

Health and Home Hints

Cranberries.

The virtues of cranberries as a healthful food admit of reiteration. Many persons think that they rank first in the list of valuable winter fruit-foods. They are considered to be an excellent remedy for indigestion and biliousness, as they contain certain acid combinations not contained in other fruits. They are also useful as tonics and appetizers.

Do not cook cranberries in tin or iron vessels, upon which composition the acid acts harmfully. One unusual preparation of cranberries is cranberry cottage pudding. Make the pudding as usual by beating together a cupful of sugar and two tablespoonfuls of butter with two beaten eggs and a cup of milk. Stir into it three cupfuls of flour and two tea-spoonfuls of baking-powder, adding at the last a cupful and a half of cranberries. Put into a buttered pudding-dish, and bake in a moderate oven. Serve hot with a liquid sauce.—Selected.

Bread as a daily article of food is used by only about one-third of the population of the earth.

Drugs have little or no effect on seasickness. As soon as you get on board lie down, keeping your clothes tightly fastened round your waist.

There is nothing better to clear the complexion than onions, but out of respect to one's friends they are often an impossible diet; but carrots are just as good as, or better than, onions.

For steamed Johnny cake take four cupfuls of meal, two cupfuls of coarse flour, four cupfuls of sour milk, one half cupful of molasses, one teaspoonful of salt, and two teaspoonfuls of soda, and steam three hours in a two quart basin.

Starch in bath towels sounds uncomfortable, but a woman who has tried it says it imparts a crispness to the rub down that is liked by the men of her family.

Reserve Force

In these days of hurry and worry and bustle most people, men and women, are living up to the "limit." That is to say, they use up day by day all the force and energy nature provides, and consequently have NOTHING IN RESERVE to meet the extra demands of illness, bereavement or other nervous shocks. Of course, this is all wrong and we must either live differently or assist nature to furnish the RESERVE FORCE we should always possess.

It is easy to say live differently, but most people find that the demands of their business or social position render it practically impossible; then we must accept the other alternative and give nature a helping hand. In no other way can this be done so effectively as by taking a course of

FERROL the ideal concentrated medicinal food, (The Iron-Oil Food) which combines in a beautiful and palatable emulsion Cod Liver Oil, Iron and Phosphorus, the very essentials for producing force of the right kind, because they build up, strengthen and develop tissue, nerve and brain and make the blood rich, warm, pure and healthy.

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

World of Missions.

For over twenty years the Church Missionary Society has been the only Protestant mission in Kashmir. "Its chief center of work is Srinagar, where there are flourishing schools and a fine hospital. Zenana work has many difficulties, as Kashmiris see no use in having their daughters educated. But prejudice is slowly giving way, and more and more are doors opening."

It was a wonderful thing when Stanley, in 999 days, crossed the continent of Africa; it's a more wonderful thing that a quarter century later see a chain of missions across that same road, the last to be established immediately.

The missionaries in Korea propose to have a missionary conference in Seoul, September, 1825, 1904, which time will mark the completion of twenty years since the arrival of the first English-speaking missionary in Korea. Now there are nearly two hundred missionaries laboring in Korea, and the work in some parts of the Hermit Kingdom is among the marvels of modern missions. Converts are numbered by the thousands, and a land in which a thousand people can be brought together on a week night to a prayer meeting, and on a rainy eve at that, holds out promise of great things for the future.

Christianity is slowly but surely breaking down the barriers of caste. The principal of one of the Church Missionary Society's college relates an incident which gives a striking illustration of this. He saw a Pariah (a very low caste) walking down the chief Brahmin street of the town, with a Brahmin (a very high caste) student on each side, one with his arm locked in the Pariah Christian's other holding an umbrella over the party Brahmins deeply intent on the Christian's notes of a lesson just received.—Round World.

An African's prayer for home returning missionaries was: "May they be preserved from storms at sea; be kept in health; have moonlight on their journey; meet their friends in peace; and may their friends be willing to let them return."

"Papa," said little four-year-old Margie, "I think you are just the nicest man in the whole world." "And I think you are the nicest little girl in the world," replied her father. "Course I am," said Margie. "Ain't it queer how such nice people happened to get into the same family?"

Polished ironwork can be preserved from rust by an inexpensive mixture of copal varnish mixed with as much olive oil as will give it a degree of greasiness, and afterwards adding to this mixture as much spirit of turpentine as of varnish.

The Road to Health

Lies Through Rich. Red Blood and Strong Nerves

Debility is a word that fairly expresses many ailments under one name. Poor blood, weak nerves, impaired digestion, loss of flesh. No energy, no ambition, listless and indifferent. This condition is perhaps the penalty of overwork, or the result of neglected health. You must regain your health or succumb entirely. There is just one absolutely sure way to do this—take Dr. Williams' Pink Pills. These Pills will bring you new life, fill every vein with rich, red blood, restore elasticity to the step, the glow of health to the wan cheek; they will inspire you with new energy and supply the vital force of mind and body.

There is not a corner of the civilized world where Dr. Williams' Pink Pills have not brought health and hope and happiness to some weak, debilitated despairing person. If you have not used the pills yourself, ask your neighbors and they will tell you these statements are solemn truth. Mr. Charles Sautier, Corberie, F.S., says: "I was very much run down and so weak I could hardly work. It seemed as though my blood was little better than water. I tried several medicines, but I got nothing to help me until I began taking Dr. Williams' Pink Pills. It was simply astonishing how quickly these pills began to help me and how much new life and vigor they put into me. I am a cook by profession, and the fact that I was able to cook for fifteen men last winter is the best proof that the pills have made me as sound as ever I was."

There is no mystery about the power of Dr. Williams' Pink Pills to put new life and strength into you. They actually make new blood, and that is why they cure all blood diseases, like anaemia, indigestion, liver and kidney troubles, headaches and backaches and the special ailments of women. Through the blood Dr. Williams' Pink Pills feed and steady the nerves, strike at the root of nervousness, cure St. Vitus dance, fits, neuralgia, sciatica and partial paralysis. All these diseases spring from bad blood and diseased nerves, and they have all been cured persistently and permanently by Dr. Williams' Pink Pills. Sold by all medicine dealers at 50 cents a box or six boxes for \$2.50, or by mail from the Dr. Williams' Medicine Co., Brockville, Ont.

The practice of putting dishes in the oven to warm them for the table is a bad one. The dry heat causes the enamel to crack in time, and then the grease soon penetrates them, to their utter ruin. Put the dishes to be heated in a dish pan and pour boiling water over them. Let them stand and steam until ready to serve the meal, then wipe them with a clean, dry towel.

Use the genuine
**MURRAY &
LANMAN'S
FLORIDA
WATER** PA
"The Universal Perfume."
For the Handkerchief, Toilet and
Bath. Refuse all substitutes.

CURES RUPTURE

A Startling Discovery by an eminent Toronto specialist, by which Rupture of all forms and conditions, no matter how bad, or of how long standing, can be cured peacefully, rapidly and permanently, at home, without a moment's loss of time from work. REV. C. N. DEWEY, of Wheatley, Kent Co., Ont., whose portrait here appears in card and note, a moment from his pastoral duties. Available book full of information to the ruptured, and a Free Trial Treatment sent, plainly sealed, free of all cost. Strictly confidential. DR. W. S. RICE, 2 Queen St. East, (Dept. 130), Toronto, Ont.