

1840. 1903.
During this period
Painkiller
(PERRY DAVIS)
has cured more cases of sickness than
any other medicine. It's the best
remedy in the world for
**Cramps,
Colic,
Diarrhoea, Etc.**
A household remedy.

Health and Home Hints

Best Lemonade.

The best lemonade is made by boiling sugar and water together and adding the lemon juice after it is cold. Use one pound of sugar to each quart of water; add the juice of six lemons and the declared quantity of water at serving time. Pineapple lemonade may be made by boiling together one quart of water, one pound of sugar and the grated rind of one lemon for five minutes. Strain; when cold, add the juice of six lemons, one pineapple pared and picked into very small particles, and either a quart of water or a quart of Apollinaris water.—Ladies' Home Journal.

How Children Spend Their Money.

How many parents do you think add a word of advice on the spending of the money that they so freely give? Well, of these six hundred and thirty, two hundred and ninety testified that their parents did think it worth while to direct them. Oddly enough it was the Germans, the Swedes, the Italians, and the Spanish fathers and mothers that came out strong on the question of advice. The American parents were left behind, although seventy-four of them did try to help their children. But how did the children take the advice? A ten-year-old boy frankly said: "My father advises me to save it [ten cents a day], but I say what is the use? I have all I need." "My mamma advises me to save, but my papa does not, so I spend it all on candy!" cheerfully admits a little girl, and it does not take much insight to picture the kind, easy-going father whose lack of advice quite offsets the more methodical mother's care. "I generally get money when I ask for it, which is about every day or so. I spend it as I desire. I usually spend it for candy and other things which in a way are foolish. If I was to do as my parents advise me to do I would save my pennies," confesses an eleven-year-old boy. "My parents advise me what to buy, except when I buy for them; and then it is my secret," wrote one little girl.—Agnes Bailey Ormsbee, in Harper's Bazar.

The TOILET
IS INCOMPLETE WITHOUT
POND'S EXTRACT.

RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.

Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and often contains "wood alcohol," a deadly poison.

World of Missions.

India: Manner of Life.

BY REV. G. W. MORRISON.

Life anywhere is many-sided, and that of India is no exception. We can note but general features, and these only with the caution that they are not universal even in the Punjab.

The Punjabi is a Caucasian, and his features much resemble our own. He has straight black hair and black eyes. His complexion varies from a light tan to a decided brown. He prides himself on his stature and strength, but he is smaller than the average American, and while he has great power of endurance, he is lacking in strength and nervous force. Contractors say that as a laborer, one American is worth six of him.

The dress of the poor man's child, especially in villages, is most noticeable by its absence. Until the age of six or eight, for boys, and five or six, for girls, a string, fastening a charm about the neck or arm, and the sunshine, are counted quite sufficient.

Houses of the poor are one-roomed, about twelve feet square, the floor of earth, the roof flat, the walls of earth or sun dried brick laid in mud mortar. A narrow door is usually the only opening; windows, if any, are small and unglazed. Cost of such a house, not counting labor, varies from two to eighteen dollars. Frequently the front wall is ornamented with cakes of cow manure, stuck there to dry for fuel. The furnishings are cheap and simple. The fireplace is low, as the housewife squats on the floor to do her work. A stack of earthenware pots to hold spare clothing and supplies, water jars, cooking pots, knife and spoon, a hand mill a stone slab for grinding spices, a rude bed-stead or two, and some spinning wheels comprise the outfit. Domestic animals have a share in the house at night. But except in wet or cold weather all domestic operations are carried on outside, the flat roof being sleeping room most of the year.

As is general in the Orient, woman is despised, being rated intellectually with cattle rather than men. Yet in few lands is her influence greater, especially with reference to social customs. Except among the laboring classes she is secluded more or less strictly.

Infant marriage prevails, it being counted a disgrace to a father to have a daughter ten years old unmarried. According to the last census there were 500 widows in all India under one year of age. Of course the children have no voice in the choice of a life partner, the parents making all such arrangements.

Caste is the peculiar feature of social life in India, no other country having such an institution. Its regulations are very rigid, and relate to the minute details of daily life, and its practical effects are very annoying. The missionary may be loved and honored for his work, but socially he is an outcaste. Candy, though made in the most filthy surroundings, may be freely eaten by our school children, if handled only by those of proper caste. But if the missionary, in giving a treat to his school children, were to touch even the bench on which the baskets of candy rest, not a child dare take it because it is polluted. However, in the Punjab caste regulations are not so strict as further south, where even the shadow of an outcaste is sufficient to pollute. In the labor world, caste forms practically a system of trade

Weak and Fainting.

THE SAD PLIGHT OF ANAEMIC PEOPLE.

THEY HAVE HEADACHES AND BACKACHES—
ARE LANGUID AND UNABLE TO STAND
EXERTION.

From the Sun, Orangeville, Ont.

You can always tell anaemic men and women. They are pale, weak and languid. They have headaches and backaches. They can't eat—or they can't digest what little they do eat. And it all comes from poor blood and unstrung nerves. Banish anaemia at once by enriching your blood and toning up your nerves with Dr. Williams' Pink Pills. Thousands of grateful women have said that these pills have restored them after all other means tried had failed. Mrs. Josias McIlroy of Orangeville, Ont., was a great sufferer for many years and spent much money looking for a cure. To a reporter of the Sun Mrs. McIlroy said: "Several years ago my health gave out completely. I was so weak that I could not do my housework. If I went upstairs my heart would palpitate violently, and sometimes I would faint away through weakness. My nerves were unstrung, and I suffered much from dizziness. I tried many remedies but they did not help me. Then I was advised to try Dr. Williams' Pills and decided to do so. I am glad I did for the pills soon built me up and made me a well woman. My health remained good until last spring, when I was again taken with weakness. I now know by experience the value of Dr. Williams' Pink Pills and at once got a supply. The result was as beneficial as before and I can conscientiously say the pills have done me untold good. I am grateful for this and hope my experience will benefit some other sufferer."

Dr. Williams' Pink Pills have cured more sickly, pale faced girls and women than any other medicine ever discovered, for they supply new, rich red blood and so strengthen every part of the body. They are equally suitable for men, women and children, and cure not only anaemia, but decline, consumption, indigestion, rheumatism, St. Vitus' dance, and the special ailments which all women dread. These pills can be had through any druggist, or will be sent post paid at 50c a box or six boxes for \$2.50 by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. Look for the full name on every box, so that no worthless substitute may be palmed off on you.

unions, not without its advantages, but tending to hinder all enterprise and progress.

The Punjabi is patient, respectful, even-tempered, resigned and industrious. On the other hand, he is deceitful, cruel, selfish, superstitious and lacking in wise foresight. One well writes, "There is no degree of cruelty, no excess of vice, no hardened profligacy, no ineffable abomination, of which we cannot find examples among them; but neither is there, on the other hand, any height of virtue which they have not reached."—The United Presbyterian.

If Your Physician.

Prescribes a milk diet, for its easy digestibility it will be well to use Borden's Peerless Brand Evaporated Cream to get a rich, deliciously flavored milk food, perfectly sterilized, according to latest sanitary methods. For general household uses. Prepared by Borden's Condensed Milk Co.