

After Work or Exercise

POND'S EXTRACT

Softens tired muscles, removes soreness and stillness and gives the body a feeling of comfort and strength.

Don't take the weak, watery witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

Health and Home Hints

Strawberries in Several Styles.

Fruit is never more acceptable than in the spring, and strawberries are never as delicious as when we first have them from the gardens, and are not obliged to depend upon cold storage for supply.

Many consider that the delicate flavor of the berry is lost unless it is eaten as it grows, with only sugar added. Such serve the berries with the hulls on, and never wash the sugar sprinkled over them, for this draws out the juices. The sugar can be served in a mound in the centre of the individual dish, or at one side.

Strawberry Bavarian Cream.—Whip three cups of cream, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ box gelatine, 2 tablespoonfuls lemon juice, $\frac{1}{4}$ cup boiling water, $\frac{1}{2}$ cup cold water. Soak the gelatine in the cold water. Add lemon juice and sugar to boiling water and dissolve it in the gelatine. Cool, stirring constantly, and when it begins to thicken, add the whipped cream. Place a third of this in a quart mold, and chill, keeping the remainder in a warm room. To a second third, add strawberries, mashed, and a little more sugar, if they are quite tart. Put this in a mould for the second layer and when it is stiff, add the remainder of the cream. The mould can be first lined with large berries. The mould must be wet in cold water just before it is filled. With strawberries or any other acid fruit the porcelain moulds are preferable, as there is danger that the acid will attack tin.

Preserved Strawberries.—The best preserved strawberries are those which are cooked by the sun; but the process is a slow one, and requires much patience. Remove the hulls from the berries and place equal weights of sugar and fruit in the preserving kettle. Cook for ten minutes, and put in the sun for as much of the day as possible. Usually

two or three days are required. They must be covered with netting to protect them from flies and gnats. When the fruit is of a jelly-like consistency, it is placed in jelly glasses, and covered with paraffin. Strawberries preserved in this way are delicious served with ice cream. The shape of the fruit can also be preserved by placing it in glass jars, allowing a pint of sugar to a quart of berries. Fill the jars as full as possible, cover, and place in a kettle of cold water. Bring the water to a boil, and cook until the juice starts.

Strawberry Cups.—A dainty dessert is made by hollowing out the centre of cakes baked in small tins, thus forming a cup in which to serve strawberries. The shell may be iced or not as desired. If the cutting is carefully done, the centre can be used to make the small cakes mentioned above. To separate them at the bottom a small knife is run through the shell as carefully as possible. Whipped cream can be added.

Strawberry Sauce.—One half cup strawberry juice, $\frac{1}{2}$ cup sugar, two eggs, grated rind and juice of $\frac{1}{2}$ lemon. Mix the lemon juice, strawberry juice, and sugar, and add yolks of eggs well beaten; heat, beating constantly; when it thickens pour over the whites of eggs beaten stiff. With the strawberry cream can be served small cakes frosted on each side, and with a strawberry placed on top. The icing is placed in a cup, and the cakes are held with two forks, and turned until they are evenly coated.

—(THE PILGRIM.)

World of Missions.

Results of Missionary Labor.

When the patriot Kang Yuwei, who was the chief adviser to the Emperor of China in the reform measures promulgated in 1898, was interviewed in Hong Kong by the editor of the China Mail, he said, "I owe my conversion to reform and my knowledge of reform chiefly to the writings of two missionaries, Rev. Timothy Richards, agent of the English Baptist Society, and Rev. Dr. Y. J. Allen, a missionary of the Southern Methodist Episcopal Church of America."

Tan-sz Tong, a companion of Kang-Yuwei, and one of the most superb young men China ever produced, said, just before his execution by order of the Empress Dowager: "I know that no great reform movement has ever been carried out without its martyrs, and I am willing to die for China; but be sure of this: that for every head which falls to-day a thousand will rise to take its place and carry on this great work of reform."

These men and many like them never openly professed Christianity, but were in a large measure products of mission work, and drank their inspiration from the fountain opened up by Jesus Christ.—Ex.

Pray for The Pennies.

It was a bright spring evening when little Polly stole softly into her father's room with shoeless feet, her golden hair falling lightly over her white nightgown; for it was bedtime, and she had come to say "good night."

"Father," said the little one, raising her blue eyes to his kind face, "Father, may I say my prayers beside you, for mother is too ill for me to go to her to night."

"Yes, pet," he answered tenderly.

And reverently the child knelt down beside him and prayed her evening prayer, adding, at the close, with a special earnestness, "God bless my two pennies."

Heart Disease.

A Trouble Much More Common Than is Generally Supposed.

A healthy person does not feel the heart at all. It the heart makes itself felt it is a sure sign of some one of the many phases of heart trouble. Some of the symptoms of heart trouble are shortness of breath, trembling of the hands, violent throbbing or fluttering of the heart, sharp spasms of pain, oppression on the chest, dizziness and clammy sweating, irregular pulse, and the alarming palpitation that is often felt most in the head or at the wrists. Of course people suffering from heart trouble haven't all these symptoms, but if you have any of them it is a sign of heart trouble and should not be neglected for a moment.

Most of the troubles affecting the heart are caused by anaemia, indigestion or nervousness, and when any of these causes lie at the root of the trouble it can be surely cured by the use of Dr. Williams' Pink Pills. You mustn't trifle with common medicines, and above all you shouldn't further weaken your heart by using purgatives. You must cure your heart disease through the blood with Dr. Williams' Pink Pills. You can easily see why this is the only way to save yourself. The heart drives your blood to all parts of the body. Every drop of your blood flows through your heart. If your blood is thin or impure your heart is bound to be weak and diseased; if your blood is pure, rich and healthy, it will naturally make your heart sound and strong. Dr. Williams' Pink Pills actually make new, rich, red blood strengthens your stomach, stimulates your liver, soothes your nerves and drives out of your system all the disorders that helped to disturb your heart. This has been proved in thousands of cases. Here is a case in point. Mr. Adelard Lavoie, St. Pacome, Que., says: "For nearly three years I was greatly troubled with a weak heart, and in constant fear that my end would come at any time; the least exertion would overcome me; my heart would palpitate violently and I would sometimes have a feeling of suffocation. I was under the care of a doctor, but did not get relief, and eventually my condition became so bad that I had to discontinue work. While at my worst a neighbor advised me to try Dr. Williams' Pink Pills. I did so, and they simply worked wonders in my case. I used only half a dozen boxes when I was able to return to my work, strong and healthy, and I have not since had any sign of the old trouble."

We would again impress upon those who are ailing that they must get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by all dealers or by mail 50 cents a box or six boxes for \$2.50 by writing to the Dr. Williams' Medicine Co., Brockville, Ont.

"What can the child mean?" thought the father in surprise.

When the little white-robed figure was gone, he went and asked her mother if she knew what their little daughter meant.

"Oh, yes," said the lady. "Polly has prayed that prayer every night since she put her two pennies into the plate at the last missionary meeting."

Have you ever prayed to God for a blessing on the pennies you have put in the missionary box?—Evangelist.

The Doctor's ORDERS:

**Fresh Air
Good Food**

The D.L. Emulsion
Trade-mark.

For all those threatened
with **Consumption.**