

Health and Home Hints

For bathing tired eyes salt and water is refreshing.

A coating of paraffine will keep cheese fresh and free from mould for practically an indefinite period.

Generally speaking, a child begins to cut its teeth at about seven months. The two lower incisors come first, and the others should be complete at ten months; at about a year the first molars appear, and so on.

Keep a solution for cleaning the kitchen sink in a handy place. Make it at home from one cup of washing soda dissolved in boiling water.

Fried Sweetbreads—Wash very carefully, drain and dry on a cloth. Lard with narrow strips of fat salt pork and cook in a buttered frying pan until the pork is crisp. Or, parboil the sweetbreads, drain and dry, dip in egg and crumbs and fry in deep fat. Serve with tomato sauce.

Egg Mince Pies—Boil six eggs hard, shred them small; double the quantity of suet, then put currants washed and picked, one pound or more, if the eggs are large; the peel of one lemon shred very fine, and the juice; six spoonfuls of sweet wine, mace, nutmeg, sugar, a very little salt; orange and citron candied. Make a light paste for them.

Norfolk Sponge Roll—Three eggs, quarter-pound of castor sugar, quarter-pound of flour, two ounces of butter, two teaspoonfuls baking powder. Beat butter to a cream, add eggs and beat well, then lightly stir in sugar and flour, in which you have mixed baking powder. Bake on a flat tin about ten minutes, spread with apricot jam roll lightly and sprinkle with sugar.

Olive Oil and Bruises—In the treatment of contusion, where there is extensive discoloration of the skin, if olive oil be freely applied without rubbing, the discoloration will quickly disappear. Absorbent cotton may be soaked in the oil and applied. If the skin is broken, a little boracic acid should be applied over the abrasion. A black eye thus treated can be rendered normal in a few hours, especially if the oil be applied warm.

Savory Omelette—Here is a little breakfast dish which is both economical and easy to prepare. Mince some cold ham, meat, or poultry, and add to it half a teaspoonful chopped parsley, some cream, and pepper and salt to taste. Now stir in the beaten yolks of four eggs, then add the whites whipped to a stiff froth, and pour the mixture into your frying pan, in which you have melted about an ounce of butter. Stir lightly till it begins to set, then double it, and turn out on to a very hot dish.

Ferrol in relation to La Grippe.

After the acute stage of this distressing malady there almost invariably follows great depression, heart weakness, and frequently chronic cough, threatening the lungs. For the relief and permanent cure of any of these conditions there is nothing known to medical science so safe, sure and efficacious as Ferrol (the Iron-Oil Food), the only preparation which contains in combination Cod Liver Oil, Iron and Phosphorus, the exact constituents necessary to restore health and vitality.

Ferrol is as palatable and easily digested as cream.

At All Druggists—free sample from The Ferrol Co., Limited, Toronto.

World of Missions.

Missions in Manchuria.

Mission work within the territorial zone of the war in the Far East will undoubtedly be seriously re-arded. According to a report in *Christendom*, Mr. John K. Mott, the representative of the great World's Student Christian Federation, who has returned from Australia, has recently given interesting data concerning the Chinese province of Manchuria, to which the eyes of the world are now being directed. The area of Manchuria is three times that of Great Britain, and its population about 20,000,000. It is inhabited by a virile race, consisting of the Chinese and the Manchus, the race which conquered China. Missionary operations were begun in Manchuria in 1870 by two Irish preachers. At first the natives were hostile and the path of the missionaries was full of difficulties. In 1873 there were only three converts, in 1899 there were 19,000, and until the outbreak of the Boxer troubles they were steadily increasing at the rate of 50 per cent. a year. There were at that time about sixty foreign missionaries in the field. Special attention has all along been given to the training of native helpers. The medical work has been the means of opening a way to the gospel. The most recent reports are to the effect that Russia has put every possible obstruction in the way of reopening the abandoned mission stations. She has already put Manchuria under the Greek archimandrite of Peking, and has limited all Christian teaching to the members of the Orthodox Greek Church. She has already appropriated existing mission buildings to the use of "the Orthodox Church."

