

Health and Home Hints

Cake ought to rise to its full height before it begins to brown. This applies specially to sponge cake.

When frying smelts sprinkle with lemon juice before rolling in eggs and crumbs. It keeps the flesh white and gives it a good flavor.

Do not starch curtains while they are wet; they will soil much faster than if allowed to dry beforehand.

When making bags to put away silverware always use the unbleached material. Sulphur is used for bleaching, and its influence will quickly tarnish the silver.

Stewed stoned prunes with a dash of lemon in them and drained of a little of their juice will make one of the most delicious of shortcakes. Whipped cream adds much to their goodness.

Try how much easier it is to poach an egg when you put a teaspoon of vinegar in the boiling water. It helps to keep the shape of the egg; it also makes the white firmer and whiter.

Cabinet Pudding may be made from bits of stale bread, rusk or cake. Decorate the mould with any dry or preserved fruits then fill with bits of stale cake or bread. If you have a pint and a half mould, beat two eggs; if you have used bread, add four tablespoons of sugar; if cake, omit the sugar; add a pint of milk; pour into the mould over the stale material, and soak for five minutes. Cover the mould and steam for one hour. Serve hot with a liquid pudding sauce.

Baked orange pudding. Three ounces of stale bread, four oranges a quarter of a pound of lump sugar, half a pint of milk, three eggs and a little nutmeg. Cut the bread in small pieces, boil the milk and pour over the bread and let it soak. Rub some of the lumps of sugar on two of the oranges to absorb the yellow part of the rind. Put them and the rest of the sugar into a basin. Strain the juice of the four oranges on to them. When dissolved, mix in the bread put into a buttered pie dish, which has been edged with pastry, and bake for half an hour.—Ex.

Pale, Anaemic People

With thin, watery blood always suffer greatly from the cold as well as the sudden and violent changes of our Canadian winter. They are particularly susceptible to Chills, Coughs, Colds, Bronchitis, Pneumonia, La Grippe and even Consumption. They should take FERROL, instead of which they usually resort to extra warm clothing and avoid the cold, fresh air as much as possible a very great mistake. What they require is a coating of good, healthy fat, a supply of rich, warm, red blood and properly toned nerves and all this they may have with very little trouble or expense, by taking a course of **FERROL** which will infallibly **enrich the blood**, (The Iron-Oil Food) increase the weight and tone up the nerves, making clumsy clothing quite unnecessary, and crisp, cold, fresh air a joy, instead of a thing to be avoided.

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

World of Missions.

The Scottish and Irish Missionaries in Manchuria.

(From Weekly Leader.)

The Foreign Mission office of the United Free Church of Scotland has received the following telegram from Manchuria (Yingkou):—"There is no reason to be anxious." That Church has a staff of thirty-seven missionaries in Manchuria of both sexes, including missionaries' wives. It works in co-operation with the Irish Presbyterian Church, which has a staff of about thirty. All the Scottish and nearly all the Irish missionaries happen to be on the field, having returned to duty as soon as the Boxer troubles were quelled. These missions occupy the principal towns and stations from the port of Neuchwang to Mukden, the capital, and Kirin, farther north and near the line of railway, as far as the Siberian border. Five of the women missionaries are fully qualified physicians. The well-known Chinese and Korean scholar, Rev. John Ross, D.D., is stationed at Mukden, and is in full vigour after thirty two years' service. Equally well known is Dr. Greg, of Kirin, the Edinburgh physician, who, after suffering cruel hardships from the official class, has become most popular there. Drs. Westwater and Christy, the latter in charge of one of the largest hospitals in Asia, were recently in this country; they and the Rev. James Webster aroused much interest by their addresses. These missionaries especially rendered many services to the Russians as doctors and interpreters, as well as to the British authorities after the siege of Peking. An Edinburgh architect, Mr. Macrae Anderson, was sent out a year ago to rebuild the many churches, schools, hospitals, and mission houses burned down by the Boxers. The two Presbyterian missions have little reason to fear either the Russians or the Japanese, with both of whom they are friendly. But a Japanese invasion of Manchuria or conflict there may again lead to risings among the people, as in the war between China and Japan, when the United Presbyterian mission, Rev. James A. Wylie, fell a martyr for the faith. Probably anything would be better for the missions than the permanent annexation of Manchuria by Russia, which has for a time at least been arrested by the Japanese. The policy of the Russians has always been to forbid in their own provinces the baptism of any converts unless by priests of their own Church. For this reason they drive the Scottish mission out of one of the Caucasus districts, and the Basco missionaries out of another; while they refused the German Moravians permission to settle close to Tibet. This intolerance resulted in the famous German scholar, Dr. Hander, removing to North India, and the Moravians finding an asylum from the Government of India in North Kashmir and the Punjab, where they flourish, while they watch for an entrance into Tibet. The indirect results of the peaceful action under treaty of Lord Curzon's Government in Tibet, and of the warlike advance of Japan from Korea into Manchuria, are likely to be seen hereafter in the Christian civilization of these Mongol peoples.

"Which do you prefer, Tommy, Applepie or peach?"
"Thank you, ma'am," said Tommy;
"I prefer a piece of each."

—St. Nicholas.

Medicine For Men.

Something that will Banish Worries and Brace Up the System.

Has it ever occurred to you that you need a medicine AS MEN—not as old men or young men, but as men? Are you never conscious that the special wear and tear of life which men sustain need repair? Worry wears a man out quicker than work, but worry is not an accident, it is a symptom—a symptom of nervous exhaustion. Other symptoms are nervus headache; morning laziness, that makes it difficult to get out of bed; a weak feeling in the back; indigestion; breathlessness after slight exertion; irritable temper—perhaps some nerve pain such as neuralgia, sciatica or incipient paralysis. Dr. Williams' Pink Pills, as a medicine for men, act directly upon the source of discomfort. They restore manly vigor and energy, improve the appetite and tone up the nerves and the whole system. M. Neil H. McDonald, E. M. Clark, N. B. F. one of the many men who has provided the value of Dr. Williams' Pink Pills. He says: "I am glad to be able to say that I have found Dr. Williams' Pink Pills all that is claimed for them. I was completely run down; my appetite was poor, and I suffered much from severe headaches. Doctor's medicine did not give me the needed relief, so I decided to try Dr. Williams' Pink Pills. I used only a few boxes when my former health returned, and now I feel like a new man."

We k, nerv us, broken down men—and women, too—with find new health and happiness in a fair use of Dr. Williams' Pink Pills. But be sure that you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around every box. Sold by medicine dealers or sent by mail at 50 cents a box, or six boxes for \$2.50, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

"I think it is so silly to see a baby biting its feet," remarked by you mother. "Well, I think," spoke up the young father; "it shows that he is already learning to be thrifty." "Thrift?" "Yes, isn't he making both ends meet?"

An orange put in the oven and baked will be found an excellent cure for bad throats, eaten just before retiring for the night.

Many Appetizing Dishes.

Can be made of any delightful and nutritious by the use of Borden's Fearless Brand Evaporated Cream, which is not only superior to raw cream but has the merit of being preserved and sterilized, thus keeping perfectly for an indefinite period. Borden's Condensed Milk Co., proprietors.

\$5.00 \$5.00

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