

**EXPOSURE**

to the cold and wet is the first step to **Pneumonia**. Take a dose of **PERRY DAVIS'**

**Painkiller**

and the danger can be averted. It has no equal as a preventive and cure for **Colds, Sore Throat, Quinsy and Rheumatism**. Always keep it handy.

**Christian Union in Japan.**

Some years ago the 7 Presbyterian bodies operating here united into one "Church of Christ in Japan," and are working together smoothly and harmoniously. The 4 missions of the Episcopal church also united, forming the "Nippon Sei Kokwai," and are finding it quite practicable to work together. The various Baptist bodies are also working in harmony, as well as the Lutheran. The 6 Methodist missions, while exercising due comity among themselves, had hitherto prosecuted their work in entire independence of each other. This has been at a considerable loss in men and money, as each has supported its own academic and theological school, when fewer schools would have sufficed if they had been working together. At last these different Methodist bodies have formulated a plan for union, which has been agreed upon by all the missions, and only awaits the permission of the home boards to put it into operation. It is to be hoped

**FITS** Liebig'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 combinatorily 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 wherever—being else has failed.

When writing mention this paper, and give full address to

**CURED**

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

that the boards will endorse the plan, and then the Northern Methodist, the Southern Methodist, the Canadian Methodist, the Methodist Protestant, the Evangelical Association, and the United Brethren Churches will merge into "The Methodist Church of Japan."—R. B. Peery.

Who is the happiest of men? He who values the merit of others, and in their pleasures takes joy, even as though it were his own.—J. S. Blackie.

**ARE YOU RUN DOWN?**

**"The D&L" Emulsion**

**Trade-mark.**

Puts new life into you.  
Builds up Nerve and Muscle.  
Adds pounds of solid flesh to your weight.  
Positively cures Anæmia, General Debility, Lung Troubles, including Consumption if taken in time.

Be sure you get "The D&L"

**Health and Home Hints**

Nothing made with sugar, eggs and milk should reach the boiling point.

To prevent stockings wearing at the heels line the backs of the shoes with a piece of black velvet.

To warm up fast in bed lie flat on the back, the arms straight by the sides, the legs straight—then breathe.

A specialist in nervous diseases says a woman should sleep nine hours a night and one hour in the daytime.

Potato balls are made in this way. After boiling and mashing as many as you require season with salt and pepper; add a tablespoonful of fine bread crumbs, and stir in a beaten egg. Flour your hands and form into balls the size of a billiard ball. Bake on a greased tin in a hot oven until crisp and brown.

A large number of fatal cases of appendicitis, writes a London medical man, have come under my notice, and in many cases the disease has been caused by orange pips, or hard pieces of some nut which have entered the "vermiform appendix" and set up inflammation.

To detect dampness first have the bed well warmed with a warming pan, then the moment the pan is taken out introduce between the sheets an inverted glass tumbler. After it has remained there a few minutes withdraw it. If the glass is found dry you may go to bed without any apprehension of chills or rheumatism.

For Floating Island, separate the yolks from the whites of three eggs and beat the latter well. Put them, one at a time, into half pint of boiling milk, and poach them for a few seconds, then take them out. Mix a teaspoonful of corn-flour with a little cold milk and stir into the boiling milk; then add the yolks of the eggs, well beaten, sugar to taste, and a few drops of essence of almonds. Pour the custard into a glass dish and arrange the whites over it. Serve perfectly cold.

Fried apples with pork chops, ham or sausage are now timely and acceptable. Select large firm apples rather tart. Wash and dry, but not peel. Remove stems, blossom ends and core. Slice across so as to make round slices about half an inch thick. Fry in hot butter, olive oil or pork drippings. Turn so as to brown both sides and serve immediately. If a sweet dish is preferred, sprinkle the slices with sugar and a little cinnamon over the uncooked side before turning.

Timble of Cold Lamb.—Put the meat through the finest cutter of the chopper and pound until reduced to a pulp. Season it well, and to each cupful add one tablespoonful of chopped parsley and two well-beaten eggs, mix thoroughly, pack in a buttered mold and steam for forty-five minutes. To serve with it prepare a cupful of white sauce. Just before taking from the fire add one tablespoonful of chopped parsley, one teaspoonful of lemon juice and the beaten yolks of two eggs mixed with one tablespoonful of cream or rich milk, and stir until slightly thickened.

**GOOD BLOOD.**

IS THE SECRET OF HEALTH, VIGOR AND HAPPINESS.

Good blood—rich, red blood—is the greatest enemy that disease can have. It stimulates every organ to throw off any ailment that may attack it. Good blood is the only positive cure for such complaints as anaemia, nervousness, neuralgia, skin eruptions, indigestion, rheumatism, etc., because these diseases cannot exist where the blood is good. The secret of good blood—rich, red, life-giving blood—is Dr. Williams' Pink Pills. Where these pills are used it means life, health and vigor. Mr. Robert Lee, a well known resident of New Westminster, B. C., says:—"Before I began using Dr. Williams' Pink Pills, my blood was in a very impure condition, and as a result, itchy pimples broke out all over my body. My appetite was fickle and I was easily tired. I tried several medicines, but they did not help me. Then my wife urged me to try Dr. Williams' Pink Pills. I got half a dozen boxes, and by the time I had used them, I was fully restored to health, and my skin was smooth and clear. The pills are the best medicine I know of for purifying the blood." Sold by all medicine dealers or sent post paid at 50c per box or six boxes for \$3.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. Do not take a substitute, or something said to be "just as good." The "just as good" medicines never cured anyone.

**A Brave Little Man.**

The Sunday School at Namur has lately gained a new scholar, a little boy who works in a glass manufactory, says the Belgian Messenger. He is only twelve years old, and his looks are not prepossessing. He is small, puny, often black with smoke and miserably clad, but looks intelligent, and his eyes beam when one talks to him of Jesus, and of the beautiful Gospel stories.

One Sunday his teacher saw, to her amazement, that he was fast asleep. She woke him up, and said sternly to him, "You oughtn't to sleep here."

"Oh, madam, forgive me, but I am so tired."

"Did you not sleep well last night, then?"

"Oh, no," he answered, "smiling. "I was working for twelve hours last night at the factory, and only came out of it at seven this morning."

"What? Do you mean to say that your mother allowed you to come here instead of going to bed?"

"No, no, I told her I would go to bed later," said he, "that I must come first and say my verse."—Unidentified.

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