

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. **USE**

Painkiller

Health and Home Hints

Marking Household Linen.

Table-cloths, certainly all fine ones, should be carefully lettered in embroidery. The rule for the placing of the letters is not absolute. There is a choice between putting them forty inches in from the corner diagonally, or on each opposite side of the centre of the cloth, leaving room between for the centrepiece. In the latter case, for a five-foot table, the letters should be about twenty-seven inches apart to place them at the requisite spot. The size of the letters for cloths should be from two to three inches. They may be monograms or interlaced letters. Sometimes a housekeeper choosing a set of table linen selects a fern, rosebud, or fleur-de-lis design, and introduces the same pattern in the group of letters which form the monogram or initials. The napkins should be marked with letters of the same general design—that is, if Old English is put on the cloth they should be repeated in smaller size on the napkins. Where the latter shall be marked in a matter of individual taste. If the napkin is to be folded for the last fold, from each end under the centre, the letters must be placed in the centre of that final square, the point to be easily found by folding the napkin, then marking it at the proper place. Sometimes they are marked in the very centre of the napkin and are folded to correspond when placed at the cover. A common way to mark them is diagonally in the centre of the last square when the napkin is entirely folded, the base of the letters pointing toward the outer corner of the napkin. The size of the letters should be from one to one and a quarter inches for napkins.—Harper's Bazar.

What will be new to many housekeepers is the dictum of a cooking teacher to the effect that the ingredients for pancakes, fritters, and the like should be mixed at least two hours before the batter is needed. In this way the flour has a chance to swell and the batter is not only better, but more wholesome,

AFTER SHAVING

POND'S EXTRACT



COOLS, COMFORTS AND
HEALS THE SKIN, EN-
ABLING THE MOST TEN-
DER FACE TO ENJOY A
CLOSE SHAVE WITHOUT
UNPLEASANT RESULTS.
Avoid dangerous, irritat-
ing Witch Hazel preparations
represented to be "the same
as" Pond's Extract, which
usually sour and generally
contain "wood alcohol," a
deadly poison.

World of Missions.

Present Day Conditions in the New Hebrides.

BY REV. H. A. ROBERTSON, ERROMANGA.

(Taken from his address before the last Synod of the New Hebrides. The first half of the address is omitted, in which is traced the history of the mission from its inception up to the present day, with an account of the many workers and their fields of labor.)

And now with so many missionaries, and teachers, and with a Training Institute, and a hospital, and a Maritime Service, what have we been doing? and have we been true to our marching orders, to Go FORWARD?

Let us see. We occupy almost every island in the group; several of these are now evangelized, and others are rapidly coming in. We have several hundreds of teachers, many of whom are now supported by their own people; and we have 3,000 church members. We have mission houses, churches, schools, an hospital, and a hall in which the students are being trained, that would do credit to any country, and to the best of workmen. Then as a Mission we are happy and united, or at least as much so as men are likely to be in this life, for we do not claim perfection for ourselves, and we deny it utterly in all who profess to have it. Again we have mastered the languages of the people for whom we are toiling, and have given them in their own tongue large portions of the Word of God, and many of them know the truth, and would die for it, as others of them have already done.

What a boon to mission families, planters, settlers, traders, and ships' crews, has been the skill of our medical missionaries! This is well known and gratefully acknowledged. Precious lives have thus been saved, and anxious hearts made to sing for very joy. And what strides a more just and healthy commerce has made in the group during the last twenty years within the past ten years! And what rapid communication, comparatively, we have between the Colonies and the islands, as well as inter-island!

Now all this forward movement, with its delightful improvement and advance, directly or indirectly, I make bold to say, is very largely due to Missionary effort, Missionary influence, and practical Christianity, in helping and cheering strangers coming to make homes in these islands, and in obtaining steamers to carry on our work, and open up the group to commerce. I tell you there is something very positive in the steam-whistle; it means life and business.

At the farewell given to my wife and myself at New Glasgow at the end of 1884, I stated that I fully expected to see all these improvements within twenty years. A smile greeted me. But when I added that before that time we would have visitors, pleasure seekers, with a line of good steamers running between the Colonies and the New Hebrides and right through the group, they laughed outright. But acts are stubborn facts. Look around.

In all this—the extension, development, progress, and success of our Mission; the advance of commerce; settlers constantly coming, some within the past week, and on this island too; ocean-going steamers, steam-launches, the possession of fine boats by the natives, and last, but not least, the appointment of a Commissioner or British Resident, we surely gather that we have not run or labored in vain in the Lord.

Cured of Asthma.

The Remarkable Experience of a Nova Scotia Man.

HE HAD SUFFERED FOR YEARS AND OFTEN
HAD TO SIT NIGHT AFTER NIGHT AT
AN OPEN WINDOW GASPING
FOR BREATH.

Mr. Thomas Johnson is well known in the vicinity of Hemford, N. S. He has taught school in Lunenburg county for more than thirteen years, and his reputation as a teacher is deservedly high. It is known that Mr. Johnson has been a severe sufferer from asthma, and as he has found a cure for the trouble, a reporter thought the facts of his case would prove interesting to similar sufferers. "One evening," said Mr. Johnson "while lighting my pipe I inhaled the sulphur from the match. The fumes appeared to penetrate every portion of my lungs, and nearly strangled me. It was more than an hour before I recovered from the effects of this mishap, and I believe that that was the starting point of the trouble that has made my life so frequently miserable since. At all events a few days later I had my first attack of asthma. Following this the attacks became more and more frequent, sometimes continuing for a week or more at a time. When these attacks came on I dare not lie down, and many a long, cold winter night I have passed at an open window gasping for breath. I was treated by two of the best doctors in the county, but derived no benefit. Then I began trying the remedies usually advertised as a cure for this trouble, but with no better results. I was continually growing worse and life was becoming a burden. About a year ago my wife was using Dr. Williams' Pink Pills, and derived so much benefit from them that one day she said to me, 'Why don't you try these pills, they might do you good, and they certainly can't do you harm.' To please my wife I began taking the pills, but only occasionally at first, but inside of a few weeks I felt that I was improving in many ways. Then I began to use the pills in earnest, and soon found that breathing was becoming easier, the spasms came less frequently, and I could go about out of doors without danger of bringing the trouble on as was formerly the case. I took twelve boxes of Dr. Williams' Pink Pills in all, and after the improvement began every box added to it until all signs of the trouble had disappeared, and I have not since had any recurrence of it. Dr. Williams' Pink Pills have saved me from a life of misery, and I am glad to make this public acknowledgment."

The above strong evidence proves that Dr. Williams' Pink Pills are not an ordinary medicine and that they cure when other medicines fail. Every pill makes new, rich, red blood, and thus enables the system to resist the inroads of disease and works a cure. Only the genuine pills can do this, however, and the purchaser should see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50 cents a box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.