

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Coughs, Colds and all accidents liable to occur in every home.

CAUTION--There is only one Pond's Extract. Be sure you get the genuine, sold only in sealed bottles in buff wrappers.



Health and Home Hints

Fresh Lettuce.

A lady tells in the "New York Observer" how she keeps lettuce fresh:

"Last winter, when lettuce was a luxury, we had more on one occasion than we could use at one meal, and so I put what was left in a large dish, sprinkled it with cold water, and carried it down and set it on the cement floor of our vegetable cellar, where it would be cool. Then I turned a tub over it, and came away and forgot all about it. A week or more later I was in the cellar, and I happened to lift that tub. You can imagine my surprise to see a dish of lettuce as crisp as when the morning dew is on it. But be sure and use a large dish, so that the lettuce can have room to expand, and stand it up if you can. Do not sprinkle very much, and be sure it is covered air-tight. Of course, if it is badly wilted, nothing will revive it again; but when it droops its head, and is not quite up to the mark, this process will freshen it every time.

"Last summer I heard a woman, who had met with reverses, mourning her inability to take ice, saying: 'I would not mind if it were not that it is impossible without it to have nice crisp lettuce for the salads of which we are extremely fond, and which nothing can take the place of.'

"Then I told her that it was possible to have crisp lettuce in July, minus ice, and the how of it. Last fall she came to me saying, 'I owe you an everlasting debt of gratitude for sharing your secret with me. We have not bought a pound of ice during the summer, but we never before had such nice crisp lettuce for salad.' In the summer I almost always pick it from the garden some hours before I want to use it, and cover in the way I have told you. It will come out fresher than when first picked."

"The D.O.L." Emulsion

Trade-mark.

Prevents Emaciation
Increases the Weight
Builds up Solid Flesh
Sweet and Palatable as Cream
Does not Derange Digestion.

A POSITIVE CURE FOR
Nervous Exhaustion,
La Grippe, Anaemia,
General Debility and
Pulmonary Diseases.

World of Missions.

Not until recently have the Japanese bookstores been willing to carry the Bible in stock, for fear of offending their Buddhist patrons. Now, however, Bibles are so eagerly sought that they are kept on sale in all the prominent bookstores in Japan.

More Trouble in China.

A far more extreme view of the impending danger in China than any yet expressed has just been uttered by Dr. Robert Colman, Jr., who has long been connected with the Peking court as physician to Li Hung Chang and several members of the royal family. Dr. Colman reminds us that at the beginning of June, 1900, he cabled that a foreign war in China was inevitable, and we all know how swiftly his predictions were fulfilled. He tells us now, with the added weight of that ominous and successful prophecy to support him, that a foreign war in China is once more inevitable unless the powers determine to anticipate it by a rapid advance on Peking, and the immediate deposition of the Dowager Empress. This, he believes, will not be done; therefore his prophecy is one of war, certain, inevitable, and immediate. To feel the full force of his view we must follow the steps by which he has reached it. His closeness to the centre of power and to the Manchu court has given him an opportunity to follow the inner causes of things, and he tells us what he has seen. First, and most important, he asserts that the Dowager Empress is still absolute ruler, and that her hatred of foreigners is deep and intense. We can well believe that the armed intervention of the powers did little to diminish that hatred. In her policy the Empress is ably and enthusiastically seconded by the Chief Minister, Yung Lu—or Jung Lu, as Dr. Colman calls him. And both are in perfect harmony with the great fighting general Tung Fu Hsiang, and with the exiled Prince Tuan, now busy drilling hardy Mongolian troops on the northern border of the Middle Kingdom. In other words, Dr. Colman tells us that to the triad of Tung Fu-Hsiang, Tuan, and Yung Lu, whose position we described in a recent issue, the Dowager Empress must be added as a fourth, and that the movement which we spoke of as being under the leadership of the triad is really being carried on under the shelter of the imperial throne. China, or rather the Manchu dynasty in China, has, in fact, determined once more to try conclusions with the foreign devils, and these most formidable personages are acting with a single mind and a single will.

Lux Christi.

India.

STUDY FOR APRIL. W.F.M.S.

The Hindu.

- (a) Characteristics. P. 89.
- (b) Position of women. P. 94.
- (c) Worship, P. 105.

Reading—Moslem and Hindu Worship. P. 127.

For information see "Lux Christi," at pages indicated, also Encyclopedia Britannica, "Our Sisters in India," "Village Work in India," "Mosaics from India."

Hinduism is perhaps the only system of belief that is worse than having no religion at all.—DE TOCRUEVILLE.

JESSOP & CO. BELL'S PATENT TUBULAR BELL FOUNDRY
AMERICAN BELL & FOUNDRY CO. NORTHVILLE, MICH.

A Common Mistake.

Many People Weaken Their System by Taking Purgative Medicines.

People who use a purgative medicine in the spring make a serious mistake. Most people do need a medicine at this season, but it is a tonic that is required to give health, vigor and vim. Purgatives irritate and weaken—a tonic medicine invigorates and strengthens. Dr. Williams' Pink Pills are absolutely the best tonic medicine in the world. These pills do not gallop through the bowels—they are gently absorbed into the system, filling the veins with the pure, rich, red blood that carries healing, health and strength to every part of the body. Dr. Williams' Pink Pills cure skin eruptions, indigestion, headaches, nervousness, neuralgia, backache, rheumatism, continued weariness and all other blood troubles. They are just the tonic you need for this spring. Mr. A. Campeau, Alexandria, Ont., says:—"I received great benefit from the use of Dr. Williams' Pink Pills, and take pleasure in recommending them to all who suffer from troubles arising out of a poor condition of the blood. I think there is no better tonic medicine."

If you need a medicine this spring give these pills a trial—they will not disappoint you. Do not be persuaded to take a substitute or any of the "just as good" medicines which some dealers, who care only for profit, offer their customers. See that the full name, Dr. Williams' Pink Pills for Pale People, is on the wrapper and under every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville Ont., and the pills will be sent by mail, post paid, at 50c. per box or six boxes for \$2.50.

Apple Sponge—One-half ounce of gelatine, one pound of apples, three whites of eggs, one pound of loaf sugar, half pint of water, rind and juice of a lemon. Put water and sugar in a stewpan; boil quickly for five minutes, and skim it. Wipe and halve the apples; put in the pan and stew till soft. Melt the gelatine in four tablespoonfuls of hot water. Rub the apples through a wire sieve, add gelatine, lemon-rind grated, and juice. Put in a cool place, and whisk the eggs to a stiff froth. When the apples are a little cool add the whites of eggs, and whisk all till nearly set. Pour into a wet mould.

Poached Eggs—Make a sauce of one tablespoonful of butter, one tablespoonful of flour and one and one-half cupfuls of canned tomatoes, rubed through a strainer. Heat thoroughly; add a pinch each of salt, pepper, sugar and soda; drop in the eggs and cook until the white is firm. Serve in saucers with some of the tomato liquor under each egg.

USE THE GENUINE
MURRAY & LANMAN'S
FLORIDA WATER
THE UNIVERSAL PERFUME
FOR THE HANDKERCHIEF,
TOILET & BATH.
REFUSE ALL SUBSTITUTES.