

There is  
BUT ONE  
**Painkiller**  
made for over 60 years  
from the formula of  
**Perry Davis.**  
A specific in all cases of  
**Bowel Complaints,  
Colic, Cramps,  
Diarrhoea.**  
—A household remedy—

## Health and Home Hints

To prevent milk from burning rinse out the saucepan with cold water before putting in the milk.

Rice and tomatoes cooked together make an acceptable combination. Put a thick layer of tomatoes, using little of the juice, in a baking-dish; season highly with salt, cayenne pepper and butter. Cover with a layer of boiled rice, and alternate the two until the dish is full. Cover closely and bake.

Ham Patties.—Ham patties are sufficiently substantial for the chief offering in a luncheon menu, and are useful for a Sunday night supper. An excellent receipt is: One pint of cooked ham, chopped fine; mix with two parts of bread crumbs wet with milk, a generous lump of butter, and any other seasoning desired. Put the mixture in gempans and break an egg over each. Sprinkle the top thickly with bread crumbs. Bake till brown.

Corn Starch.—Corn starch rarely gets sufficient cooking to take away its raw flavour which is a pity, as it is a nutritious and valuable food. As an expert cooking teacher demonstrated, the formula for corn-starch pudding, or blanc-mange, was given as follows: One pint milk, three tablespoonfuls sugar, two large tablespoonfuls corn-starch, whites of three eggs, a half teaspoonful vanilla, and a quarter teaspoonful salt. The milk was scalded in double boiler, sugar added and stirred till dissolved. The corn starch was mixed to a smooth cream in a little cold milk, and added to the scalded milk, the whole then cooked for three-quarters of an hour, stirred occasionally. The whites of the eggs beaten stiff was then added, the cream cooked three minutes more, while continuously stirred. It was then taken from the fire, the vanilla added, and, when partially cooled in another dish, a half of a can of strawberries stirred lightly in, and the whole poured into a wetted ring mould. The pudding was served with the centre piled with whipped cream, decorated with strawberries.—Harper's Bazar.

## After Work or Exercise

**POND'S**  
**EXTRACT**

Soothes tired muscles, removes soreness and stiffness and gives the body a feeling of comfort and strength.

Don't take the weak, watery witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

## World of Missions.

### Home Life in China.

BY THE REV. CHARLES WENYON, M. D.

The external appearance of a Chinese dwelling is seldom either imposing or attractive. Even the richest men are content to live in houses which have only the ground floor, and though there may be a considerable number of rooms, they all face an inner courtyard or garden, and present only blank walls to the outside world. The large majority of the Chinese are not rich, and their small houses, of not more than two or three rooms, are so constructed that they have no other opening to the daylight than the doorway and a few panes of glass in the roof. In the country villages, the houses are often built of big cubes of mud baked hard in the sun. In the towns, blue bricks are used, and practically all Chinese houses are roofed with red tiles.

The internal arrangements are of the simplest kind. There is no fireplace. The inmates of such houses keep themselves warm in cold weather by putting on more clothes—as many as seven or eight suits being sometimes thus worn together. For cooking, small portable earthenware stoves are used, which cost about a penny each. The fuel is wood or charcoal, and no more is consumed than is absolutely necessary for the preparation of the meal. The cooking-pots also are made of coarse earthenware, glazed only on the inside. These are so thin that a single stick of firewood burned under one will boil enough water for a few cups of tea. As there is no chimney, the stoves, when in use, are set down upon the floor in any convenient corner, and the smoke, after filling the room, must find its way out through the open door.

In the living-rooms there may be a pair or two of scrolls hanging on the walls, but there is no carpet or mat of any kind to cover the square red tiles of the floor. The furniture consists of a few straight-backed wooden chairs, a square table in the middle of the room, a small oblong one against the wall on one side, and one or two foot-square tea tables placed between the chairs on the other side. There is also a small cupboard containing, among other things, a few books. On the side-table are a basket teapot, a few cups, a silver-plated water-pipe, and a dish of tobacco. The walls are neither plastered nor whitewashed, but the furniture is all stained brown or black with native lacquer or varnish.

The bedroom is generally a dark closet separated from the living-room by a wooden partition. It contains nothing more than a bed, a box, and perhaps a couple of chairs. The bedstead is simply two broad boards on trestles. The bed is a mat. The pillow, made of earthenware, wickerwork, or wood, is something like a brick in shape and size, and is placed so that only the nape of the neck rests upon it, the head above it just touching the bed-boards. The advantage of this kind of pillow is that it does not disarrange the woman's hair, which is so elaborately dressed that a poor person cannot afford either the time or the cost of putting it in order oftener than every ten days. Instead of sheets and blankets, there is one big inch-thick coverlet of quilted cotton. The whole is supported by a blue, close-woven mosquito-net supported by bamboos.

The whole family is usually astir before six o'clock. The first thing done after rising is to light the incense sticks, and, with folded hands, to bow in homage before the image

## Well and Strong

### After Eleven Years of Great Suffering.

### A Wonderful Tribute to the Power of Dr. Williams' Pink Pills to Cure Stubborn Diseases.

Proof upon proof has accumulated that Dr. Williams' Pink Pills will cure when doctors, hospital treatment and all other medicines fail. Paralyzed limbs have been restored to strength, rheumatic sufferers made well; weak, anaemic girls and women made bright, active and strong; neuralgic pains banished, and the poor dyspeptic given a new digestion when it seemed almost hopeless to expect a cure. Here is a bit of strong proof that Dr. Williams' Pink Pills bring health and strength after years of suffering. Mr. Louis Brien is a well known resident of St. Didace, Que., and tells of his years of suffering as follows: "Eleven years ago, while working in the bush, I strained myself and brought on terrible pains in my stomach and back, where the trouble seemed to locate. I had frequent fits of vomiting, which caused much distress. Sometimes I could work, and then again for months at a time I would be wholly unable to do anything; but even at the time I could work I was always suffering. At different times I was treated by three doctors, but they were unable to help me. Then I went to Montreal and put myself under the care of a doctor there. His medicine relieved me while I was inactive, but as soon as I attempted work or exertion of any kind, the pains returned worse than before. All this time I was growing weaker and less able to resist the inroads of the trouble. Then Dr. Williams' Pink Pills were brought to my notice, and I began to use them. From that time I began to regain my health and by the time I had used thirteen boxes I was once more a well, strong man. The proof of this is that I can do as hard a day's work as anyone and never have the slightest symptoms of the old trouble. I am only sorry I did not know of the pills sooner—they would have saved me much suffering and money as well."

With such proof as this, that even apparently hopeless cases can be cured, there can be no reasonable doubt that Dr. Williams' Pink Pills will restore health in all cases where given a fair trial. These pills are sold by all medicine dealers or will be sent by mail at 50c. per box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. See that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box.

or picture of the household god. This is the Chinese form of family worship, and it takes place regularly night and morning in every home, for in China an irreligious household is practically unknown. There is no morning bath or washing, but all the members of even the poorest Chinese families spend a considerable time in carefully brushing their teeth.

The head of the house then goes to his work in the fields or the workshop, and the boys of the family between seven and twelve years of age go to school, where the master expects them not later than about seven o'clock.