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Painkiller
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Health and Home Hints

Asparagus.

Many writers on cookery expatiate to great extent on the proper method of cooking asparagus, and Sir Henry Thompson's process of cooking this delicious esculent merits repetition, as it is simple and successful. He advises that "the stalks be cut of exactly equal lengths, tied in a bundle, and boiled, standing tips upward, in a deep saucepan. Nearly two inches of the heads should be out of the water, the steam sufficing to cook them, as they form the tenderest part of the plant, while the hard, stalky part is rendered soft and succulent by the longer boiling which this plan permits. A period of thirty or forty minutes on the plan recommended will render fully one third more of the stalk delicious, while the head will be properly cooked by the steam alone." The water must be boiling briskly when the vegetable is placed in it, and salt heightens its green color.

If a sauce is to be served with the vegetable, have it in readiness, and as soon as the asparagus is cooked, serve at once. If the vegetable is to be served cold, drain as soon as it is tender and place it where it will cool quickly. Never allow it to remain in the water after it is tender, as this destroys its fresh color.

Delicious soups are made with asparagus. These are made without meat, and are excellent for luncheons.

Cream of Asparagus.—Wash and cut in short lengths two dozen asparagus stalks. Cover with two quarts of boiling water, add a green onion, a stalk of celery, a spray of parsley and a heaping teaspoonful of salt. Cook for twenty-five minutes, then rub through a sieve. Return to the saucepan and let come to a boil. Beat the yolks of two eggs until light, add half a pint of cream, and stir it into the hot soup. This soup may be varied by adding different seasonings. A tablespoonful of very finely chopped chervil or tarragon may be added just before serving; or a cupful of cucumber dice that have simmered for ten minutes in salted water, then drained. The same effect is

gained by using a tablespoonful of finely chopped pimpinel, an herb with a dainty cucumber flavor. A very delicate flavor and color are given the soup by adding a cupful of whipped cream just before serving. A few asparagus tips may be added to the soup.

For Salad.—Epicures ask no better salad than the tips of asparagus, icy cold, served on lettuce, with a French dressing. A few spoonfuls of chopped chives or tarragon leaves can be added.

For a luncheon the asparagus may be dressed with a mayonnaise. Often some vegetable is hollowed out to form a cup, in which the asparagus mayonnaise is served. Little cups are made of cucumbers, turnips, artichoke hearts and tomatoes. Frequently a green mayonnaise is served with a salad of asparagus, while by some palates a cream mayonnaise is preferred.—The Delineator.

World of Missions.

Arctic Missions.

The first Christian missionaries in the extreme north went to Norway from England in the tenth century. But long before this, Scotch missionaries, known as "Papar," "crept northward to Iceland." It was from Iceland, says Dr. George Smith, "that Greenland was first Christianized. It had seventeen bishops in succession up to 1408, after which the "black death" decimated the settlers, and the Eskimos exterminated the rest. Tradition tells of a Scots missionary who from Greenland found his way to North America, and there died a martyr for the faith."

The best known of all the early missionaries to the far north was Hans Egede, a Norwegian pastor, who was sent forth by the Copenhagen College to Greenland in 1721. With his wife and four children, and about forty other persons, he sailed from Bergen in the Hope. "They found no Greenland, but endless hummocks of ice, which they coasted for weary days, and in imminent danger of shipwreck, until they landed at a small bay, and began to build on what they called 'Hope's Island.'" "For two years Hans Egede had to labor all alone, but he devoted himself to his work with heroic patience. He visited the filthy huts of the Greenlanders in order to win their confidence and their language. He took native youths into his own house, and induced them to learn, offering them the tempting reward of a fishhook for every letter that was acquired." But slowly he made the gospel known. The King of Denmark, Christian VII, withdrew his aid, but Egede and his wife remained at their work. Smallpox came, and he and his wife received the people into their home, and loved them in spite of their filthy lives, and toiled for them, until, at the age of 73, the old missionary died on the island of Falster. The Moravians had already joined him, and took up his work.

The first missionary to reach Labrador was Christian Erhardt, a Moravian brother, who landed in July, 1752. He and the sailors of his boat were all murdered. Erhardt was followed by Jans Haven, who was moved to go when he heard that Erhardt had fallen. "Not until 1804 did the gospel meet acceptance. Then patience was gladdened by a widespread awakening among the people. To-day, from six centers, thirty-five missionaries minister to all but about 200 of the scattered Eskimos, and in summer care for the spiritual needs of the fishermen who visit the coast.

Could Not Walk.

A Young Lady Tells the Torture She Suffered from Rheumatism.

Miss Myrtle Major, Hartland, N.B., is one of the thousands who have proved that Dr. Williams' Pink Pills will cure rheumatism. Miss Major says: "I suffered from the trouble for nearly a year. I had the advice of a doctor and took his medicine, but it did not help me. The trouble was located chiefly in my ankles, and the pain I suffered at times was intense. As a matter of fact at times I was quite unable to walk across the room, and for some six months I was confined to the house. I used liniments and other medicines prescribed for rheumatism, but they did me no good. Then some of my friends urged me to try Dr. Williams' Pink Pills. I acted on their advice and before I had used three boxes I began to feel better. I took nine boxes of the pills altogether, and before I finished the last box not a trace of the trouble remained. It is now nearly two years since I took the pills and as there has not been a symptom of the trouble since it proves that the pills make permanent cures."

Rheumatism is a disease of the blood and can only be cured by treating it through the blood. That is why Dr. Williams' Pink Pills always cure this trouble. Good blood makes every organ in the body strong and healthy, and as every dose of Dr. Williams' Pink Pills make pure, rich blood, it follows that they cure such troubles as anaemia, neuralgia, indigestion, heart trouble, kidney ailments, erysipelas, the after effects of la grippe and fevers, etc. They also relieve and cure the ailments from which so many women constantly suffer. See that you get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50c. a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

The strife between light and darkness dates from the day when God said, "Let there be light!" Man brought neither into the world, nor can he dispel either. He who made them rules them. Man is master of the darkness just in proportion as he is mastered by the light. The mastery of the one is the mystery of the other, and we are victors to the extent that the Master of both is victor in us.

We are masters of ourselves only when we are mastered by Jesus Christ.

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RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.
Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and often contain "wood alcohol," a deadly poison.

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MURRAY & LANMAN'S Florida Water
"THE UNIVERSAL PERFUME"
For the Handkerchief, Toilet and Bath.
... REFUSE ALL SUBSTITUTES!