

There is  
BUT ONE  
**Painkiller**  
made for over 60 years  
from the formula of  
**Perry Davis.**  
A specific in all cases of  
**Bowel Complaints,  
Colic, Cramps,  
Diarrhoea.**  
—A household remedy—

## Health and Home Hints

### Peach Surprise Ice.

Into one quart of chopped peaches stir a cupful of water, 1 lb. of sugar, and the unbeaten whites of five eggs. Turn all into the freezer and grind until firm. The dasher whips the mass into a delicious, frothy "surprise." You may use any fruit you choose in the place of peaches.

### Violet Ice Cream.

Scald one quart of cream and one cupful of sugar in a double boiler with an inch piece of vanilla bean; cool, and then add violet coloring and freeze. Mould in a ring, and fill the centre with a pyramid of whipped cream and candied violets.—Harper's Cook Book Encyclopedia.

### Currant Pousse.

Put a quart of ripe currants in a saucepan, with just enough water to keep them from burning, and cook slowly until the juice runs freely. Squeeze them, and measure the juice. To a pint of this allow 1 lb. of white sugar. Put both on the fire and bring to a boil. Beat six eggs very light in a bowl, and pour upon them the boiling juice, stirring the mixture vigorously. Return to the stove and cook until it thickens, beating all the while. Turn it out to cool, continue to beat it for a few minutes after it comes from the fire, and freeze. Raspberries, strawberries, or other fruits may be used instead of currants.

### Nut Cream.

Take a pint of hazel or hickory nut kernels, rub the skins off with a coarse towel, and pound to a paste with a little white of an egg. Make a custard of half a pint of sweet milk, the yolks of two eggs, and half a teacupful of sugar. Set over the fire until boiling; take off; when cool, add a tea-spoonful of gelatine dissolved in warm water. Stir in the nut paste, mix well, whip half a pint of thick cream, add to the mixture, turn into a mould, and set on ice.

### After Work or Exercise

**POND'S EXTRACT**

Soothes tired muscles, relieves soreness and stiffness and gives the body a feeling of comfort and strength.

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

## World of Missions.

### Japan in Formosa.

In 1895 the Japanese took possession nominally of Formosa, but found the people up in arms against their coming. No settled government could be had until it was fought for from one end of the island to the other. When peace was somewhat established experts were sent out to survey the country and to take stock of the new possessions. First of all a complete census of the country was taken; then 800 miles of road were constructed and a tramway laid down from Takau to Sintek. Then began the construction of a line of railway from Kelung to Takau. About one half of this line is open for passenger and freight traffic. Cables were laid to Japan, Fu-chau, and Pescadores, while every important locality of the island can be reached by means of 1,500 miles of telephone and telegraph wire. There are about 100 post-offices—postage, 2 cents. One hundred and thirteen schools have been put in operation for the natives and 9 for the Japanese. There are 10 government hospitals, in which 60,000 patients are treated gratuitously annually, and sanitary precautions are taken which have very much reduced the number of cases of smallpox, the plague, and the like. The government at Tokyo is unwaveringly sound on the opium question, and the people are free from this curse.

### Rome Not Holding Its Own in China.

Although the Romanist missionaries in China had the start by centuries, it can not be said that the Chinese adherents of Rome are equal in number to the Protestant converts. Of late years the influence of the priests has manifestly declined, and for political reasons they are disliked or actually hated, owing to their having abused their position. The actual condition of things was recently stated to the pope by the titular bishop of Cardica and Kiam-si in a special audience. He said that a general up-rising against the missionaries is being prepared.

### A Girl Rescued from Famine.

Who can estimate the blessing that is likely to follow the rescuing of hundreds of children from starving in India, and leading them to Christ? A recent writer says: "A missionary of my acquaintance tells of attending a meeting in a little chapel, which was crowded to its utmost capacity. The girls from one of the schools attended. After the opening exercises, the pastor called on one of the girls to lead in prayer. And such a prayer! The language was almost entirely scriptural, yet so simple and practical as she poured out her heart in thankfulness for all blessings. Every one was impressed. My friend asked the history of the girl, and was told that she had been left, a mere skeleton, starving at the mission gate. She had come almost ready to die, and in the densest ignorance of heathen darkness. 'She is now,' said the pastor, one of the brightest students in our school, and the leader of spiritual life among the pupils."

The Jewish Mission Committee of the Church of Scotland have resolved to carry out important extensions of their work. At Beirut a home for Jewish girls is to be established; at Smyrna the present successful schools are to be extended, and at Constantinople a medical mission has been undertaken, which is expected soon to be in full operation.

## Indigestion's Slave.

**Is Sallow, Languid, thin and  
Down Hearted.**

**Troubled with Wind, Billousness,  
Headaches and Sharp Internal  
Pains.**

No one deserves more sympathy than the sufferer from indigestion. A light meal lies like lead upon his chest—a good meal gives him hours of agony. The dyspeptic's slavery can't end until he builds up his system with Dr. Williams' Pink Pills. They strengthen the stomach, stimulate the liver and sharpen the appetite. There never was a case of indigestion that Dr. Williams' Pink Pills could not cure if given a fair trial. Proof of this is given by Mr. Gustave Emond, of St. Jerome, Que., who says:—"I suffered from dyspepsia for five years. The agony I endured at times can only be understood by those who are similarly afflicted. I tried a number of home remedies and advertised medicines but they did not help me. Then I decided to see the family doctor, and I took for a long time the medicine he gave me, but the results were no better; in fact I was getting worse. Some days I could not eat at all, and when I did eat the meal was followed by violent pains and cramps in my stomach that made life almost unendurable. Then I stopped the doctor and again began trying other medicines, but the result was always the same—no cure, and scarcely even temporary relief. And so the trouble went on for years, until last winter I met a friend from St. Scholastique who asked me if I ever tried Dr. Williams' Pink Pills. I had not but after some persuasion consented to do so. This was the beginning of the end of my trouble. Before the first box of pills were finished the pains after eating were less severe. I continued the Pills for a couple of months and at the end of that time I was wholly cured. I can eat as hearty a meal now as anyone, and never have the slightest return of the pains and cramps that so long had made life miserable. I have proved that Dr. Williams' Pink Pills will cure this trouble when all other medicines fail, and I would strongly urge other dyspeptics to give them a fair trial."

These pills will cure all troubles due to poor blood, or weakened nerves, such as neuralgia, rheumatism, partial paralysis, St. Vitus' dance, heart weakness, and the ailments that burden the lives of so many women. If you do not find these pills at your dealer's send direct to the Dr. Williams Medicine Co., Brockville, Ont., and the pills will be sent post paid at 50c. per box or six boxes for \$2.50. Do not let any dealer persuade you to take something else.

### Cheshire Cream.

Put the thin rind of a small lemon into a breakfast-cupful of thick cream. Let it remain for an hour or more, then take it out, and add a small tea-spoonful of lemon-juice, a dessert-spoonful of sugar, and a glass of sherry. Beat these thoroughly, and place the froth, as it is made, on a sieve to drain, and let it remain five or six hours. When ready to serve, put it on a glass dish with a border of macaroons or coconut biscuits round it.