

Health and Home Hints

Boring a hole half-way through the sole of shoes is said to prevent its squeaking.

Tannin stains on teacups can be removed by rubbing with a damp flannel dipped in whiting or prepared chalk.

If a little turpentine is added to the water used for scrubbing a floor it will give the room a delightfully fresh smell.

When you find yourself overpowered, as it were, by melancholy, the best way is to go out and do something kind to somebody.

The care of the general health as it affects the hearing is most important in young children, particularly as regards the subject of ventilation, especially at night. Many children who get enough fresh air in the day time are kept half suffocated at night.

Plenty of soap and cold water, and no soda, are the secrets of success in washing board floors, and the wood must be scrubbed the way of the grain, and not round and round, if you want to get the dirt off. Change the water often. You can't expect boards to be a good colour if they are rinsed in dirty water.

Walnut and cheese sandwiches—Chop half a cup of walnut meats fine and mix with half a cup of Canadian Stilton cheese. Add a dash of pepper and salt if they seem to require seasoning. Spread between slices of white bread. If desired this sandwich may be further improved by putting between the folds a crisp lettuce leaf.

Victoria Buns—Two eggs, half a cup of powdered sugar, half a cup of ground rice, half a cup of butter, one-quarter pound currants, two ounces candied peel. Beat the eggs and sugar together and add the butter beaten to a cream. Stir in the rice, currants and candied peel and add as much flour as will make the mixture the consistency of biscuit dough. Mould into rolls and bake for about half an hour in a moderately brisk oven. The buns must be put in the oven as soon as moulded or they will be heavy.

Why Men Die.

Barring accidents, men live just as long as nature continues to supply the waste which is constantly going on in the human economy. We say "He died of old age," that just means that owing to failing powers, the waste exceeded nature's power to repair and death resulted inevitably. If people would live just right, eat just the right kind of food, work just hard enough, take proper exercise, clothe themselves just right and refrain from worry, nature could probably be depended upon to carry them to a ripe old age.

In these days, however, this ideal life is practically impossible and nature must have assistance to repair the extra waste entailed by modern conditions.

FERROL furnishes that assist-
ance in the most perfect form that science has yet discovered, because it contains in an emulsion, concentrated, palatable and easy to digest, **Cod Liver Oil, Iron and Phosphorus**—all the elements necessary for a perfect nutrient and system builder. If you find your powers failing in any way, do not fail to try **FERROL**. It will not disappoint you.

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

World of Missions.

The Land of the White Elephant.

If our boys and girls could be transported to Bangkok, the capital of Siam, they would see some very strange sights. Bangkok itself is said to be a beautiful city, filled with lovely palaces and magnificent temples. Neither are modern inventions unknown, for electric lights and electric cars are quite as conspicuous there as in our own cities. Yet Siam, with a population numbering 1,200,000, is given to idolatry. Strange to say, one of the most sacred objects of worship among the poor people is the white elephant, and these deluded souls treat their elephant with the greatest honor. When captured he is escorted to the palace grounds with much pomp and ceremony by the king and his courtiers.

His elephants are tied with scarlet ropes, and noble men fan him all day, while at night he sleeps under silk embroidered mosquito netting. He owns a boat, rich with draperies of silk, heavy with gold and silver, in which he is floated down the river, while the people stand along the banks as he passes and sing praises to him. When he eats, his dishes are of gold and silver, and when he is sick, the king's physician treats him. When he dies, he is given royal burial, and "lies in state" three days, after which he is placed on a pyre of costly woods and cremated. His ashes are placed in an urn, which is buried, and a handsome monument is erected in his honor. Boys and girls, this is the way heathen men and women treat their gods. They give not only worship, but wealth and sometimes life itself. How much do you give to Je-us?—Ex.

A Tribute to Missionaries

Mr Meredith Townsend, whose personal acquaintance with India dates from more than thirty years ago, in his work, "Asia and Europe," pays this tribute to missionaries: "They lead excellent and hard-working lives, are implicitly trusted by the whole community, European and native, and rarely resign until warned by severe illness that the period of their usefulness is overpast. * * * Many of them become men of singular learning; many of high merit, and all display on occasion that reserve of energy and devotion which, more than any other thing marks the heart of any service as sound * * * Those who deride or deride them do not know the facts." He deems them, indeed, far too few, and prophesies that "unless changed by some new force" India must eventually become a Mohammedan country.

One of the most interesting of all mission fields is that in the Fiji Islands, where the English Wesleyans have done a great memorable work. A recent report of their annual Synod states that "there can be no increase from heathenism, for the Fijians are all nominally Christians. Those gathered into the church now represent the spiritual work of conversion." The total church membership is over 40,000. For the past three years in succession these island Christians, though generally very poor, have given more than \$5,000 a year for foreign missionary work, besides supporting all their home work. Fiji is truly one of the jewels of missions.—Am. Missionary.

To prevent cakes from burning place a little bran at the bottom of the tins. This will save a lot of grumbling and vexation. Try it.

Consumption Curable.

Good Blood Makes the Lungs Strong and Expels Disease.

The time to cure consumption is not after the lungs are hopelessly involved and the doctor has given you up. Consumption preys upon weakness. Strength is the only measure of safety. Do not let the blood become thin and watery. That is an open invitation to disease to take possession of your system. Dr. Williams' Pink Pills are the tonic and strength builder known to medical science. The record of this medicine proves conclusively that taken when the symptoms of consumption develop it builds up, strengthens and invigorates the patient to a point where the disease disappears. Here is a bit of positive proof. Miss Blanche Durand, St. Edmund, Que., says: "While out boating in September, 1901, I got my feet wet and took cold. I treated the cold in the usual way, but the cough seemed to cling to me. As several months passed by and I was not getting better, I went to a doctor in January, 1902, and he told me that my lungs were affected and I was in consumption. Returning home a friend in whom I had much confidence strongly urged me to take Dr. Williams' Pink Pills. I began taking the pills and soon found they were helping me. The cough grew less severe; my appetite improved and my strength began to return. I continued taking the pills for about two months, when I found my health fully restored, and I have not since experienced any weakness. I am sure Dr. Williams' Pink Pills saved my life."

Such cases as these prove the power of Dr. Williams' Pink Pills. They make new rich, red blood, and in this way cure all diseases due to bad blood and weak nerves. You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

It is not liberal talking, but generous giving that tests the genuineness of conversion.

Mock Turtle Soup.—Clean and scald one half a calf's head, and add to it one half pound of ham, one turnip, three carrots, one half bunch of celery (all cut small) three cloves, two bay leaves, a little sweet maj ram. Cover with one gallon of water, bring to a boil, and let simmer for three hours. Take out the head, and when cold, trim all the meat from the bones and cut up into small pieces half an inch square, with the tongue. Strain the soup, thicken with a little flour, rubbed smooth in a little butter; add the meat, the juice of a lemon and one dozen small force meat balls and serve at once.—Ex.

