

## Health and Home Hints

A cup of milk added to the water with which an oilcloth or oiled floor is to be washed gives lustre like new.

Insects, it is said, will never attack books which are dusted once a year with powdered alum and white pepper.

A box filled with lime and placed on the shelf in a pantry and frequently renewed will absorb the damp, and keep the air pure and dry.

When washing knives be careful not to put the handles in the water, as if this is done, after a time the blades will become loose and the handles discolored.

For savoury Scotch cheese cakes take four ounces of butter, four ounces of good grated cheese, four beat eggs, a little cream, salt and pepper; mix, and bake in paste cases.

If your window glass is lacking in brilliancy, clean it with liquid paste made of alcohol and whiting. A little of this mixture will remove specks and impart a high lustre to the glass.

Lemon juice, it is said, rubbed on the cheeks will remove freckles, sunburn, and whiten the skin, besides giving it a charming smoothness and softness to the touch. This should be done about three times a week.

If the hands are rubbed on a stick of celery after peeling onions the smell will be entirely removed.

Tubs will not warp or crack open if the precaution is taken to put a pail of water into each, directly after use.

Half an hour once a week should be spent in manicuring the nails if the hands are to have a well-cared appearance.

During hot weather dishcloths and kitchen cloths are apt to turn sour and smell disagreeably. A few drops of ammonia in the rinsing water will act like magic in sweetening them.

## In a Class by Itself.

It is quite true **FERROL** is an emulsion of **Cod Liver Oil** and a particularly good one at that. But it combines Iron and Phosphorus with the oil, and these are just what are needed to make the emulsion perfect, and they are just what all other emulsions lack.

## FERROL

is unique because

It combines **Iron** and **Phosphorus** with **Cod Liver Oil**.

It is pleasant to take and easy to digest.

It holds the record for increasing the weight (95½ lbs. from the use of 25 bottles).

The formula is freely exposed and its bona-fides is vouched for by eminent analysts in Canada, the United States and Great Britain.

It is endorsed by prominent physicians of all schools.

It is used in all the leading **Hospitals**, **Sanitariums** and other **Public Institutions**.

The London (Eng.) *Lancet*, after careful analysis in its own laboratory, fully endorses it.

We are prepared to substantiate all the above statements.

**FERROL** is the embodiment of **health**, **strength** and **vitality**, and

**"You know what you take"**

AT ALL DRUGGISTS.

Write for sample and literature to The Ferrol Co., Limited, Toronto.

## Dr. Giuseppe Lapponi.

### Physician to the Pope Praises Dr. Williams' Pink Pills.

In Four Cases of Anaemia Their Effects Were so Satisfactory That he will go on Using Them.

Dr. Lapponi, whose skill preserved the life of the late Pope Leo XIII to the great age of 92, and to whose care the health of the present Pope, His Holiness Pius X., is confided, has written the remarkable letter of which the following is a translation:—

"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple Anaemia of development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fail in the future to extend the use of this laudable preparation not only in the treatment of other morbid forms of the category of Anaemia or Chlorosis, but also in cases of Neurasthenia and the like."

DR. GIUSEPPE LAPPONI.



Dr. Giuseppe Lapponi, Physician to the Pope, who has written a letter in praise of Dr. Williams' Pink Pills for Pale People.

It would be impossible to exaggerate the importance of this opinion. Dr. Lapponi's high official position places his professional competence above question, and it is certain that he did not write as above without weighing his words, or without a full sense of the effect his opinion would have.

The "simple anaemia of development" referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. A girl, bright and merry enough in childhood, will in her teens grow by degrees pale and languid. Frequent headaches, and a sense of uneasiness which she cannot understand, make her miserable. Just when it is time for her to leave off being a girl and become a woman—a change which comes to different individuals at different ages—her development lingers—why? Because she has too little blood. That is what Dr. Lapponi means when he speaks, in the scientific language natural to him, of "the anaemia of development." Dr. Williams' Pink Pills for Pale People have the power of making new blood. They cure anaemia just as food cures hunger. That is how they help growing girls, who, for want of this new blood, often drift into chronic ill health, or "go into a decline"—which means consumption—and die. Dr. Williams' Pills could save them.

The value of Dr. Williams' Pink Pills as a nerve tonic, referred to by Dr. Lapponi,

makes them valuable to men as well as women. They act on the nerves through the blood and thus cure diseases like St. Vitus dance, neuralgia, paralysis, and locomotor ataxia. When buying these pills it is important to see that the full name Dr. Williams' Pink Pills for Pale People is printed on the wrapper around each box. Never take a substitute, as it is worse than a waste of money—it is a menace to health. If you cannot get the genuine pills from your dealer write the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent you post paid at 50 cents a box or six boxes for \$2.50.

## World of Missions.

### Facts on Foreign Missions.

"To know the facts of modern missions is the necessary condition of intelligent interest."

1. Need for missions. India's population is 160,000,000. These have but one ordained missionary to every 350,000. China's population is 382,000,000. They have but one ordained missionary to every 500,000; of population. Japan has 38,000,000; of these 30,000,000 have never heard the gospel.

2. Gracey states, "That every third person who lives and breathes upon this earth who toils under the sun, sleeps under God's stars, or sighs and suffers beneath the heaven, is a Chinese. Think of it! eighteen magnificent provinces in China, 1,700 great walled cities, some 7,000 towns, and over 100,000 villages are open to the preaching of the glorious gospel."

3. During Dr. Kerr's connection with the Canton hospital over 610,000 people have been relieved, 22,139 operations performed, and 7,399 vaccinations. The hospital is safer than a gun-boat, said a British consul, in troublesome times.

4. Miss Kitt, M. D., of Tsing Chieu Fu, has had 400 women waiting before her doorstep at four in the morning. One said, "This is the fourth time I have come, having been turned away three times. My home is sixteen miles from the city and I have to hire a wheelbarrow."

For billiousness the first thing to do is to get rid of the excess of waste material in the blood. For this purpose nothing is better than a Seidlitz powder taken before breakfast.

"Let the GOLD DUST twins do your work."



Are you a slave to housework?

## GOLD DUST

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.

Made only by THE J. K. FAIRBANK COMPANY, Montreal, Chicago, New York, Boston, St. Louis. Makers of COPCO SOAP (toilet cake).