

## Health and Home Hints

When washing lace curtains in winter add a spoonful of flour with the starch, then they will keep much cleaner, and retain their stiffness through the damp weather.

If you would relish your food, labour for it; if you would enjoy your raiment, pay for it before you wear it; if you would sleep soundly, take a clear conscience to bed with you.

When tea has been put into the teapot it should at once be filled up with boiling water. It is a great mistake to put only a little drop of water on the leaves first, filling the pot afterwards.

Tinware looks much nicer when washed in hot water with milk instead of soap, and will not require the rough scouring which is so commonly used by servants, and which soon wears off all the tin, leaving a rusty, useless article, neither iron nor tin.

Many of the new fancy sleeves are difficult to put a jacket over, and require to be held down. A simple contrivance for the purpose is a piece of ribbon a yard long and  $1\frac{1}{2}$  inch wide.

**Apple Pudding.**—Make a batter of two eggs, one pint of milk, one teaspoonful of baking powder, and flour enough to make a stiff batter. Fill earthen cups, alternating this mixture with chopped, tart apples. Steam one hour and serve hot with sweetened whipped cream.

**Lemon Cheese Cakes.**—Pare two lemons very thin, and put the rind to soak in one half cupful of cold water. Put into an enameled saucepan one pound of loaf sugar, six ounces of fresh butter, six eggs the yolks and whites slightly beaten, the juice of two lemons and the flavored water. Stir over the fire until it is as thick as rich cream. Seal the jars and it will keep for weeks. Line patty pans with puff paste, bake, then fill with the mixture, and serve cold.

**Mixed Meat Salad.**—Chop fine one-third of a cup each of cold fried bacon and boiled ham; dice one heaping cup of cold veal. Shred fine enough red cabbage to make one pint. Put the meat and cabbage in layers in a salad bowl, sprinkle each layer with chopped white of hard-boiled egg and French dressing. Over the top pour the remainder of the dressing. Garnish with a circle of grated or sieved egg yolk and dots of chopped parsley.

## FERROL

(THE IRON-OIL FOOD.)

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The Phosphorous  
does not irritate.**

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## World of Missions.

Come Over and Help Us.

A zenana missionary, in describing a journey in the northern districts of India, where no lady has been before with the gospel message, says: "Over and over again the women said how glad they were to have a mem to speak to them; that the sahib came to talk to the men; but of course they could not go to listen to him, and now they had a mem all to themselves. As the news spread through the villages around, messages were sent to us, begging us to go to them. Riding through one village, the women came out and called to me, 'Are you not going to stop? Are we not to hear?' Here are heathen women ready to be taught, longing for more light, and there is no one to go to them. There are many villages, very many, all through this district, where no lady has ever been. 'A thousand missionaries?' If only the church were awake to her responsibility, ten thousand would be thought little to ask for.—Missionary Link.

### Progress in the New Hebrides.

John G. Paton writes as follows: "The converts at the mission stations in Malekula have built a Christian village in which they live. All are clothed. They begin and close every day with praise and prayer, and are very happy with each other, giving a daily object lesson to the heathen of the joy and peace of Christianity. To their village they welcome all new converts, teach them and help to protect them; and if they refuse to live there, all unite and assist in building a new house for them after a given plan on straight streets running parallel with each other, and with streets at right angles. All houses are built on strong wood foundations, walled, plastered with lime, and white-washed. The cottages are neat, and are all kept clean—a great contrast to the heathen village. The village is on a beautiful site, bought for the purpose near the mission house, so that they may have the help and advice of the missionary in all difficulties raised by the heathen, and may also help the missionary in his work, and receive his constant teaching and care.—Missionary Review.

By the consolidation of the Reformed and Presbyterian missions in Japan, the Church of Christ in Japan was formed a few years ago. The native Christians now contemplate the erection of a church building in Tokyo, which will do for their work what our church building on Twenty second street is doing for our church. It is their wish to have a central building in which all the agencies may be located, and with an auditorium, which is greatly needed. They be-

## Distress after Eating.

CAN ONLY BE CURED BY REMOVING  
THE CAUSE OF THE TROUBLE.

There is only one way to cure indigestion; the medicine must act upon the digestive organs—not upon their contents. Medicine does not do the stomach's work, but should make the stomach do the work nature intended it should do. Dr. Williams' Pink Pills do this as no other medicine can. They tone up the stomach, restore the weakened digestive organs and promote natural digestion. There is no doubt about this—it has been proved in thousands of cases that Dr. Williams' Pink Pills cure indigestion when all other medicines fail. Mr. Elcear Robidoux, St. Jerome, Que., offers his testimony to substantiate this. He says:—"For some years I was a great sufferer from indigestion. My appetite became irregular, and everything I ate felt like a weight on my stomach. I suffered much from pains in the stomach and was frequently seized with dizziness and severe headaches. Nothing I tried did me a particle of good until I began the use of Dr. Williams' Pink Pills, and these, after taking them for about two months completely cured me. It is nearly two years since I discontinued the use of the pills, and I have not since had the slightest return of the trouble."

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believe that for the sake of economy such a building ought to be erected. It will furnish quarters for their various Christian organizations, which to equip and maintain separately is expensive. The project seems to have the approval of the missionaries, and will very likely be carried out.

If a small hole appears in a porcelain-lined or granite pan or kettle, mend with a copper harness rivet. If the hole is not large enough to admit the rivet, carefully enlarge it; then insert it, put on the bur, and rivet it tightly. To remove old paint spots from glass, heat vinegar to boiling, dip a cloth in it, and rub the spots until they disappear.

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