

EXPOSURE
to the cold and wet is the first step to **Pneumonia**. Take a dose of **PERRY DAVIS'**

Painkiller
and the danger can be averted.
It has no equal as a preventive and cure for **Colds, Sore Throat, Quinsy and Rheumatism**.
Always keep it handy.

World of Missions.

The gospel in All Lands says: "Mr. John R. Mott visited a college in Ceylon, where he found a band of students so poor that sixteen of them occupied one room. Near the building was a garden in which they spent their spare time cultivating bananas. When he inquired, "What do you do with the money?" they took him to the shore and pointed to an island off in the sea. "Two years ago," they said, "we sent one of our graduates there. He started a school, and it has developed into a church. We are going to send him to another island this year." Their cook laid aside every tenth handful of rice that they might sell it in order to have Christ preached more widely.

The Moravin brethren are few in numbers, but great in missionary spirit and activity. It is wonderful how they manage to multiply and keep alive their missions. According to the latest statistics, their work shows an amazing liberality and success. In 1801 their church numbered only 38,659 members, yet they had that year 71,283 converts in their mission fields, or nearly two and a half times as many as its home membership. It supports 385 European missionaries, or one for every 100 members on its list. In addition it has over 2,000 native evangelists and patrons. In 1900 its contributions to the cause were over \$425,000. Wonderful! What may not enthusiasm for Christ and the kingdom of Christ inspire? How soon would the world be evangelized if the churches would walk in the steps of this "little flock" of our Lord, to whom he is giving so many souls for their hire.—Lutheran Evangelist.

In the Heart, Not the Stomach,

A Hindu reformer cuttingly says, "Our religion seems to have its root in our stomachs." But by and by the new and purer doctrine will be believed in India, and instead of innumerable Pharisaeic injunctions as to food, cup and platter, the motto for Hindustan, as for the world, shall be, "Blessed are the pure in heart."—Denning's, Mosaics from India (Revell.)

USE THE GENUINE
MURRAY & LANMAN'S
FLORIDA WATER
"THE UNIVERSAL PERFUME"
FOR THE
**HANDKERCHIEF
TOILET & BATH**
REFUSE ALL SUBSTITUTES

Health and Home Hints

A good way to prevent lamp glasses from cracking is to put them in cold water, bring it to a boil and let it cool gently.

Common wrapping paper soaked in vinegar and applied to a bruise will rapidly reduce the swelling and discoloration.

If hard-boiled eggs are dropped into cold water as soon as they are done the yokes will not turn black.

Sheets put away for any length of time laundered are much more likely to turn yellow than those which are simply washed.

Breakfast or Lunch Dish.—One pound raw beefsteak, one half pound ham or lean bacon, cooked or raw; one-quarter pound bread crumbs, two eggs, pepper and salt. Pass the beefsteak and ham through the mincing machine, then mix all well together and put in buttered mold. Boil four hours and serve cold. This is excellent for sandwiches.

Egg Salad.—Boil six eggs hard and cut into halves. Remove the yokes and mash fine. Add two teaspoonfuls of finely chopped ham, one-half a teaspoonful of mustard, two teaspoonfuls of lemon juice, one-quarter of a teaspoonful of salt, and a speck of cayenne. Fill each half of the white with this mixture, and put a teaspoonful of mayonnaise dressing on each. Garnish with fringed celery and parsley.

A Simple Remedy.—A foreign medical journal is authority for the statement that a tablespoonful of glycerine in hot milk or cream will at once relieve the most violent attack of coughing. This is a simple, easily obtained and harmless remedy, and if it keeps good its promise will prove to be of great value. Equally simple and quite as effective is the use of glycerine spray through an atomizer. This is applied directly to the inflamed or irritated surfaces, and gives almost instant relief. In attacks of influenza, colds in the heads, sore throat and like troubles, glycerine, mixed with three times its bulk of water, boiled and cooled, is an invaluable remedy. A little practice will enable the patient to fill the lungs with the spray, and the soothing and cooling effect is remarkable. Mixed with an equal amount of acid glycerine it is an almost unfailing remedy for throat troubles of all kinds, and being harmless can be used by all people. It must, however, be freshly made, as it keeps but a short time after mixing.

Treatment of a Cold.

Drinking cold water when one has a cold coming on, is one of the best remedies, because it stimulates the system and helps to wash out poison formed in the body. Living on fruit for two or three days and drinking hot or cold water freely, with milk for nourishment, will often cure an ordinary cold if taken in time, says an authority. The old proverb, "Stuff a cold and starve a fever," is a contradictory one, for a cold is a fever. People suffering from a cold and continuing to eat heartily of beefsteak, mutton chops, roast pork, and similar food are simply adding fuel to the flames as surely as one pours oil on a fire. Such heating food stimulates the morbid processes at work in the body, and, far from curing the disease, makes it worse.

JESSOP'S BELL'S CHURCH
SWEET TONED
—TAR SOUNDING—
DURABLE
CATALOGUE FREE
AMERICAN BELL & FOUNDRY CO. NICHOLSON

A Trying Time

IS THE PERIOD WHEN YOUNG GIRLS ARE MERGING INTO WOMANHOOD.

MARKED BY PALE FACES, HEART PALPITATION,
LOSS OF APPETITE AND GENERAL
LASSITUDE—HOW TO OVER-
COME THIS CONDITION.

After babyhood, the most perilous time in a young girl's life is when she is just entering womanhood. It is then that she is subject to headaches, dizziness, heart palpitation, feeble appetite, and bloodless cheeks and lips. This condition may easily develop into consumption, and to prevent this—to keep the young girl in good health and strength, mothers should insist upon their taking a blood making tonic, such as Dr. Williams' Pink Pills. Mrs. Henry McIntyre, Port Dalhousie, Ont., gives sound advice to other mothers in cases of this kind. She says:—"About three years ago the health of my daughter, Bertha, began to fail. She grew weak and seemed unable to stand the least exertion. She suffered from distressing headaches, and fainting fits; her appetite left her and she lost flesh. I spent much money on medicines, but they did not help her. Then I took her to the doctor, and although his treatment was persisted in for a long time, she seemed to be growing worse, and I began to fear she was going into consumption. Then I took her to a specialist, but his treatment was likewise unsuccessful. Finally upon the advice of a lady friend, a doctor practising in Chicago, Bertha began using Dr. Williams' Pink Pills, and before long there was a decided improvement in her condition, and by the time she had taken nine boxes she was once more enjoying the best of health and had gained fifteen pounds in weight. I would strongly advise all similar sufferers to give Dr. Williams' Pink Pills a fair trial, as her case seemed as hopeless as could be."

All weak and ailing girls and women, sufferers from backache, headache, indisposition to work or exercise, who show by their pale and shallow cheeks that they are in ill health, will find prompt relief, bright eyes rosy cheeks and active health in a fair use of Dr. Williams' Pink Pills. You can obtain these pills from any medicine dealer or by mail, postpaid, at 50c. a box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. Never accept anything else which a dealer may say is "just as good."

God never makes us feel our weakness except to lead us to seek strength from Him.—Fenelon.

Allen's Lung Balsam

The best Cough Medicine.

ABSOLUTE SAFETY

should be rigorously insisted upon when buying medicine, for upon that depends one's life. ALLEN'S LUNG BALSAM contains NO OPIUM in any form and is safe, sure, and prompt in cases of CROUP, COLDS, deep-seated COUGHS. Try it now, and be convinced.