

Home and Health Hints.

Embroideries should be ironed on a thin smooth surface, over thick flannel, and only on the wrong side.

Wash fabrics that are inclined to fade should be soaked and rinsed in very salt water, to set the color, before washing in suds.

Fine coal dust sprinkled about the burrows of ants will cause them to leave. Ashes may be used on the lawn without injury to the grass. Sifted ashes are best, but those fresh from the stove, shaken from the stove-shovel, will answer the purpose very well.

Egg Soup—Stir a teaspoonful of beef extract into one quart of boiling water; add a grated onion, an eighth of a teaspoonful of celery seed or a little celery chopped, half a teaspoonful of salt and a saltspoonful of pepper; stir constantly until it reaches the boiling point; strain through a fine sieve, and pour it while hot into the well-beaten yolks of two eggs. Add four tablespoonfuls of carefully boiled rice, and serve very hot.

Plants need a good deal more water as the days grow longer and warmer than they do in midwinter. They should be given all they can make use of. Watch the surface of the soil and whenever it looks dry give more water. Do not make watering a matter of three times a week and so much to a plant, as many do, but be governed by the evident needs of the plant as shown by the soil.

Dainty orange wafers are exceedingly nice to pass with tea. A ginger or cinnamon wafer should be served with chocolate, and a plain unflavored one with coffee. You may, if you like, pass some little bonbons, like chocolate wafers, but you should not have any other refreshments at an afternoon tea. Remember that in these days elegance tends towards simplicity—Ladies' Home Journal.

If you wish to oil or paint the kitchen floor, and there are cracks that need filling, tear several newspapers into small pieces and soak them in water. Mix one pound of floor paint and a quart of water together, beating it until it is smooth and free from lumps, then stir in a tablespoonful of alum and two quarts of boiling water. Set it on the stove where the paste will cook, and mix the wet paper with it. Boil until it is quite thick and press it into the cracks while hot with a knife. It will soon harden and make the floor nice and smooth.

How to polish the windows—The action of the sun, moisture and the carbonic acid in the air on the soda or potash in the glass produces an opaqueness more or less pronounced. To remove this wet the glass with dilute hydrochloric acid, and after a few minutes go over the glass with powdered whiting. Pour the acid slowly into the cold water, using four ounces of the acid to twelve ounces of water (one pint and a half). Polish with chamois or soft paper. It must be remembered that this acid will attack metals and should not be allowed to touch them, nor should the bottle be left open an instant longer than necessary as the fumes are very destructive.—March Ladies' Home Journal.

One of the features of the present-day tea trade is the increasing demand for Ceylon green teas.

The Grand Trunk Railway Company purposes to build a fruit exchange and freight shed in Montreal.

World of Missions.

India In Brief.

SIZE.

The greatest length and greatest breadth of British India, including Assam and Burma, are nearly equal—1,900 miles. It has an area of 1,800,258 square miles; and is as large as all Europe less Russia.

THREE DIVISIONS.

From the character of the country India may be divided into three parts—the lofty mountain ranges on the north, the great river plain extending across northern India, and the triangular table occupying the southern portion.

THE MOUNTAIN RANGES

The loftiest mountain ranges in the world form a double wall across the northern boundary. Himalaya means "The Abode of Snow." Their feet stand in tropical verdure and their heads are crowned with everlasting snows. A day's ride from Calcutta brings the traveler to the foot of the mountains which rise abruptly to a height of nearly four miles, Mt. Everest being 29,002 feet in height and Kanchanjanga 28,176. At Darjeeling he may get a peep on the "roof of the world" and catch a glimpse of the highest mountain peaks in the world. The value of these ranges to India cannot be estimated. They are the reservoirs for the thirsty plains. They arrest the heavy laden clouds from the southern seas, congeal and store their moisture and then send it rushing down the passes charged with life giving soil. At Cherra Punji, in Assam, where the moisture-laden wind, called the monsoon, first strikes the hills, the usual annual rainfall is 40 feet, and has been as high as 67 feet.

