


RECOMMENDED BY PHYSICIANS.

## Pond's Extract

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Coughs, Colds and all accidents liable to occur in every home.

**CAUTION--There is only one Pond's Extract. Be sure you get the genuine, sold only in sealed bottles in buff wrappers.**



## Health and Home Hints

If before taking butter out of the paper in which it is wrapped it is immersed in cold water for one or two minutes the paper will come off perfectly clean, thus avoiding waste of butter.

The reason why sausages burst while cooking is that they contain too great an allowance of breadcrumbs. Boil them for a minute or two before you fry them, and you will find the annoyance avoided.

Johnny Cake—One-half cupful of corn meal, one cupful of flour, one half cupful of sugar, one egg, two tablespoonful of melted shortening, one heaping teaspoonful of baking powder. Add sweet milk until a batter is formed that will pour and spread slowly.

**FITS** Little's Fit cure for Epilepsy and kindred affections is the only successful remedy and is now used by the best physicians and hospitals in Europe and America. It is confidentially recommended to the afflicted. If you suffer from

**EPILEPSY, FITS, ST. VITUS' DANCE,**  
or have children or relatives that do so, or know a friend that is afflicted, then send for a free trial bottle and try it. It will be sent by mail prepaid. It has cured where every-thing else has failed.

When writing mention this paper, and give full address to

**THE LIEBIG CO., 179 King street west, Toronto.**

**CURED**

Five Ways to Stop a Cold: First, bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water and remain in a warm room. Second, bathe the face in very hot water every five minutes for an hour. Third, snuff up the nostrils hot salt water every three hours. Fourth, inhale ammonia or menthol. Fifth, take four hours' exercise in the open air. A ten grain dose of quinine will usually break up a cold in the beginning. Anything that will set the blood actively in circulation will do it. But, better than all, if your cold is inveterate or serious, consult your family doctor, and at once.—The Household.

The Doctor's  
**ORDERS:**

**Fresh Air  
Good Food**

*The* **OLLÉ** *Emulsion*

Trade-mark.

For all those threatened  
with **Consumption.**

## World of Missions.

### What Children Play in China.

Childhood is the same all the world over. A missionary, writing of the girls in the school in China under her care, speaks of their games, which, she says, are their own, and yet exactly like games at which English children play, except that in "battledore" they use their feet instead of their hands: "Knuckle-bones" is played exactly as boys play it in England, only they use stones. "Hunt the Slipper" is also just the same. The Chinese, too, have the most beautiful swings—and such kites! I wish you could see them.

Did you ever hear at home of a game called "Mothers and Fathers"? and another called "Keeping School"? Here we have just the same.

These Chinese know no end of riddles, both spoken and written, and they have all kinds of puzzles.

They have a funny way of choosing who shall be "he" in a game. One of them holds her hand out with the open palm downward; then all the others stand round with the tip of their first finger touching her palm; then, after repeating a few words, she suddenly closes her fingers and tries to catch theirs. Sometimes she fails to catch one, and then it has to be done again; but if she does manage to imprison one finger, the owner of that finger has to be "he."

Speaking of what he heard, saw, or noted, during his recent visit to India, John Wamaker, of Philadelphia, among other things, says: "Of all the Christian missionaries sent out from other lands, that I saw, or by inquiry learned anything about, I discovered only one person who had given up Christ for the ancient Hindu or Mohammedan religion. These old, much revered native religions are not able to win headway with the believers in the gospel of Jesus Christ." The trend of religious movement in India is from these ancient religions to that of Christianity, and the movement is growing in volume from year to year.

Moravian Missions are 15 in number, or, as the Moravian phrase is, are divided into 15 mission provinces—viz., Labrador, Alaska, Indians in Canada and California, Jamaica, St. Thomas and St. Jan, St. Croix, St. Kitts, Antigua, Barbadoes, and Trinidad and Tobago; the Mosquito Coast, Demara, Surinam, South Africa—western and eastern provinces, German East Africa; West Himalaya, Victoria, and North Queensland, Australia. 464 missionaries (250 brethren and 244 sisters), 4 more than during the preceding year, are engaged in the work. The total number of souls under the care of the missionaries is 96,833. Of these 92,075 are members of the Church.

At least in one province child marriage has received a stunning blow. For the young gaikwar of Baroda, who was educated in England, not long since, took a step which legalizes the remarriage of widows by specific enactment. Baroda, the state of which the gaikwar is chief, shows the largest relative increase of Christians in all India for the last ten years.

**JESSOP & BELL'S** SWEET TONED  
TAR SOUNDING  
DURABLE  
CANADIAN MADE  
NORTHVILLE  
AMERICAN BELL & FOUNDRY CO. MICH.

## WOMEN'S ILLS.

### Promptly Relieved and Cured by Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills are woman's best friend. They enrich the blood, tone up the nerves, and strengthen the vital organs to perform their functions regularly. They bring the rosy cheeks and shapely forms that tell of good health and happiness. To the growing girl they are invaluable. To the mother they are a necessity. To the woman of forty-five they mean relief and ease. Dr. Williams' Pink Pills are the best medicine that science has devised for women at all periods of life. These pills succeed when all else fails. Thousands of grateful women endorse the truth of these statements. Mrs. John White, Sahanatien, Ont., says: "It gives me pleasure to bear testimony to the great value of Dr. Williams' Pink Pills as a cure for the ailments that afflict so many women. I suffered greatly and the periods were very irregular, but thanks to these pills I am now quite well and free from the pains that made my life almost a burden, I cheerfully give my experience for the benefit of suffering women."

Remember that substitutes cannot cure and see that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed, post paid, at 50c. per box, or six boxes for \$3.50.

A good stain for a floor may be made from one gallon of linseed oil, two pounds of powdered sienna, one pound Spanish brown, one ounce litharge. Mix in an old pan, heat carefully to the boiling-point, remove from the fire, and beat in one pint of turpentine. Apply with a broad brush, selecting a dry, clear day when you can have doors and windows open. The next day polish with a waxed cloth wrapped around a brick, which may be caught in a clamp with a long handle such such as is used for scrubbing brushes.—Evangelical Messenger.

A potato omelet is a rather new combination of those two standbys of a housekeeper, eggs and potatoes. A cooking school recipe requires that the potatoes should be baked for this omelet, but a housekeeper who has experimented says that it is quite as well to boil the potatoes to the meal stage and press them through a sieve while hot. Mix two potatoes thus prepared with the beaten yolks of five eggs; season with salt and pepper and a few drops of lemon juice. Fold in the beaten whites of the eggs, and make the omelet in the usual way, adding a little chopped parsley just before the omelet is folded over.

USE THE GENUINE

**MURRAY & LANMAN'S**

**FLORIDA WATER**

THE UNIVERSAL PERFUME  
FOR THE HANDKERCHIEF,  
TOILET & BATH.  
REFUSE ALL SUBSTITUTES.