

Health and Home Hints.

The average weight of a man's brain is 49½ ounces, or 5 ounces more than a woman's.

If you are hoarse, lemon-juice squeezed on to soft sugar till it is like a syrup, and a few drops of glycerine added, relieves the hoarseness at once.

To prevent sticking and burning when frying fish, etc., when the fat comes to a boiling point sprinkle the bottom of the pan with salt. This also prevents the fat from splashing.

Few people, except trained nurses, know that a restless patient is made much more comfortable if the corners of the under sheet are carefully pinned to the under side of the mattress with safety pins. Draw the sheet tight and pin it securely. It will be a relief to you and the suffering patient.

Cure for sore feet—An eminent doctor recommends the following as a cure for sore feet: Alum, three ounces; tannin, one ounce; brown vinegar, one pint; rose-water, half a pint. Mix, and apply a little as a lotion after washing the feet.

Brain Toast—Take a sheep or lamb's brain and let it soak for an hour or two. Place in a saucepan with boiling water and a little salt and boil for five minutes; drain and chop them. Put one ounce of butter into a saucepan, add the brains, a tablespoonful of cream, a beaten egg and some seasoning, and stir till quite hot. Pile on squares of buttered toast and serve very hot.

Sally-lunn is one of the lightest and most delicate of hot breakfast breads. It may be raised with yeast or made light with baking powder or by the old fashioned method of using bicarbonate of soda and cream of tartar. This method is really the best, and directions are here given for making Sally-lunn with these ingredients: Sift one quart of flour with two teaspoonfuls of cream tartar into a bowl. Put a pint of sweet milk into another bowl, add a little salt, dissolve a teaspoonful of bicarbonate of soda in two tablespoonfuls of hot water, and stir it into the milk. Beat two eggs, two tablespoonfuls of sugar, and one cupful of butter to a cream in a mixing bowl; then gradually stir in the milk. Next sift in the flour, a little at a time; stir it briskly till all is in. Butter well some shallow baking pans or patty pans, and bake in a quick oven about twenty minutes, or until the surface is a rich brown.

Nature Abhors Disease.

A healthy, well-nurtured system, with sufficient adipose tissue and enough good, rich, red blood, will successfully resist almost any attack to which ordinary people are exposed.

Unfortunately, however, few people nowadays possess the robust constitution necessary to perfect health. Either from inheritance, over-work, worry or defiance of Nature's laws and requirements, the majority are liable to the inroads of such diseases as Tuberculosis, Bronchitis, Anæmia, Low Fevers, Catarrh, Rheumatism, Neuralgia, etc., and nature must be assisted in some way if these are to be prevented.

Ferrol is the only known preparation which fully meets the requirements; with its assistance the system may be rendered impervious to the attacks of disease.

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

World of Missions.

"When India Turns to Christ."

A special development of the work in India is the system of colporteurs, of whom there are nearly seventy, their total sales reaching 52,000 copies or portions. The expenses connected with the circulation of the Word by this method exceed the amounts received from the sales, but this is inevitable. If the same number of copies could be sold at a fair profit over and above the cost of production, the colporteurs' expenses would be almost wholly met.

When India turns to Christ the earning power of the poor may be as much above the line of sufficiency as it is now below it, and then instead of needing help the churches will be able to stand alone, and reach out a helping hand to others. It is noteworthy that contracts for 120,000 copies of Hindi and Urdu Scripture portions are being made with Christian presses in Allahabad, Benares, and Lucknow.—*Bombay Guardian*.