THE RIVER PLAIN.

The rivers that water the great plain of India which has been the granary of the East, rise in the eternal snows of the Himalayas. Two rise in the trough formed by the double range of mountains and break through the southern range through mighty passes. The Brahmaputra enters India from the northeast and the Indus from the northwest. The river system which drains the slopes of the outer Himalayan range is the sacred Ganges, revered by the Hindus as Mother Gunga. It is not hard to understand how the people learned to venerate and then worship the stream which was a veritable nourishing mother to their land. The enormous amounts of alluvium brought down by the rivers make the soil of the river plains inexhaustible.

POPULATION.

The Aryan invaders who came down through the northern passes found the plains occupied by aborigines whom they drove into the less productive table lands where their architectural remains are seen in the Dravidian temples. The Hindus belong to the same branch of the human race with ourselves, and are greatly superior to the aboriginal races in appearance and intelligence. The high-caste Brahmins represent the aristocracy of birth and learning. Their verdic literature contains some noble religious conceptions. The present population of British India is 287,223,431.

GOVERNMENT.

The conquest of India by Great Britain began in 1757 with the battle of Plassey. British rule now practically extends over the whole of India. There are a few native states that have a certain degree of independence

in local government but are feudatory to the British crown. In such feudatory states there are British "residents" who look after British interests. There is a small Portuguese settlement at Goa on the west coast. Ceylon is also under the suzerainty of Great Britain. Condensed from North and West.

SPRING WEATHER

IS YOUR SYSTEM IN SHAPE TO CARRY YOU SAFELY THROUGH.

THE PRACTICE OF TAKING A TONIC IN SPRING IS DESCENDED FROM OUR WISE FOREFATHERS AND HAS GOOD MEDICAL ENDORSEMENT—A FEW SUGGESTIONS REGARDING HEALTH.

The practice of taking a tonic during the inclement weather of early spring is one that has been bequeathed us by our forefathers, who lived in days when a sturdy constitution and vigorous health meant even more than they do to-day. The custom has the highest medical endorsement, and the healthiest people are those who follow it. Thousands, not really ill, need a tonic at this season. Close confinement in badly ventilated houses, offices, shops and school rooms during the winter months, makes people feel depressed and "out of sorts." Nature must be assisted in throwing off the poison that has accumulated in the system, else people fall an easy prey to disease and are subject to many discomforts from boils, eruptions, and similar troubles. Dr. Williams' Pink Pills for Pale People are the best tonic medicine known to medical science. These pills make rich, red blood and strong nerves. Through their use in springtime, jaded, listless, easily tired men, women and children are made bright, active and strong. Evidence of the wonderful health restoring virtue of these pills is given by Mrs. J. Langlois, 659 Lafontaine street, Montreal, who says:—"Before I began using Dr. Williams' Pink Pills I was under the care of two doctors, who told me my trouble was developing into consumption. I was very pale and feeble; had no appetite and could hardly stand on my feet. I was very much discouraged and thought death was staring me in the face. I had often read of Dr. Williams' Pink Pills, and finally decided to try them. After I had used three boxes my appetite was much better, and I felt a little stronger. I continued the use of the pills for three months when I felt fully cured. When I began using the pills, I only weighed 92 pounds, and when I discontinued them my weight had increased to 119 pounds. I also gave the pills to my baby, who was pale and sickly, and they made him a bright, rosy, fleshy child. I think there is no weak or sickly person who will not find benefit from Dr. Williams' Pink Pills."

It is a waste of money to experiment with other so-called tonics which are all cheap imitations of Dr. Williams' Pink Pills. Insist upon getting the genuine, and if they are not sold by your dealer send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid, at 50c a box, or six boxes for \$2.50.

It is stated that the new Toronto University building for the School of Science will cost about \$200,000.