

Health and Home Hints

Never hang a mirror where the sun's rays will fall upon it. The sun acts upon the mercury and clouds the glass.

Scatter salt on a carpet when sweeping, and you will not only find it has a cleansing effect but that it also keeps away moths.

A child's toe-nail should never be cut like a finger nail. It must be trained to grow square, and never be pared away elegantly at the sides.

The Easiest way to Clean Water Bottles.—Put about two tablespoonsful of vinegar on one of salt and shake round for a few minutes; then rinse with clean water.

A porcelain saucenap that has become stained should be half filled with water, into which a tablespoonful of powdered borax has been put. Let the water boil briskly for a while. Should all the stain not come off, wet a cloth and dip in borax and scour the spots.

Nut Custard.—Rub four level tablespoonfuls of nut butter smooth with one cupful of water. Beat two eggs light, with eight level tablespoonfuls of sugar and add to the butter with a pinch of salt. Mix well with another cup of warm water and cook in a double boiler till creamy. Then bake as directed. To make this of different flavors, use different kinds of nut butter.

Orange Shortcake.—The fruit should be peeled and sliced fine at least an hour before serving, and sugar sprinkled over it. Great care should be used in removing all the skin. Make a short biscuit crust, and spread butter between the two layers, bake in a quick oven, butter, and fill with the oranges.

To drive moths from upholstered work, sprinkle the upholstered parts with benzine. The benzine should be put in a small watering-pot such as is used for house plants. It does not spot the most delicate silk, and the unpleasant odor passes off after an hour or two's exposure in the air.

Everybody Agrees

that **COD LIVER OIL** and **IRON** are beyond question the greatest medicines known. Then why does not everybody take Cod Liver Oil and Iron? Simply because most people cannot take the Oil and few can digest the Iron in any ordinary form. These difficulties have been entirely removed by the introduction of **FERROL** in which the Iron is scientifically combined with the Oil, rendering the Oil palatable and the Iron digestible. While

FERROL

is manufactured from Wm. A. Munn's celebrated Cod Liver Oil, and is richer in oil than any other emulsion, and while it contains just the right quantity of the best form of Iron and Phosphorus, it is so scientifically prepared that not one person in a thousand finds any trouble in taking it, and infants digest it without difficulty. Moreover the well-established value of the Oil and Iron is immensely enhanced by the process of manufacture, and as the formula is freely exposed it is not to be wondered at that physicians everywhere have fully endorsed **Ferrol** and use it largely in their practice. **Ferrol** is invaluable for the treatment of any kind of Lung or Bronchial troubles, and for wasting diseases it has no equal, and

"You know what you take"

AT ALL DRUGGISTS.

Write for sample and literature to The Ferrol Co., Limited, Toronto.

World of Missions.

A Missionary Departure.

Any one familiar with the working of foreign missions, particularly in India, will have often been surprised at the growing work done in the direction of teaching the children some industry. The missionary had not been long in the field when it became incumbent upon him to look after the bodies as well as the souls of the people, and so medical missions arose. Following hard upon them came the industrial work of the missions. Children snatched from the grip of starvation and converts to whom openings for employment were closed the moment they became Christians, made the starting of industrial schools in connection with missions a necessity. In furtherance of this work, there has just been established the Industrial Missions Association of America. The inception of this new organization is due to Mr. H.W. Fry, who has travelled extensively in India on business. This new association is not for the purpose of prosecuting general missionary work, but aims to co-operate with all missionary boards for the furtherance of their industrial work. The association expects in a large measure to be self-supporting. The establishment of factories and the development of home industries, with a supervision of the transportation and marketing of products, are among its worthy aims. A similar society in England has been operating on somewhat narrower lines for some time. This new effort deserves well of all friends of missions.—Episcopal Recorder.

A Spaniard's Estimate of Protestants.