The Religion of Christ

The following remarkable utterances are from a lecture delivered at Bombay by Protib Chunder Mezoondar, a Hindu Theist:—"The Christian religion is marvel. It is difficult to determine in exact language what it is. As a system of theology it is subtle, elaborate, complicated; and as abstruse, or more so, than Hinduism itself. As a system of ceremonials, symbols, rites and forms of worship, it is as rich, as full, as mysterious, as the religion of ancient Egypt. As a system of moral discipline, it is as strict, as searching, as uncompromising, and as particular as Buddhism. And in addition to this, it has been a system of civilization, influencing some of the greatest races of mankind. It has promoted the fine arts, so that the whole of Europe has become a treasure-house of the genius of great painters and architects. It has produced a literature replete with deepest thoughts and feelings of men. In short the triumphs of the Christian religion have been great, and the history of its progress and development presents problems which the world has not yet solved."

Christian Work and Evangelist:—Mrs. Isabella Bird Bishop pays the following tribute to the Chinese: "After eight and a half years of journeyings among Asiatic peoples, I say unhesitatingly that the raw material out of which the Holy Ghost fashions the Chinese convert, and oft times the Chinese martyr, is the best stuff in Asia. Above all, every true convert becomes a missionary, and it is in this spirit of propagandism that the hope of the future lies." This should form a great encouragement to increased missionary effort in behalf of China.

—The missionaries in Korea propose to have a missionary conference in Seoul on Sept. 18-25, 1904, which time will mark the completion of twenty years since the arrival of the first English-speaking missionary in Korea. Now, there are nearly two hundred missionaries laboring in Korea, and the work in some parts of the Hermit Kingdom is among the marvels of modern missions. Converts are numbered by the thousands, and a land in which a thousand people can be brought together on a week night to a prayer meeting, and on a rainy evening at that, almost out promise of great things for the future.

A Crisis in Woman's Life

There are Backaches and Headaches and Days when Life Seems Scarcely Worth Living.

There comes a time in the life of all women when they are face to face with a grave crisis; when there are distressing backaches, headaches, dizziness; when even some women are threatened with the loss of their reason; when they suffer because they are women. The happiness of women for the rest of their lives depends upon being safely tided over this crisis. Dr. Williams' Pink Pills have proved a blessing to women at all ages, and are particularly valuable at two critical periods—when girlhood is merging into womanhood and when women are approaching the turn of life. These pills make the rich, red blood that stimulates all the organs of the body, expels disease and makes the weary sufferer bright, active and strong. Mrs. A. Jones, Cypress River, Man., says: "Out of gratefulness I feel that I must let you know the good Dr. Williams' Pink Pills have done me. For years I suffered from inflammation of the womb and kindred troubles. Only those who have been similarly afflicted can tell how much I suffered, or how dreary life seemed. I tried many medicines but none of them helped me. Then I was advised to try Dr. Williams' Pink Pills. I am grateful now for that advice, for after using about a dozen boxes every symptom of the trouble disappeared and life again seemed worth living. It is now several years since I took the pills, and as there has been no sign of the trouble since, I feel safe in saying the cure is permanent."

What these pills have done for Mrs. Jones they will do for all suffering women if given a fair trial. But you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. Sold by all medicine dealers or sent by mail post paid at 50 cents a box or six boxes for \$2.50, by writing The Dr. Williams Medicine Co., Brockville, Ont.

Cocoon Puffs—The whites of three eggs beaten very light, a small teaspoonful of fine white sugar, one tablespoonful of cornflour. When these ingredients are mixed, put the mixture into a custard saucepan, or a jug set in a pan of boiling water, and stir constantly for twenty minutes, then take it off the stove, and add a quarter of a pound of desiccated or grated coconut. When well mixed, drop in teaspoonfuls on buttered paper. Bake in a very slow oven, as they must not brown at all.

Ginger Cookies—One cup of molasses, two tablespoonfuls of butter, one tablespoonful of ginger and a little salt. Put these in a tin on the stove until the mixture begins to boil, when partly cool add one teaspoonful of soda. Suffen with flour and roll out while warm, cut in squares and bake in a quick oven; they need close attention, as they burn easily. These cookies are best after they have been made a week.

If cauliflower is boiled with the head downward, well covered with water, it will come out much whiter than if exposed to the air while cooking.