

## Health and Home Hints

Ironing the feet of stockings with a warm iron will be found to make them wear longer and be much more comfortable to the feet.

Bread and butter and plenty of good Scotch oatmeal and milk, said Professor Kingsford at the Sanitary Institute, are the foods on which children thrive.

Water or any liquid can be kept refreshingly cool by wrapping the vessel containing it in a heavy blanket, or other woollen material, which is kept constantly wet.

A few drops of oil of lavender in a bowl or ornamental dish half filled with very hot water and set in the dining-room just before dinner is served gives a delightful freshness to the atmosphere of the apartment. Hostesses often put a small vessel in the parlour and dressing-rooms when arranging the house for a festivity.

Handles that are constantly coming off cupboards, chests of drawers, &c., may be made perfectly secure by warming a little powdered alum in an iron spoon and applying it at once. In a few minutes they will become perfectly firm.

Owners of dogs often have great difficulty in keeping their pets in good health, and some have a very ponderous list of medicines to resort to in a case of need. A gentleman who is the possessor of a very fine dog of the breed Great Dane succeeds in keeping the animal in the best of condition by administering half an ounce of tobacco to him every two weeks.

**Norfolk Dumplings.**—Mix one pound self-raising flour into smooth dough with water, taking care that it is not too stiff. Form into round balls the size of an egg. Have ready a pan of fast boiling water, throw in the dumplings one at a time and boil for twenty minutes. Serve as soon as they are cooked and eat with butter and brown sugar.

## How to Winter the Baby

A very important problem to which the answer is simple and obvious, viz.: Clothe it warmly and feed it properly. Sounds easy, does it not? And yet it is safe to say that not one mother in a thousand understands the Baby's needs and how to feed it properly. In Baby the foundations of the future man or woman are being laid and everything depends on their being strong and secure. Every part must be developed; therefore, it is essential that the food given shall contain the elements necessary to produce good firm flesh, tough muscles, good hard bones, rich red blood and strong nerves. Then Baby's stomach must be considered. The food should be concentrated, palatable and easily digested. This is the ideal food and

**FERROL** fills the bill to a nicety. If your Baby (The Iron-Oil Food) is not thriving as it should, if it lacks vim, energy and color, if it takes cold easily, in short if it is not **real well**, try **FERROL** and you will be both surprised and delighted.

**FERROL** is the ideal infant food, and, by the way, it is an infallible specific for **Croup and Bronchitis**.

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

## CURES RUPTURE



A Startling Discovery by an eminent Toronto specialist, by which Rupture of all forms and conditions, no matter how long, or of how long standing, can be cured painlessly, rapidly and permanently, at home, without a moment's loss of time from work. REV. C. N. DIVEY, of Wheatley, Kent, Ont., whose portrait is here, appears in his restored 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.**

The time was when many American newspapers maintained a strong feeling of friendship for Russia, particularly in cases when she got into disputes with Great Britain. There is no such championing of Russia at the present time. The New York Journal of Commerce probably reflects the sentiments of a majority of the American people when it says: "Japan is not only fighting the battle of progress and civilization in placing herself athwart the path of Russian advance in Asia, but she is standing as the champion of commercial rights in whose maintenance no nation is so vitally interested as the United States. Nothing but culpable blindness to our own interests could explain anything approaching to Russian partisanship among the press and people of the United States in a war with Japan." If Japan should need help in her struggle the United States should join with Great Britain in giving such help.

The Presbyterians of Canada, and particularly those of the maritime provinces, cannot fail to be solicitous for the welfare of their missionaries in Korea, so near to the theatre of war now on between Japan and Russia. We have now in Korea Revs. Dr. Grierson, Foote, Macrae, and Robb, and their wives and Dr. McMillan and Miss McCully, lady missionaries. Rev. E. A. McCurdy, agent at Halifax of the eastern section of the Canadian Presbyterian Church, telegraphed the Secretary of State here asking him to take necessary steps to secure protection for them and for the church property in their care. Hon. Mr. Scott at once cabled the British minister at Seoul accordingly. Dr. Grierson and Mr. Robb and their wives are at Song Chin, Mr. Foote and wife and Miss McCully are at Wonsan; Mr. Macrae and wife and Miss McMillan are at either Ham Hury or Wansan.

**Boston Baked Beans.**—Let stand in cold water over night; drain and put into an earthen bean pot, with two tablespoonfuls of molasses and a little pepper. Add a small piece of pickled pork, gashed or marked in squares. Fill the pot with boiling water, adding more from time to time as it evaporates. Bake 12 hours with steady heat. At the end of 10 hours, let the water simmer away until the beans are nearly dry.



## Woman's Dangers.

### THE LIVES OF ALL WOMEN BESET BY SECRET TROUBLES.

A SIMPLE AND CERTAIN METHOD BY WHICH THE ILLS OF GIRLHOOD AND WOMANHOOD MAY BE OVERCOME.

Every woman's health depends upon her blood—its richness and its regularity. Sometimes it is hard to believe that nearly all common diseases spring from the blood, no matter how different they may seem. It is hard, for instance, to realize that rheumatism and indigestion are both the cause of bad blood, and both cured by good blood. But there can be no doubt in the case of the secret troubles of a woman's life, from fifteen to fifty. The blood is plainly the cause of all her irregularities in health. Then comes the signs of secret illness, the headaches, backaches and sideaches; the pale cheeks and dull eyes; the falling appetite and irritable nerves, the hysteria and biliousness; the weakness and languor; the distress and despondency and all the wretched feelings that attack women in their times of ill health. And the blood is to blame for it all. When the blood is rich and red and regular, there is little trouble in the life of maid or mother. That is why Dr. Williams' Pink Pills for Pale People are worth their weight in gold to every woman. They actually make new blood. Every dose sends galloping through the veins pure, strong, rich red blood that strikes at the cause of the secret ill-health. The new blood restores regularity and braces all the special organs for their special tasks. In this way Dr. Williams' Pink Pills banish the backaches and headaches, sharpen the appetite and the energies, soothe the nerves and bring back the rosy glow of health to faded cheeks. This is the special mission of Dr. Williams' Pink Pills; and there is no other medicine in the world can do it so successfully. Mrs. Geo. Danby, of Tilbury, Ont., has proved the truth of these statements and says so for the benefit her experience may bring to other suffering women. Mrs. Danby says: "I think Dr. Williams' Pink Pills a blessing to suffering women. For a long time I was a great sufferer from the ailments that afflict so many of my sex. I was extremely nervous at all times, suffered a great deal with headaches and indigestion. In fact I was in a most miserable condition when I began the use of Dr. Williams' Pink Pills, but after taking them a short time I began to improve, and through their future use I am altogether like a new woman. I am sure if more women would take Dr. Williams' Pink Pills they would be convinced of the great good they can do."

What Dr. Williams' Pink Pills have done for Mrs. Danby they can do for every growing girl and ailing woman in Canada, if they are given a fair and reasonable use. But you must make sure you get the genuine pills with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. To be had from dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

### Why Modify Milk.

For infant feeding in the uncertain ways of the novice when you can have always with you a supply of Borden's Eagle Brand Condensed Milk, a perfect cow's milk from herds of native breeds, the perfection of infant food? Use it for tea and coffee.