters, five boiled eggs, one head of celery, or one head of lettuce. Method: Let the oysters simmer not more than five minutes in their own liquor. Drain, and when cool add the eggs and lettuce or celery, chopped fine. If you have neither, use celery salt. Mask with dressing and serve on lettuce, or surrounded with shredded celery.

FINGER MARKS ON DOORS.—Rub the finger marks with a clean piece of flannel dipped in kerosene oil. The marks will disappear like magic. Afterwards wipe with a cloth wrung out of hot water to take away the smell. This is better than using soap and water, as it does not destroy the paint. Kerosene oil is also excellent for cleaning varnished hall doors on a dusty roadway.

The value of a slight rest before meals is according to a physician, very great. Indigestion more often arises from eating when tired or excited than is understood. In his dietary for a consumptive patient, a very well-known specialist insists upon a full twenty minutes' rest before all meals, except breakfast. Five minutes' complete rest of mind as well as body, is none too much for the person of average health, and it should be taken regularly.

TO SOFTEN WATER for toilet use keep a lump of rough fullers earth in the water ewer, empty it all out once a week, and put in fresh fuller's earth. If this fails, use oatmeal. Keep a tin of medium oatmeal in your bedroom, have a piece of muslin, place a handful of oatmeal in it, and tie it up with a string. Throw this bag into the washing water and squeeze it out a couple of times. The same bag of oatmeal will serve for a couple of days, and then should be removed. The same muslin will last some time. This treatment has a very good effect on the skin.—Presbyterian.

JESSOP & BELL'S CHURCH BELL
SWEET TONED
HAR SOUNDING
DURABLE
AMERICAN BELL & FOUNDRY CO., MICHIGAN

Mrs. Young's Case.

A STRANGE CASE THAT BAFFLED DOCTORS.

NONE OF HER FRIENDS BELIEVED SHE COULD

RECOVER AND HER CASE HAS EXCITED

GREAT INTEREST.

From the Courier, Trenton, Ont.

The case of Mrs. Robert Young, of Stanley street, Trenton, is one that has caused a great deal of talk among those who are acquainted with her. Mrs. Young is now in her seventy-eighth year, and is quite vigorous for a woman of that age. Three years ago she took a chill, which appeared to affect her whole system. Her lower limbs and body swelled to such an extent that she could scarcely move them. Her stomach became so disordered that she could not take solid food, and her heart fluttered so violently that she could not lie in bed, and for two years had to be bolstered up day and night. The chills which were apparently the original cause of the trouble, became chronic, and affected her two or three times a week, and after a chill her skin would turn a dark brown color. Her friends did not believe she could recover, but nevertheless did all they could for her. Three doctors tried their skill, but to no purpose and the strongest consolation they could offer was: "Well, you know we are all growing old." Several advertised medicines were then given her, but with no better results. In August, 1901, Mrs. Young had become so bad that her daughter-in-law had to come from a distance to nurse her. She brought with her some Dr. Williams' Pink Pills, and persuaded the old lady to begin their use. In the course of a few weeks there could be no doubt that they were helping her, and the doctor advised continuing their use, and now, after using them for some months, the swelling that had affected her limbs is gone; the chills no longer bother her; her stomach is restored to its normal condition, and the heart fluttering that had made it necessary to bolster her up in bed has also disappeared. It is no wonder that the case has excited much comment, and the editor of the Courier, who has personally investigated it, can vouch for the facts related above. Such marvellous cures as this prove Dr. Williams' Pink Pills to be the best medicine offered the public to day, and all those who are ailing should promptly give them a trial. All druggists sell these pills, or they can be obtained by mail at 50c. a box, or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

ALLEN'S LUNG BALSAM

will positively cure deep-seated
**COUGHS,
COLDS,
CROUP.**

A 25c. Bottle for a Simple Cold.
A 50c. Bottle for a Heavy Cold.
A \$1.00 Bottle for a Deep-seated Cough.
Sold by all Druggists.