

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Coughs, 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.



Health and Home Hints

Suggestions for School Lunches.

The greatest care should be taken in the feeding of children, and although "child study does not yet include a study of the influence of food upon the mental as well as the physical growth, it, nevertheless, may have more definite and direct bearing than anything else."

In childhood the body and mind are both developing rapidly, and a complete and liberal dietary should be supplied. It must not be forgotten that digestive processes go on quickly, and the school luncheon should not be overlooked.

Whatever else goes into the Inncheon basket, sandwiches must hold first place. If a greater variety was introduced and more pains were taken in their preparation, the little folks would look forward with as much interest to the sandwiches as the sweets which follow.

Sugar is demanded by the child, and the use of some sweetmeat is desirable, if it is indulged in after a sufficient quantity of more substantial food. Doughnuts, rich cake, and pastry should be avoided, but simple cake, both dried and fresh fruit, nuts, and sweet chocolate may be used to great advantage.

Above all, never allow children to go to school without a proper breakfast, of which some cereal, served with sugar and rich milk or cream, should form the principal dish. If cereals are properly cooked, they are almost always enjoyed. The reason for their ill repute in some households is usually due to the manner in which they are prepared.—The Modern Priscilla.

JESSOP'S BELL'S CHURCH SWEET TONED, FAR SOUNDING, DURABLE, CATALOGUE FREE, NORTHVILLE, MICHIGAN. AMERICAN BELL & FOUNDRY CO., NORTHVILLE, MICHIGAN.

The **W.L. Emulsion**

Trade-mark.

Extensively used in Hospitals
The most palatable Emulsion made
Very easy to digest
Gives strength to the body
Increases the weight largely
The best Remedy for
General Debility,
La Grippe, Anaemia,
Consumption.

World of Missions.

FOR DOMINION PRESBYTERIAN.

Glimpses of Missionary Home Life in Allahabad.

Extract from a letter of Mrs. Grace.
 "Such a quaint legend old Sulphri told me this afternoon. I noticed a very glossy black bird with a very long tail sitting on a shrub."

"Partly to exchange a word with the old man, I asked him what it was, I have forgotten the name he gave, but he added, 'Every morning about four o'clock, he calls God by name. He remembers that God made him, and he speaks to Him before the sun rises.' Then he added, 'All the birds and beasts know that God created them, and they call on Him every day.'"

"Ayah (the Hindu nurse) said to me today as she has said several times before, that every day she calls twenty times on God to take care of our wee boy. They do know God, in a sense, very dimly. They have both been in the service of mission people a good deal. They believe in Jesus Christ as a good Savior for us, as English, but they think their own stories of God are best for them.

"Both Ayah and Sulphri come from the Sikh race, in the north, and their peculiar caste forbids drinking of intoxicants and gambling. Ayah is a great comfort to us all. I am sure her experience and care help to keep dear baby well."

Japan is referred to in the *North China Herald* as the Chinese Literary Mecca. After reading the following condensed paragraph from the *Herald* of Feb. 18th, then read in connection with it *Faces from Japan*, page 11, who knows but indirectly these high officials in search of earthly knowledge, may be impressed for the first time too with the knowledge of Christianity. "Where before the average Chinese had nothing but an in-born hatred and contempt for the Japanese, the conduct of the latter in 1900, as contrasted with the ruthlessness and vandalism of certain sections of the other allied powers, has changed all the first feelings into one of the deepest respect and gratitude. Hence we find a continuous stream of China's best and most promising youths—not even excepting young married as well as unmarried ladies—visiting Japan to obtain an insight into that modern civilization which has done such marvellous things for a little country, which had succeeded by means of it in defeating its huge neighbor on the mainland, and placing the old civilization at the mercy of the new. Nearly every province of China has at the present day a number of its most talented young men studying modern arts and sciences in Japan and not a few graduates of the Chinese military academies and other young army officers are undergoing three year courses in the military institutions of the country of the Rising Sun to qualify themselves for high command in the re-organized armies that are being gradually prepared for them to replace the territorial forces of the old regime. At the present moment of writing there are no less than 1,166 Chinese students—many of high Chinese literary degree, who would have laughed the suggestion to scorn a short five or six years ago—in Japan, and by the end of 1903 this number it is stated will be doubled, at the least computation. A number of prominent officials, who voluntarily vacate lucrative posts for the sake of modern knowledge, start for Japan some time next

The Poor Dyspeptic.

Is the Most Miserable of Mortals—Only Similar Sufferers Can Understand His Hours of Agony.

There is no mortal more miserable than the poor dyspeptic. He is never healthy, never happy—always ailing, always out of sorts. Every mouthful of food brings hours of distress—every moment of the day is spoiled and soured.

If you are a dyspeptic, you know the signs; the coated tongue, the dull headaches, the heartburn, the biliousness, the persistent torment after meals, the hopeless despondency. Any one of these signs points to indigestion. The one sure cure for indigestion is Dr. Williams' Pink Pills. They make new blood—that's the whole secret. Through the blood they will brace up your strength, waken your liver and set your stomach right. If you ask your neighbors you will find proof of this right at your own home. Mr. Charles Wood, Mars, Ont., one of the thousands of dyspeptics cured by the use of these pills, says—"For upwards of twelve years I was a great sufferer from indigestion and nervousness. Everything I ate tortured me. I doctored almost continuously, and used almost everything recommended for this trouble, but never got more than temporary relief until I began the use of Dr. Williams' Pink Pills. Words cannot express the good these pills have done me. I am in better health than I have enjoyed in years before, and I have proved that Dr. Williams' Pink Pills cure when other medicines fail."

Bad blood is the mother of fifty diseases, and Dr. Williams' Pink Pills will cure them all, because they convert bad blood into good, rich, red blood, without which there can be neither health nor strength. Don't be persuaded to try something else—take nothing but the genuine Dr. Williams' Pink Pills. Sold by all medicine dealers or sent post paid at 50c, a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

month, and it is to be sincerely hoped that their good example may be followed soon by other substantive and expectant officials."

Egg Sandwiches—Chop the white of a hard boiled egg, and force the yoke through a strainer or potato ricer. Mix white and yoke, season with salt and pepper, and moisten with cream salad dressing. Spread mixture between thin slices of buttered white bread, remove crusts and cut in squares, oblongs or triangles. Bread for sandwiches cut better when a day old, and should be spread with the butter before cutting from the loaf.

Date Bread Sandwiches—First of all the recipe for date bread, which is delicious and something of a novelty: Mix one cup of warm wheat mush, one-fourth cup brown sugar, one half teaspoon salt, and one half tablespoon butter. Add one fourth yeast cake dissolved in one fourth cup luke warm water, flour to knead and one cup dates, stoned and cut in pieces. Cover and let rise over night. In the morning cut down, shape in a loaf, let rise in pan, and bake fifty minutes in a moderate oven. When the bread is one day old, make in sandwiches, and cut in finger shaped pieces.