

Health and Home Hints

The following is a good polish for oilcloth—Save all candle ends and melt in the oven; mix with it sufficient turpentine to make a soft paste. This is excellent for linoleum, &c.

It is not generally known that wringing out a cloth in hot water and wiping the furniture before putting on furniture cream will result in a very high polish, and will not finger mark.

Old scratched knives may be made to look like new if tallow is well rubbed on the knifeboard—tallow candle will do—and then knife powder. Scratches and stains will quickly disappear.

For a troublesome cough, take an ounce of liquorice, a quarter of a pound of raisins a teaspoonful of flax seed, and two quarts of water. Boil slowly until reduced to one quart, then add a quarter of a pound of finely powdered sugar and the juice of one lemon. Drink half a pint of this when going to bed, and a little more when the cough is troublesome.

Cream Biscuit—Sift together one quart flour and two heaping teaspoons lard and one half cup melted butter, one and one-half teaspoon salt, and one teacup cream, and beat to a stiff dough. Roll out three fourths of an inch thick, cut and bake in a quick oven.

Ham Relish—Scald half a cup of cream in a farina boiler, add one cupful of cold boiled ham, chopped fine. Rub the yolks of two eggs with a little cream. Press the whites of the two eggs through a sieve, add the mixture and when fully treated put on a hot dish. Slice the remaining hard-boiled egg over the ham and serve hot.

Baked Creamed Potatoes—Cut or chop boiled potatoes into a buttered baking dish. Dust with pepper and salt and pour on thin cream to cover. Sprinkle the top generously with stale bread crumbs, and bake in a moderate oven half an hour, which will be long enough to heat the potatoes and brown the crumbs.

English Walnut Cake—To make walnut cake, cream together one cup of butter and two cups of sugar. Add the yolks of four eggs, well beaten, and half a cup of milk. Then add two and one-half cups of flour in which two teaspoonfuls of baking powder have been sifted, one teaspoonful of mace and one of lemon juice. Beat the whites of the eggs to a froth and stir into the mixture with one and one-half cups of chopped walnut meats. Bake in tins in a brisk oven. Ice the cake with white icing and decorate with walnut meats.

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Are you a slave to housework?

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has done more than anything else to emancipate women from the back-breaking burdens of the household. It cleans everything about the house—pots, pans, dishes, clothes and woodwork. Saves time, money and worry.

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THE DOMINION PRESBYTERIAN

World of Missions.

Missionaries in Manchuria.

It is not generally known to the British public that a splendid missionary work has been for many years carried on quietly but successfully in this remarkable Asiatic country. In no part of China have missionaries been so richly rewarded with really brilliant results. Some of the most efficient agents of the Scotland and Irish missionary societies have their field in this province. All travellers in Manchuria who have visited the province with minds interested in Christian work amongst the heathen have been astonished and delighted at what they have seen in the medical missions established there for the last thirty-five years under the auspices of the United Free Church of Scotland. To this mission is attached one of the finest hospitals in all Asia, superintended by Dr. Christie, a native of Glencoe. At Mukden also is stationed Rev. John Ross, D.D., regarded in the Far East as one of the most expert of Chinese and Korean scholars. This veteran has been in his field for thirty-two years. The United Free Church of Scotland has a staff of nearly forty missionaries, including wives, in Manchuria. The Irish Presbyterian church has a staff of thirty agents of both sexes, and the two missions have worked in complete harmony. Their stations are chiefly along the principal towns between the port of Newchwang and Harbin, which is situated considerably farther north than Mukden. Eight of the lady missionaries are qualified doctors of medicine. These Presbyterian missions suffered fearful havoc during the Boxers riots and immediately after that trouble had subsided an Edinburgh architect, Mr. Maclure Anderson, went out to Manchuria to undertake the great work of reconstructing the various mission premises, including churches, schools and hospitals, which had been ruthlessly burnt down. Manchuria has had its martyrs, chiefly in times of upheaval amongst the population caused by invasion and counter-invasions during the various tragic wars of which Manchuria has been the scene. The Rev. James A. Wylie, an agent of the United Presbyterian Missionary Society, was a victim of the mob during the war between China and Japan.

Christian Endeavor Day.

It is a day—the one day of the year—for thought of ourselves as a society; what we have done, and how we may do better.

It is a day for giving—the giving of our hearts to Christ, if they are not given to Him; and the giving of our money to missions, that our lives may go where our bodies cannot go.

It is a day for praise. Let us thank God, who alone has brought to the young people of the world this new joy in service through Christian Endeavor.

It is a day for resolutions, for larger plans for increased zeal, for earnest prayer that Christ will give His blessing and His power.

In a village near Ho-tsin, Shansi, China, the village "elder" is a Christian. He has got the people unanimously to consent to his tearing down two heathen temples in order to build a Christian church out of the materials.

Lord Kitchener's victories in the Sudan were won by an army of teetotallers. Not a single drop of stimulant was allowed in camp save for hospital use.

Dangerous Colds.

Influenza, Bronchitis, Pneumonia or Consumption often Follow a Neglected Cold. Avert the Danger by Keeping the Blood Pure and Warm.

Heavy colds strain the lungs, weaken the chest, banish the appetite, cause melancholy. Pale weak people, whose hands and feet are chilled for want of rich, red blood, always catch cold. Their lungs are soft—the heart cannot send out blood enough to make them sound and strong. Then comes the cold and cough, racking the frame and tearing the tender lungs. The cold may turn into pneumonia, influenza, consumption or bronchitis—a lingering illness or a swifter death. All weak people should use Dr. Williams' Pink Pills. The rich red blood they make strengthens the heart, and sets this warm, healing blood to the lungs, and once again the patient is a strong lunged warm-blooded man or woman, Mrs. Jane A. Kennedy, Douglastown, Que., bears the strongest testimony to the value of Dr. Williams' Pink Pills in cases of this kind. She says: "My sister, a delicate girl, took a severe cold when about seventeen years old. We tried many medicines for her, but she appeared to be constantly growing worse, and we feared she was going into consumption. Often after she had a bad night with a racking cough, I would get up to see if she had spit any blood. At this stage a friend strongly urged me to give her Dr. Williams' Pink Pills. Within a month from the time she began to take the pills she had almost recovered her usual health. Under a further use of the pills she is now well and strong, and I can recommend the pills with confidence to every weak person."

Dr. Williams' Pink Pills are a certain cure for all blood and nerve troubles, such as anaemia, debility, lung complaints, rheumatism, neuralgia, St. Vitus dance, partial paralysis, and the troubles that make the lives of so many women miserable. Be sure you get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. Sold by all 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.

Canada's Health Resort.

St. Catharines—the healthiest city of Canada—possesses also, on account of its location between Lake Erie and Ontario, the mildest climate, the thermometer rarely touching zero. The healing waters of "St. Catharines Well" give freedom from the ills of life. You can have the luxury of sea bathing at any desired temperature, without great outlay. Everything necessary for jaded nerves or bodies, of rheumatism, gout, neuralgia and kindred ills, will be found at The Welland—a modern rest cure—Canada's health resort either winter or summer. Descriptive literature and all particulars can be had on application to G. P. & T. A., Grand Trunk Railway System, Montreal.

Undoubtedly the Christian Endeavor Society will advance the evangelization of India by a full generation—Jacob Chamberlain.