

There is
BUT ONE
Painkiller
made for over 60 years
from the formula of
Perry Davis.
A specific in all cases of
**Bowel Complaints,
Colic, Cramps,
Diarrhoea.**
—A household remedy—

Health and Home Hints

Cherry Salad:—They are stoned, laid on lettuce, sprinkled with powdered parsley, and French dressing is poured over, and the whole is allowed to stand for a while, when the juice is turned out and poured over the second time. Time, fifteen minutes.

Spanish Salad:—Peel and slice four medium-sized tomatoes and seed and shred fine one small green pepper. Arrange these on lettuce leaves in a salad-bowl; stone and slice a dozen olives and mix them through the salad. Have all ice-cold. Make a French dressing, adding to it a tea-spoonful of minced chives, or a dozen drops of onion-juice, and pour this over the salad about five minutes before it is to be eaten. Mix it well with the salad before serving.

Bohemia Salad:—Yolk of one or two raw eggs, one or two young onions or leeks, three table-spoonfuls of salad oil, one table-spoonful of vinegar, some lettuce, and slices of beet-root, salt and mustard. Take the yolk of one or two raw eggs, according to the size of the salad you require, beat them up well, add a little salt and mustard, and chop up one or two young onions or leeks about the size of grass; then add the salad oil and the vinegar, and beat the whole up into a thick sauce. Cut in the salad, and put thin slices of beet-root at the top. Sprinkle a little salt over it, and do not stir it up till the moment you use it.

Pineapple Salad:—This is one of the best of all the fruit salads, served either during the meal or as a sweet course at the end, both of which forms are suggested. For the bits, pick up the pineapple in rather large bits and put in a glass dish, and put strawberries over the top. Cover with French dressing, and stand the dish on a platter on which is a quantity of broken ice. Or, to vary the salad, prepare as above, but pass mayonnaise with it, besides the dressing. To turn this into a sweet dish, and yet keep its salad form, prepare the pineapple and cover it with powdered sugar and sprinkle it with the juice of a lemon. When ready to serve, put maraschino cherries over the top, and pour the juice over all; serve in the ice-bed as before.

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Conges, Colds and all accidents liable to occur in every home.

CAUTION—There is only one Pond's Extract. Be sure you get the genuine, sold only in sealed bottles in buff wrappers.



World of Missions.

From Letter of Mrs. Grace, Allahabad.

We are indebted to Mrs. Ross, Principal of the Ottawa Ladies College, for the following:

"I think I mentioned to you a sweet little boy of three years, the dhebie's son, the one to whom I gave the shoes. He came a week ago with his mother, and while she was busy, he sat on the floor and played so sweetly with our baby. He so much enjoyed playing with a red wooden rattle. I saw him casting longing eyes at it as he went out, and after he was gone, I called him back and gave it to him. My last glimpse of him was as he danced about the corner of the house with his toy. I never saw him again. He was buried on Tuesday. The hot wind called 'loo' has been very deadly this year. Several servants, and both Mr. Chree and Mr. Grace, have felt it greatly. This baby had a touch of it. There seemed only fever, and he went with his mother to his grandfather, who lives near a hospital and everything was done for him, but in two days the news came that he was dead.

His parents have lost three children in five months, and the poor mother is nearly heart-broken. Everyone loved this wee laddie. She came to see me today. At first her grief was stormy, but it seemed to give her relief to talk about him. She did not complain, simply pointed up and said "Khuda ka hukun," "It is God's command." I tried to tell her that there is hope for those that love the Lord Jesus, that they shall meet their loved ones again, but this message she could not understand. She said, "I know it is written in your book, but I cannot understand." The ayah told me that when her little son died her Christian mistress used to read from the Bible to her, and tell her about Jesus, and that she would see the baby again. She said, "It is put in your book to comfort you, but it cannot be true, because if so, why is it not written in the Shastras? No, no, it is not true. No one can tell how many times my little boy has been born, nor how many different mothers he has had. I used to pray that I might see him just once in my dream, but he never came." Such words make one see the difference between our gospel of resurrection and hope, where death loses its sting, and theirs, which is no hope, but utter hopelessness."

Does not this glimpse of real life in India plead loudly, penetratingly, for many missionaries, and for more prayer?

"Seventeen years ago," says Go Forward, "the first Protestant missionary entered Korea; to-day over 20,000 men and women worship the true God. But the earnestness and liberality of the converts is even more encouraging than the rapid growth of Christianity in numbers. Their zeal and generosity in building churches and in spreading the good news of Christ's kingdom should be nothing short of an inspiration to older and wealthier churches. They are becoming an aggressive missionary people."

There are now in India 2,555,122 Christians; add to these the Eurasian Christians, and so we have in all 2,775,716. In the last ten years there has been an increase in ordained missionaries of 159; female agents 3,271; ordained natives 165; catechists and preachers 2,406; congregations 561 communicants, 122,609; adherents, 306,291; Sunday school membership, 150,179; pupils males, 66,414, female, 29,354; zenana pupils, 7,235. This is the increase in 1900 as compared with 1890. The pace of progress is continually improving.

KIDNEY TROUBLE.

Cured by Dr. Williams' Pink Pills For Pale People.

Sufferers' from this Disease are in Great Peril and Should Not Experiment With Other Medicines.

From the Sun, Seaforth, Ont.

The kidneys are the most important organ. They must filter every drop of blood in the body. If the blood is weak the kidneys cannot do their work, so the blood is left unfiltered and foul, and the kidneys are left clogged with poisonous impurities. Then come the backaches that mean fatal kidney disease. Don't neglect that backache for a moment. Strike at the root of the very first symptoms of kidney trouble by enriching the blood with Dr. Williams' Pink Pills—the only medicine that makes the blood rich, red and health giving.

Mr. Wm. Holland, of Seaforth, Ont., has proved that Dr. Williams' Pink Pills will cure the most obstinate case of kidney trouble. To a reporter of the Sun he freely gave the particulars of his case: "I have suffered from kidney trouble for about two years," said Mr. Holland. "Sometimes the backache which accompanied the trouble would be so severe that I would be unable to work, and I have often suffered severely for weeks at a time. I tried a number of medicines said to be a cure for kidney trouble, but I found nothing to help me until on the advice of a friend I began the use of Dr. Williams' Pink Pills. These pills soon began to make their good work felt, and after using them for about a month every vestige of the trouble had disappeared, and I have not since had a single symptom of the disease. Dr. Williams' Pink Pills have proved a great blessing to me and I am always glad to say a good word in their favor."

As a curative medicine Dr. Williams' Pink Pills have never yet been equalled. They build up the blood and nerves, give new strength and enable the body to resist disease. Among the complaints cured by these pills are rheumatism, nervous disorder, paralysis, St. Vitus' dance, indigestion, anaemia, lung troubles, and the troubles that make the lives of so many women miserable. Sold by all medicine dealers, or sent post paid at 50c per box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. Don't take a substitute at any price—only the genuine pills can cure.

Cauliflower Salad:—Boil a head of cauliflower, throw in cold water until wanted, then tear apart, dry on a soft towel, put in a salad-bowl, pour over a tea-cupful of mayonnaise; garnish with lettuce leaves and rings of hard-boiled eggs. Serve immediately.

Waldorf Salad:—Take good-sized apples and pare them carefully, and scoop out a good deal of the inside to make a cup; fill the cup with finely chopped celery dressed with a rich mayonnaise, and serve the filled apples on lettuce leaves. The salad would not be good made with a French dressing.

Nature fashions her mountain peaks but not the paths to their summits. Man must chisel his own trail up the cliffs. He who would reach the stars must furnish his own ladder.