An influential political paper in the north of Spain recently reported an interview with a monarchial member of the Cortes upon his opinion of the Protestant movement based upon his personal observations. He reported as follows:

"The influence of those missions has been declared at times to be political. This is a great mistake. Those who really know them can see clearly enough that their labor is one exclusively of religious propaganda. I have seen them in many places, and I can affirm that they do not ever mix themselves up in political questions, either national or local. They have followers because our clergy are inferior to theirs, and because both the pastors and evangelists and their wives devote themselves actively and intelligently to the teaching of the people, and with kindly hearts and ways are always ready to do what they can for the poor. It is lamentable to see the difference between the schools of the Protestants and the Catholic schools. Go into any of the villages where there is a Protestant center and you will notice how inevitably the country people who join the Protestant ranks acquire a certain degree of culture. I have attended their meetings for worship and have acquainted myself with their schools, and I have noticed their excellent manners and their intelligence. If they are insulted on the streets, they let it pass. If persons implore their help or advice, it is given in a kindly way, without asking whether they are Protestants or Catholics."—Missionary Herald.

One day, in Burmah, Dr. Judson met a native woman. He could not speak a word of her language, but, touching her with his hand, looked up and pointed toward heaven. She went home and told her friends that she had seen an angel of God. The radiant face and the reverent manner had impressed her as if it had been Christ himself.

Health for Girls.

Dr. Williams' Pink Pills Make Strong Healthy Rosy-Cheeked Lasses.

"I was attacked with appendicitis," says Miss Fabiola Grammont, daughter of Mr. Charles Grammont, a prosperous farmer of Champlain, Que., "and while the doctor who attended me cured me of this trouble, it left behind after affects from which it seemed almost impossible to recover. I grew weak and very pale; my appetite was poor; I suffered at times from severe headaches; and the least exertion left me completely worn out. I tried several remedies, but instead of getting better I was gradually growing worse. Any work about the house left me weak and dispirited, and I felt almost like giving up. At this time a friend who had used Dr. Williams' Pink Pills with much benefit, strongly urged me to give them a trial. I got a box, and as I did not feel any better when I had used them. I would have given them up but for the fact that my friend urged that one box was not a fair trial. I then decided to continue the use of the pills, and by the time I had taken three boxes I found my condition was improving. I used eight boxes in all, and by the time I had taken them all my old time health had returned. My appetite had improved, I had gained in weight and the glow of health had returned to my face. I cannot too strongly recommend Dr. Williams' Pink Pills to all pale and weak girls."

Good blood is an absolute necessity, and the only way to have a constant supply of rich, red health giving blood is to take Dr. Williams' Pink Pills. Every dose helps to make new blood, and to drive from the system such troubles as anaemia, languidness, neuralgia, dyspepsia, rheumatism, etc. You can get these pills from any medicine dealer, or by mail at 50 cents a box, or six boxes for \$2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

A law has been "published" in Spain making Sunday a day of rest, and prohibiting manual labor on that day. Consul R. M. Bartleman, of Cadiz, who furnishes this information in The Daily Consular Reports (Washington, April 19) goes on to say: "Work on Sunday will be permitted only when absolutely necessary, the hours to conform with the regulations. On no account are women or persons under eighteen years of age to be employed on said day. The law will be put in force within six months."

Salad.—Cut a tart orange in half; remove the pulp and cut it into small pieces; notch the edges of the shells with scissors and join by a narrow ribbon run through slits in the side; add to the pulp six slices of banana, ten Malaga grapes, halved and seeded, six candied cherries, juice of half a lemon, one drop of almond extract and one spoonful sugar. Chill both fruit and shells. When ready to serve place fruit in shells, heaping a spoonful of meringue on each.

Bread Pudding.—Three ounces of fine bread crumbs, two ounces of butter, two ounces of powdered sugar, three eggs, the rind of a lemon cut fine, or better still, grated, a pint of cream or milk. Put the butter in a basin with sugar and lemon rind, pour the boiling milk or cream over; stir until mixed. When nearly cold, add bread crumbs, beaten eggs, and lemon or almond flavoring. Bake in a buttered dish, in a moderate oven.