

Health and Home Hints

A few tablespoons of kerosene in a pail of warm water make the washing of windows and mirrors a lighter task than if soap or any alkali is used.

Raised Muffins.—Scald a pint of milk, and when it is lukewarm stir in half a cake of compressed yeast. Rub a scant half cupful of butter, or beef's fat and butter, through a quart of well-washed flour. Stir in the yeast and milk, and beat the batter until it blisters. Let the muffins rise over night, and in the morning fill deep muffin tins half full. When the batter rises to the top, put them in the oven and bake them half an hour.

When one wishes to use only a few drops of lemon juice, the most economical way is to pierce one end with a silver fork and express by gentle pressure as much juice as is needed. The opening made closes up and the lemon will remain fresh for a number of days. If only half a lemon is used, place the remaining half, cut side down, upon a small saucer or other flat surface, cover with a cup, excluding the air, and the lemon will keep moist and good indefinitely.

The Deadly Headache Powder.—The headache powders containing acetanilid, which are sold indiscriminately by druggists, and which are in universal use, have other dangers besides their depressing effect upon the heart, which in many instances has led to sudden collapse and even death. An article in the *Journal of the Medical Association* gives an instance of a young woman who, after suffering for four years from neuralgia, developed severe symptoms of heart trouble and anemia. She denied that she had used drugs of any kind and deceived her brother, a physician. At last, however, she confessed that for four or five years she had been using capsules containing the familiar headache and neuralgia compound—acetanilid, caffeine and bicarbonate of soda. The effect of acetanilid, phenacetin and other poisons of a like nature, used in headache medicine, are heart failure, profound depression or collapse and unconsciousness and anemia, and persons should be extremely careful about using such remedies except by the advice of a physician.

The Joy of Living.

Life to the normal, healthy, Canadian boy or girl should be a continual joy. If it is not, then there is something wrong. There is lack of proper development. Consequently the blood is thin, the nerves unstrung, the muscles soft and flabby, vitality low and the capacity for enjoying life at a very low ebb. Moreover, there is constant danger of attack from Consumption, Bronchitis, Pneumonia, La Grippe and all kinds of Lung Trouble. If your boy or girl is in this condition, do not treat the matter lightly, lose no time in putting matters right. In

FERROL you will find the remedy required: Cod (The Iron-Oil Food) Liver Oil to build up the tissue, Iron to purify and enrich the blood, and Phosphorus to tone the nerve and brain. Ferrol will quickly and infallibly restore a normal, healthy and vigorous condition.

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

World of Missions.

Are You That Son.

Kan, a Chinaman, who was an idol-maker in a large way of business, had a son who has given him a good deal of trouble, a scapegrace altogether. One day, in our preaching-hall, the father heard the preacher say that God was the Heavenly Father of men.

At once this thought flashed across his mind: "What if I am giving my Heavenly Father the same feeling of distress that my son is giving me!"

He became an inquirer, and turned out all his stock of idols. "I have lost my business," he says, "but never mind, I have found a peaceful heart."

His customers are exceedingly angry with him, because they say that all the idols they bought from him have now lost their efficacy!

Rev. W. C. Burns.

In 1847 a striking personality arrived in the Rev. W. C. Burns, of the English Presbyterian Church, "one of the first saints in the missionary calendar." He went to China with the express intention of being an evangelist and where he could do so, he left the administering of the Sacrament and pastoral work to his fellow missionaries. In carrying out his ideas he followed two new departures. He lived more among the Chinese than any previous worker had done dressing as a Chinaman and taking their food; he took the risk of itinerating widely beyond the limits of the treaty ports. During four years spent in Peking he lived near Dr. Martin, hired a cabin at 40 cents a month, limiting his food expenses to five cents per day. Liberal in the way of charity he was personally as abstemious as an anchorite and when he died at Niuchuang, the doctors ascribed his death to poor living. Burns' life, it has been said was more powerful as an influence than an agency. In 1845, or thereabouts, Mr. Burns visited Canada, and many of our readers will remember his fervid addresses in Montreal and at various places in Eastern Ontario.—*Cycle of Cathay and Missionary Expansion.*

Mission Schools.

To raise up a native ministry should be held to be the prominent object of every mission in the foreign field. It is not possible to accomplish Christ's purpose in its fullness by missionaries, foreign in race, in thought, in mental habits and social life. These heralds introduce the Gospel, but they cannot of themselves carry it on to any extended period. Hence, the necessity for schools to train native workers. The schools in our missions are becoming the most effective agency, taking young pupils into the local schools and sending such as are qualified to the successive grades until they enter the ministry or other departments of Christian service. The million pupils in Christian schools are the hope of the heathen nations. As a result of the American colleges in Turkey the Protestant communities are the best educated, and the demand for the Scriptures in various languages is increasing so rapidly that the Beirut press is scarce able to meet it. These six colleges are training the men who will be, before many years, the leaders in the country. Hence the annoyances and persecution to which some of these institutions are subjected by the government.—*Morning Star.*

Do not drop greasy, dirty dish towels into hot soap-suds; it will only set the grease. Wash them well first in lukewarm water.

A SPRING NEED.

Indoor Confinement in Winter Hard on the Health.

Ninety-nine people out of every hundred actually need a tonic during the spring months, and the hundredth person would make no mistake if he too infused a little extra vigor and power into his blood. The reason for this condition is quite apparent. In the desire to make Canadian houses warm during the winter months, ventilation is sacrificed, and the health is impaired. There may be nothing seriously wrong—nothing more than a variable appetite; little pimples or eruptions of the skin; a feeling of weariness and a desire to avoid exertion; perhaps an occasional headache. These may not seem serious; perhaps you may think that the trouble will pass away—but it won't unless you drive it out by putting the blood right with a health-giving tonic. And there is only one blood-renewing, health-giving, nerve-restoring tonic—Dr. Williams' Pink Pills for Pale People. Over and over again it has been proved that these pills cure when other medicines fail, and thousands of grateful people testify that they are the best of all spring medicines. Mrs. D. Brown, Collins, N.B., says: "I have used Dr. Williams' Pink Pills for a run down system, and have found them better than any other medicine I have tried. In the early spring my blood was out of condition and I had such dizzy spells that if I turned quickly I would almost fall. I took Dr. Williams' Pink Pills for a few weeks and the trouble entirely disappeared. I think these pills an ideal spring medicine."

If you want to be healthy in spring don't dose your system with harsh, griping purgatives, and don't experiment with other so-called tonics. Take Dr. Williams' Pink Pills at once and see how quickly they will banish all spring ailments. Sold by medicine dealers everywhere, or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

A dusty, soiled carpet is an excellent germ breeder, hence if they are much used they should have a thorough cleaning every week and an occasional washing with a strong pearine suds. The suds should be beaten to a foamy lather, and after the carpet has been well swept, throw the lather on a small portion of the carpet at a time and cure quickly with soft, absorbent cloth in order that the moisture may not penetrate the carpet, then rub with a clean cloth dipped in clean water and the carpet will be bright and clean.

FOR EASTER

New Chatelaine Bags

New Belts

New Blouse Sets

New Dress Pins

Easter Book Markers With
Sterling Mounts, 25 cts.

A. ROSENTHAL & Sons
Jewelers, Ottawa.