

After Work or Exercise

POND'S EXTRACT

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

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

Health and Home Hints

Table and Bed Linen.

For the outer coverings of beds there are all sorts of pretty and novel things in white and colors.

The durable Marseilles quilts come both plain, woven and embroidered in white or in colors.

The fancy for embroidery also extends to the finish of sheets and pillow cases. "Shams" are still much, though many housekeepers prefer cases, into which the pillows are buttoned.

These are large and square. They are laid aside at night, however, in favor of smaller pillows with plainer covers.

Monograms or initials for sheets are two or three inches high and worked in the centre just above the hem. For pillowcases the letters are smaller.

Sheets for double beds should be three yards long before hemming. This allows for a three inch hem at the top, one half the width at the bottom, and leaves the sheet a little more than two and three-quarter yards long after shrinkage in washing.

A sheet large enough to tuck under and stay where it is put is the only kind sure to be a comfort to the user.

In purchasing table linen the cream weave will be found more durable than the white or half bleached.

While pattern tablecloths are more desirable for "best" than those cut from the web, the latter will be found much cheaper for everyday use.

Cheap, sleazy damask is never advisable, the loose weave rendering it a poor investment in point of service.

Before hemming a tablecloth see that it is cut by the pattern. The thread makes the pattern, and if one follows the pattern it takes less time than pulling the thread.

World of Missions.

A good deal of agitation seems to have been created among scholarly Hindus by a proposal to introduce the Bible in the schools of India, and indirectly a striking tribute to the power of the Christian scriptures has been paid. The universities of England and America study the sacred books of India, and are not afraid of their influence. But the people of India believe that the study of the Bible would prove to be dangerous to Hinduism. They have no protest to make against the study of Shakespeare, but the press of the country bristles with objections to the suggested introduction of the Bible. There are some among the people, however, who desire to see the study of our Scriptures undertaken. One paper has the courage to say, "The Bible, if made the centre of India's religious thought, would work out the moral regeneration of the land. And that is the end to be desired above all else."

A Note of Alarm.

A Tamil tract has been circulated up to our very church doors. Among other things it said:

Hindus! Awake, or you are lost! How many thousands of thousands have these missionaries turned to Christianity? On how many more have they cast their nets? If we sleep as heretofore, in a short time they will turn all to Christianity, and our temples will be changed into churches! Is there no learned pundit to be secured for money who will crush the Christians? . . . How long will water remain in a reservoir which continually lets out but receives none in? Let all the people join as one man to banish Christianity from our land!

JACOB CHAMBERLAIN.

Send Me.

BY EDWARD EVERETT HALE.

And I?

Is there some desert or some pathless sea
Where Thou, Good God of angels, wilt send me?

Some oak for me to rend; some sod,

Some rock for me to break;

Some handful of His corn to take

And scatter far afield,

Till it, in turn, shall yield

Its hundredfold

Of grain of gold

To feed the waiting children of my God?
Show me the desert, Father, or the sea,
Is it Thine enterprise? Great God, send me.
And though this body lie where ocean rolls,
Count me among all Faithful Souls.

A missionary paper published in China says:

Many missionaries in China do not believe in the distribution of Scriptures among the Chinese heathen without comments. Inasmuch as few if any portions of Holy Writ were given originally to raw heathens, but rather to persons and people who were already somewhat acquainted with the subjects or the ideas set forth therein, it seems best to many here and now not to urge the Scriptures on the heathen, but rather to preach, preach, preach! To partly offset this difficulty, some parts have been prepared with notes and comments. The notes being in a language more easily understood, and using many common illustrations, are thus doubly effective.

The same difficulty prevails in all mission fields. More urgent than at any previous period in India is the need of carefully annotated portions of Scriptures, especially of the New Testament, for the widest possible circulation.

The Spring Feeling.

Weariness, Lassitude and a Desire to avoid Exertion.

There are few people who have not experienced what is aptly termed the spring feeling. Languor and weariness, loss of appetite, touches of indigestion, pimples and irritation of the skin. They all come with the spring. All these ills are banished by Dr. Williams' Pink Pills. They enrich the blood, brace up the nerves, and charm away all spring weariness. Dr. Williams' Pink Pills are the best tonic medicine in the world. They make new, rich, red blood; strengthen men and women and make the roses of health bloom on pallid cheeks. Here is proof: Miss Catherine Johnston, Gardner Mines, N. B. says:—"I was very much run down, and so weak that I would frequently have to lie down. My appetite was poor and food distasteful. I often suffered from headaches, and the least exertion left me completely used up. I used a few boxes of Dr. Williams' Pink Pills and since then I have felt like a new person. I do not know of any medicine equal to these pills."

In this climate a tonic is an absolute necessity in spring, and health will be gained and money saved by using only Dr. Williams' Pink Pills. Don't take a substitute or something else said to be "just as good." If in doubt send to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid at 50c per box or six boxes or \$2.50.

The monogram or initial of the house-mistress should be wrought diagonally in one corner in white linen or outline silk.

The high-priced chutney sauce that is so nice a relish with Welsh rarebit and various other dishes may be duplicated at home easily and well. Scald and peel twenty-four ripe tomatoes. Cut up fine four green peppers and the same number of onions. Cut one ounce of dried ginger into shreds, then put the tomatoes, ginger, onions and peppers in three cups of vinegar, add four tablespoonfuls of sugar, one-half pound stoned raisins and four tablespoonfuls of salt. Simmer steadily together for three hours, and bottle.

Peppermints.—Take two cupfuls of granulated sugar, and one half a cupful of water. Let it boil hard all over the saucepan for about three minutes, and then add two teaspoonfuls of essence of peppermint. Take from the fire at once, and stir hard until the mixture is white and creamy. Then drop them on paraffine paper, any size desired, twirling spoon to make them round.

The Doctor's ORDERS:

**Fresh Air
Good Food**

The
D. L. Emulsion
Trade-mark.

For all those threatened
with **Consumption.**

Use the genuine
**MURRAY & LANMAN'S
FLORIDA WATER**
"The Universal Perfume."
For the Handkerchief
Toilet and Bath.
Refuse all substitutes.