

### When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. **USE**

## Painkiller

### World of Missions.

Writing in mid-ocean, on his way from San Francisco to China, Dr. W.S. Ament alluded to his glad anticipations of participating in the work of building up the Christian civilization in the old empire. "I shall rejoice," he says, "when the walls of the old city of Peking heave in sight. I long for them as for hid treasures. The old city belongs to God, bought by the blood of the martyrs and tears of the saints, consecrated by years of Christian labor. We want our heritage."

An undenominational work among the Arabic speaking Jews in Bombay has been carried on by Mrs. Cutler since 1895. A day-school and a Sabbath school, in connection with the work, were broken up in 1898, after the baptism of one of the teachers (a Jewess), and even to day the anger of the Jews is so great that they still refuse to send their children to the schools. A large work among the 14,000 Beni Israel (black Jews) in Bombay and neighborhood is carried on by Miss Trott and Miss Campbell, in connection with the Zenana Bible Mission, who have 3 large schools of many years' standing.

The Church of England's Zenana Missionary Society's latest statistics (March 31, 1902) show the following figures: Missionaries in home connection, 203; in local connection (including assistants), 106; Biblewomen and nurses, 254; native teachers, 542; houses visited, 13,277; zenana pupils, 6,993; villages, 2,226; schools, 253; pupils, 10,117; normal or boarding schools, 26; pupils, 1,087; orphanages or converts' homes, 12; inmates, 376; in patients, 3,416; out-patients, 247,503.

Mr. Andrew Carnegie has promised a donation of £300 towards the introduction of a pipe organ into Logie Parish Church, Dundee.

Use the genuine  
**MURRAY & LANMAN'S**  
**FLORIDA WATER**

"The Universal Perfume."  
For the Handkerchief  
Toilet and Bath.  
Refuse all substitutes.

### Health and Home Hints

Do not iron black stockings as the heat fades them. Dry them in the shade.

All green vegetables keep their colour if boiled rapidly and kept uncovered.

Apart from being a very agreeable addition to soups, stews, &c., the leek is possessed of valuable medicinal properties, and should enter largely into the diet of those who are troubled with kidney and other similar complaints.

Ham and tongue mingled make excellent sandwiches. Chop fine the two kinds of meat in equal proportion. Mix with them melted butter, mixed mustard, a trace of olive oil, paprika, salt and the yolk of an egg. Spread the paste on thin slices of buttered bread.

If celery is eaten freely an alkaline blood is the result, and where this exists there can be neither rheumatism, gout nor nervous prostration to any extent, it should be eaten preferably cooked, though it may be taken raw if thoroughly masticated. Cut it into bits, and boil until soft in as little water as possible.

Lamb stewed with peas—The best part of the cold roast of lamb is sliced for Monday's lunch. The remainder is diced and stewed with a small can of peas, a little gravy (or butter and water) and a seasoning of salt and pepper; just before serving add one cupful of cold boiled rice (cooked the preceding night) and mix with a fork.

The German fashion of cleaning knives is much simpler than ours, and saves much manual labor. Take a stout cork from a wine bottle, dip it into the knife powder, which must be previously moistened. Place the knife flat, and rub it with the cork. In a few seconds the knife will be quite clean and polished, and only required wiping with a cloth. To clean a knife on a board in the old fashion takes twice the time and labor.

Queen Cakes—Four ounces butter, four ounces sifted sugar, six ounces flour, four eggs, two ounces currants. Beat the butter and sugar to a cream, and alternately the yolks of four eggs and the flour until they are well mixed. Beat the whites to a solid froth, and stir them lightly in. Have ready twenty small queen cake tins well buttered and with a few currants at the bottom of each. Pour in the mixture and bake in a moderate oven about ten minutes.

Tinned Foods—The comparative harmlessness of tinned food is indicated by the results of an investigation by the Canadian government among the physicians of the Dominion. Of five thousand three hundred and forty-eight physicians, answers were received from one thousand three hundred and thirteen, of whom nineteen per cent gave instances of diseases which they attributed to tinned food within a period of seven years. Only fifteen persons died during these years, of diseases attributed to canned goods. The responsibility for some of this disease was laid to the use of food which had remained in cans some time after the tin had been opened. The government report says that printed warning should be given on the label of each tin against allowing any of the contents to remain in it after opening, and against using the contents, if has any unusual taste or smell, or the can shows any other indication of decomposition. These indications should be described on the label.—Good House-keeping.

### Kidney Trouble.

#### A DISEASE THAT OFTEN TERMINATES FATALLY.

MR. L. LUSSIER, OF SOREL, TELLS HOW HE OVERCAME THE TROUBLE AFTER REPEATED FAILURES.

There is no trouble more dangerous to life than disease of the kidneys, for the reason that before any special symptoms have made themselves manifest, the disease has usually assumed a formidable character. The symptoms that first manifest themselves are usually weakness in the small of the back, pains in the region of the loins. The urine is sometimes highly colored, while in other cases it is extremely pale, frequently depositing a sediment. As the trouble progresses these symptoms grow more severe, and frequently terminate in dropsy, Bright's disease or diabetes. Dr. Williams' Pink Pills are a specific for all kidney troubles, and have cured many cases after all other medicines have failed. Mr. L. Lussier, a well known navigator of Sorel, Que., gives his experience for the benefit of other sufferers. He says: "For several years I suffered very much from kidney trouble. The symptoms usually made themselves manifest by severe pains in the back and kidneys, and sometimes they would be so bad that I would be confined to my bed for several days at a time. I tried a number of different medicines, recommended for the trouble, but got no relief, and finally became so discouraged that I thought a cure was impossible, and stopped taking medicine. Shortly after this I read in our local paper of a case of kidney trouble cured by the use of Dr. Williams' Pink Pills, and this induced me to try this medicine. I soon felt that these pills were not like the other medicines I had been taking, for in the course of a few weeks I began to experience great relief. I continued taking these pills for a couple of months, by which time all symptoms of the trouble had disappeared, and I have not since had the slightest return of the disease. These pills also strengthened me in other ways and I believe them to be the best of all medicines."

Dr. Williams' Pink Pills enrich and nourish the blood and strengthen the nerves. It is thus that they cure such troubles as dyspepsia, kidney ailments, rheumatism, partial paralysis, heart troubles, St. Vitus' dance and the ailments that make the lives of so many women a source of misery. Do not take any pills without the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around the box. Sold by all medicine dealers or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

## ALLEN'S LUNG BALSAM

Cures  
Deep seated Colds  
Coughs · Croup · Bron-  
chitis · LARGE BOTTLES \$1.00  
MEDIUM 50¢ · TRIAL SIZE 25¢