

Home and Health Hints.

The colder eggs are the quicker they will froth.

Meat should always be cooked with the fat downward.

Whipped cream is more easily digested than plain cream.

To Cook Sweetbreads.—Having scalded in salted water, remove stringy parts. Then stand them in cold water ten minutes. Drain on towel. Dip into egg and bread crumbs, and fry in butter.

Cranberry Betty—Cook the cranberries rich with sugar, but do not let them jell. Place in a deep dish of layer crumbs) bits of butter, and a layer of cranberries, adding more sugar to every layer of cranberries. Alternate the layers thus till the dish is full, ending with the crumbs, butter and sugar. Bake thirty minutes in oven, having first covered the dish.

Baked eggs.—For each person allow two tablespoonfuls each of rich cream and fine bread crumbs, one-half of a teaspoonful of finely chopped parsley, five drops of onion juice, a dash of salt and pepper, and one egg. Butter individual baking dishes, mix together the crumbs, cream and seasoning, and put one-half of it in the dishes. Into each dish carefully break the egg, cover with the remainder of the bread mixture, and place in a hot oven until the eggs are set.

I wonder if it has ever occurred to you how much longer one's light colored kid gloves keep clean if they are taken care of? Travelling with a lady the other day I noticed that as soon as we had left the station she took a pair of white washing gloves from her pocket and drew them over her light kid ones, keeping them on till just before she arrived at her destination. It struck me as an excellent hint for the economical girl.

The Care of Eyes.

The changes which come to the eye as a result of age are beyond the power of the individual to remedy. It is true that the time for the wearing of glasses may be hastened by abuse of the eyes; but with all possible care that one may take the eye that hitherto has been normal will need shortly before, or it may be shortly after, the age of forty-five, the aid of glasses. So universal is this that an oculist, in his examinations of the refraction of the eye of his patient, can determine very accurately the number of his years. The responsibility of much eye trouble, however, can be brought directly home to the individual. It is due to the reckless expenditure of the eye-sight. The service of the eye is demanded in any and every light. The eyes are most tried by reading fine print, or doing the fine stitches of sewing or embroidery. If the print is on glossy paper, whose smooth surface reflects, mirror like, the light, the effect is very bad upon the eyes. If the embroidery is to be done on satin, or upon canvas, with its bewildering maze of meshes, the strain is soon shown in the redness and the weariness of the eyes. Women's eyes suffer greatly from the tax of veils. It only shows the great adaptability which the eyes share with every other part of the body, that the veils, with their intricate meshes and numerous dots of embroidery and chenille, do not occasion more trouble with the eyes than they do. The first thing to do in selecting a veil, if one has mercy upon the eyes, is to test its effect upon the sight, to see that the weave is not confusing and that the dots do not come athwart the eyes.

Misery And Health.

A STORY OF DEEP INTEREST TO ALL WOMEN.

RELATING THE SUFFERINGS OF A LADY WHO HAS EXPERIENCED THE AGONIES THAT AFFLICT SO MANY OF HER SEX—PASSED THROUGH FOUR OPERATIONS WITHOUT BENEFIT.

Throughout Canada there are thousands and thousands of women who undergo daily pains—sometimes bordering on agony—such as only women can endure in uncomplaining silence. To such the story of Mrs. Frank Evans, of 33 Frontenac street, Montreal, will bring hope and joy, as it points the way to renewed health and certain release from pain. Mrs. Evans says: "I feel that I ought to say a good word for Dr. Williams' Pink Pills, in the hope that my experience may be of benefit to some other suffering woman. I am now twenty three years of age, and since my eleventh year I have suffered far more than my share of agony from the ailments that afflict my sex. At the age of sixteen the trouble had grown so bad that I had to undergo an operation in the Montreal general hospital. This did not cure me and a little later I underwent another operation. From this I received some benefit, but was not wholly cured, and I continued to suffer from pains in the abdomen and bilious headache. A few years later, having with my husband removed to Halifax, I was again suffering terribly and was taken to the general hospital where another operation was performed. This gave me relief for two or three months, and again the old trouble came on, and I would suffer for days at a time and nothing seemed to relieve the pain. In February, 1899, I was again obliged to go to the hospital and underwent a fourth operation. Even this did not help me and as the chloroform administered during the operation affected my heart, I would not permit a further operation, and was taken home still a great sufferer. In 1899 I was advised to try Dr. Williams' Pink Pills and decided to do so. I have used the pills for several months and have found more relief from them than from the four operations which I passed through, and I warmly recommend them to all women suffering from the ailments which afflict so many of my sex."

Writing under a later date Mrs. Evans says: "I am glad to be able to tell you that not only has the great improvement which Dr. Williams' Pink Pills effected in my condition continued, but I am now perfectly well. I had given up all hope when I began the use of the pills, but they have restored me to such health as I have not before known for years. I feel so grateful for what your medicine has done for me that I gladly give you permission to publish my letters in the hope that other women will follow my example and find health and strength and new happiness through the use of Dr. Williams' Pink Pills."

No discovery in medicine in modern times has proved such a blessing to women as Dr. Williams' Pink Pills. They act directly on the blood and nerves, invigorate the body, regulate the functions and restore health and strength to the exhausted patient when every effort of the physician proves unavailing. Other so-called tonics are mere imitations of these pills and should be refused. The genuine bear the full name. "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. They are sold by all

dealers in medicine or can be had post paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

World of Missions.

Trouble in Erromanga.

There has recently been an outbreak of heathenism on the southern side of Erromanga, where for many years peace has prevailed. The heathen have killed one Christian man and three children (boys from 10 to 12), and another Christian has been wounded. On the other hand, the Christians killed one man and wounded two men. Mr. Robertson was absent, and the cause of the outbreak was the taking of the wife of a man who had gone to labor in Queensland and was absent several years. When he returned he found that his wife had married another man and that he was dead. But the angry husband and his friends took revenge by assailing the young man's father. They induced numbers of Christian natives to join them. Preparations were then made for war. The Christian chiefs and teachers kept on the defensive until the three boys were killed while gathering shell fish. These good men used every influence to keep their people from fighting.

A Dreadful Scandal.

Says Carter Harrison, in his "Race with the Sun": "We send missionaries to convert the heathen of India, China, Siam, Japan and Burma. In all these countries there are large colonies of Europeans and Americans. The missionaries preach Jesus. The foreigners at the same hour are practicing the devil. Everywhere all kinds of business is closed during race week, and our good people bet like Portuguese, and very many get as drunk as lords and swear like troopers. I do not mean that all do this, but enough do this to leaven the whole lump in the eyes of the native population." While some European preaches the Gospel his fellow-countrymen desecrate God's Holy Day by gambling and drinking in clubs, billiard-rooms, and quiet places behind the purdahs. If the salt of the earth had not the superhuman power of God behind its saltiness surely the great task of evangelizing the world would be hopeless. It becomes a serious question sometimes who needs the Gospel message more—the pagan or the so-called Christian.

Seminary girls of Beirut, Syria, devoted their missionary offering of about \$25 to the India famine fund.

The Buddhists are so impressed with the value of medical mission work that they have bought a piece of land in Hakodate and are going to build a large hospital for the poor; they propose to make no charge for attendance.

Something new at Hiroshima, Japan. The missionary advertised in the daily paper, offering to give Christian literature to any who would like to investigate Christianity. That first advertisement brought fifty-three requests, from all parts of the province. Two of the inquirers, a well-to-do farmer and a telegraph operator, have since asked for baptism. Further efforts on the same line have resulted in a considerable correspondence class.