

Health and Home Hints

The best way of preventing chilblains is to clothe the feet and legs in all-wool stockings, and see that he has thick boots or shoes, but if chilblains have come and are not broken ones, then rub them morning and evening with turpentine, and afterwards rub the limb itself with dry, warm flannel.

To tighten cane-seat chairs, turn the chairs bottom upwards and wash the cane work thoroughly with soapy water and a soft cloth. Let them dry in the air, and unless the cane be broken the cane bottoms will be as firm as new, and they will retain their fresh and new appearance longer than many housewives would expect.

During rainy weather the best of boots will hardly resist the damp, and damp feet are generally the original cause of most troubles. But there is a very simple remedy for this only for prevalent discomfort. Just ask your butcher to oblige you with a sheet of "vegetable parchment" paper he is in the habit of using, and two layers of it made in to the shape of the boot soles will keep the feet perfect dry in even the wettest of weather. It's far before cork.

A tasty Savory—Take some pieces of cold fish, a little pepper, butter and anchovy sauce, a pot of milk, and a few chopped capers; add all these together, put in a pan and warm through till quite hot, then pour on pieces (sup) of fried bread. Garnish prettily with parsley and serve very hot.

Orange Cream—Grate the peel of three oranges into three-quarters of a pint of water, then squeeze in the juice; beat the yolks of four eggs well, and put to it, sweeten it with fine sugar; press it hard through a strainer, set it on the fire, stir it all one way until it is as thick as cream, then pour it into glasses.

What we Claim for Ferrol.

Ferrol is an Emulsion of Cod Liver Oil, and if it were nothing more it would take front rank because of the quality and quantity of the oil used and the scientific method of preparation. But **Ferrol** has special claims which take it out of the ordinary class of emulsions altogether. For instance:

Ferrol combines Iron and Phosphorus with the oil, and no other emulsion contains these ingredients although it is well known that they should always be administered together, as each is the complement of the other.

Ferrol is so scientifically prepared that the first processes of digestion are actually performed in the process of manufacture, and the emulsion is ready for instant absorption into the blood. This is of the utmost importance to persons with delicate stomachs.

Ferrol, unlike other emulsions, is positively palatable and not one in a thousand find any difficulty in taking it.

Ferrol contains the three essentials of life, viz.—Fat, Iron and Phosphorus—they have never been combined before.

Ferrol holds the record for increasing the weight.

Ferrol has received more endorsements from medical men than any other preparation on the market.

Finally, the formula is freely published, and in taking **Ferrol** you

"Know what You Take"

AT ALL DRUGGISTS

Write for sample and literature to the Ferrol Co., Limited, Toronto.

World of Missions.

Catholic Rome and Italy.

Here are some most instructive facts concerning Roman Catholicism at its headquarters. In Rome there are one pope, 30 cardinals, 35 bishops, 1,369 priests, 2,832 monks, 3,212 nuns, making in all 7,479 persons charged with spiritual calling among a population of 400,000. So that there is in Rome one spiritual to every 53 inhabitants, while in the large Protestant cities of Germany there is but one spiritual to 10,000 inhabitants. Although Rome is a city given to the sciences, rich in art, high schools, academies, still 190,000 grown people exist there who can neither read nor write. Rome also has within her limits the largest number of law-breakers—83 to 1,000 citizens. Of 458,082 engaged couples in the whole of Italy in the year 1897 only 204,098 could sign the marriage contract, that is, only 450 out of each 1,000. And this is Catholic Rome! and Catholic Italy!

Behold! What "Waste."