Martyrs' Memorial for China

Few people realize that since Robert Morrison landed in China in 1807 some 212 foreigners of eighteen different societies, and probably over 5,000 native Christians, have adorned the martyr roll of China. The widespread desolation of 1900, the "Boxer" year, swelled the death-roll so enormously that it has long seemed to many that something more was called for than local and denominational memorials. A special scheme was formulated last spring, providing for the erection of an Interdenominational Union Hall for Chinese meetings, with offices for Bible and Tract Societies. The scheme has been heartily endorsed by leading missionaries of over fifty societies, Shanghai being chosen as the site. A sum of \$250,000 is required to complete the scheme.

Women who have brittle nails should rub a little vaseline into the cuticle every night. They should keep the nails clear with hot water and soap, but should never use the metal cleaner. Neither should they polish the nails.

IT'S THE GRIP

that counts in Eye Glasses, and is the only Grip you want. Two noses cannot be found which are alike in dimensions. Our optician bears this in mind when fitting Spectacles and Eye Glasses, and his efforts have given relief to many using Glasses.

Our Optician will be pleased to suow you the Grip that "Can't Come Off."

A. Rosenthal & Sons, Jewelers, Ottawa.

One Thing Done Well.

The True Secret of a Remarkable Success.

Dr Williams Pink Pills for Pale People do only one thing—but they do that one thing well. That is the secret of their success. They actually make new blood; just that and no more! But good blood is the best cure—the only cure—for most diseases. Most diseases are caused by bad blood. Anaemia, paleness, pimples, eczema, indigestion, biliousness, kidney trouble, backaches, sideaches, neuralgia, nervous troubles, rheumatism and the special secret ailments of growing girls and women—these are different diseases but they are all due to bad blood. Ignorant people sometimes laugh at the idea that one little medicine can cure all these different diseases—but they forget that they were all caused by one little trouble—bad blood. The foolish people are those who take a different medicine for every symptom without thinking of the one cause at the root of them all. Dr. Williams Pink Pills strike at the root, bad blood and nothing else. They fill the veins with new, strong, rich red blood, which races to every corner of the body, toning the nerves and bracing each organ to throw off weakness and disease. In a brief way here is some strong proof of confirming the above statements:—

John Craig, Kells, Ont., says:—"I was paralyzed and had no power over my right arm or leg. I had to be lifted like a child. Dr. Williams Pink Pills have cured me and to my neighbors the cure seems like a miracle."

Miss Blanche Durand, St. Edmond, Que., says:—"The doctors told me I was in consumption. I had alternate chills and fever, and severe cough and was daily growing weaker. Then I began the use of Dr. Williams Pink Pills and my health and strength have fully returned."

Mrs. John M. Kerr, Chickney, N. W. T., says:—"For some years I was a great sufferer from the ailments that make the lives of so many women miserable. I never got anything to relieve me until I began using Dr. Williams Pink Pills and they have made me feel like a new person."

Mrs. Albert Luddington, St. Mary's River, N. S., says:—"I was a cripple from rheumatism until I began using Dr. Williams Pink Pills. Now the aches and pains have left me and I am as well as ever."

Mr. M. Cook, Lamerton, N. W. T., says:—"Dr. Williams Pink Pills cured me of a severe attack of erysipelas."

Mr. William Holland, Sarnia, Ont., says:—"I suffered for two years from kidney trouble. I tried many remedies but got nothing to help me until I took Dr. Williams Pink Pills, and after using them about a month every bit of the trouble was gone."

What Dr. Williams Pink Pills have done for these people—and for thousands of others—they will do for you, if you will give them a reasonable trial. Sold by medicine dealers everywhere, or by mail from the Dr. Williams Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

She gains such power by time and habit, "if we have run with the footmen and they have worried us, how shall we contend with horses?"—Guthrie.