The biographer of Phillips Brooks ventures to exclaim, "What a loss to the Church if Phillips Brooks had become a foreign missionary!" Whereupon President C. C. Tracy, of Anatolia College, thus replies:

Hold! Let us think a moment. How much greater was Phillips Brooks than the Apostle Paul? And we too exclaim: "What a loss to the Church—and the world—if Saul of Tarsus had not become a foreign missionary!" If he, or such as he, had not forsaken all to go and preach the everlasting Gospel to benighted Europe, the following appalling losses, so far as we can see, would have resulted: the New Testament would lack three-quarters of the Acts of the Apostles, thirteen powerful epistles, and the most shining example ever seen since Christ Himself; the Christian age would never have dawned in Europe; Western civilization would never have been evolved; we should all still be heathen; there would have been no great Germany, no mighty Britain, no glorious America, no New England, no Boston, no Phillips Brooks! Who knows whether the final triumph of Christ's cause and kingdom might not have been hastened by half a millennium if Phillips Brooks had become a foreign missionary?

MISSION METHODS IN MANCHURIA, By the Rev. John Ross, D.D. Published by the Fleming H. Revell Co. \$1.00 net. This book relates the history of the mission work of the Scotch and Irish Presbyterians in Manchuria. Indeed, it is pretty much the record of their wonderfully successful work in Mukden, and a fascinating story it is. Dr. Ross, after his long service of a quarter of a century, writes with authority upon that country. His book is a substantial contribution to the subject of missionary methods in work amongst the Chinese. It is the book of an experienced man, and of a mature mind. It is carefully and well written. From beginning to end, it has the flavor of sanity. It would be a valuable book for missionaries and missionary candidates, and for officers occupied at the home end of foreign missionary work.

The statement is made that within the five years of the Protestant missionary occupation of the Philippines the visible results of evangelical work are more marked than those in other fields after fifty or even seventy years of occupation.

Dependent Women

Find New Health in the use of Dr. Williams' Pink Pills.

A few years ago Mrs. James R. Stuart, of Thorold, Ont., who is well known to most of the residents of that town, found her health severely shattered as the result of an attack of anaemia. As told practically in her own words, Mrs. Stuart says: "My blood was turned almost to water; I suffered from nerve racking headaches, and the least exertion would cause my heart to palpitate so violently as to render me almost breathless. I wasted away in flesh and often was so weak that I could not walk about. I was under the care of a good doctor, but as I was not getting better, I grew melancholy and despondent, and felt I was becoming a hopeless invalid. At this stage I was advised to use Dr. Williams' Pink Pills and I began taking them, thinking it would be a miracle if they ever helped me. To my great gratification when I had been using the pills less than a month I found my health improving. I used about a dozen boxes in all and found myself enjoying once more the blessings of good health. I had been reduced to almost a skeleton in appearance, and while taking the pills gained over twenty pounds in weight. I gratefully recommend the pills to other ailing women."

Dr. Williams' Pink Pills are the greatest blood builder and nerve tonic known to medical science. Through their use pale cheeks are made rosy, dull eyes made bright, and thin wasted figures made plump. Every dose makes new, rich red blood that drives out disease and strengthens every organ in the body. You can get these pills from any dealer in medicine, or by mail post-paid at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

The most vital part of the body is about the waist. Near here are the heart, stomach, and digestive organs, and the solar plexus, the great nerve centre. Squeeze a woman here and you squeeze out her life.

Oatmeal Cakes—Eight ounces flour, four ounces oatmeal, one ounce Paisley flour, four ounces sugar, two ounces butter, one egg and a little milk. Mix dry ingredients together, rub in butter, mix with eggs and enough milk to make into a stiff paste. Roll out to quarter inch thick, cut out with fancy cutter, brush over with milk and bake for ten minutes.

Ham Cakes for Breakfast—Mince remains of cold ham finely, add pepper, a little butter and a few bread crumbs; pound all in mortar. When quite smooth, form cakes size of top of wineglass, cover in mashed potatoes, fry in boiling fat.

The New Clingtooth Comb

We are showing a new line of Ladies' Back and Side Combs, made with the New Clingtooth Comb—will not slip or twist—always secure and comfortable. Prices range from 90c up.

A. ROSENTHAL & SONS
Jewelers
To Their Excellencies Lord and Lady Minto.