

Health and Home Hints

Keep a small paint brush convenient for dusting the crevices in furniture, and all spots not attainable with the dustcloth can be reached.

In making apple dumpling prepare 1 lb. apples by cutting in small pieces, and sprinkling with a mixture of ground ginger, nutmeg, and grated lemon rind. Butter a basin, and line with paste. Put in the apples, some brown sugar, and a very little water. Cover with paste. Tie in a cloth wrung out of boiling water and well floured. Boil for two hours. Turn out on a hot dish and serve.

Grape Frappe. One pint of grape juice, one cupful of orange juice, and the juice of two lemons are required. Add two cupfuls of granulated sugar and four of water. Boil the sugar and water fifteen minutes, and add the fruit juice. Strain, add a quart of ice water, and more sugar if necessary. Remember that ices are sweeter before they are frozen than afterwards. Do not freeze too hard.

Cream of Corn Soup: Score down the grains and press out the pulp from six good-sized ears of corn; add to this in a double boiler one quart of milk, a teaspoonful of grated onion, not more than one-eighth of a teaspoonful of ground mace, about a teaspoonful of salt, and a dash of pepper, and, if you like, a teaspoonful of butter and two of flour; add to the soup and stir until thick. Serve in a hot tureen after pressing through a puree sieve.

Coughs and their Cure: There are few disorders more teasing to the sufferer and those about him than a cough. A slight hacking cough is often a bad habit; when it is at all under the control of the will, it should be sternly repressed. Sometimes the uvula, the pendulous part of the soft palate, at the back of the mouth, becomes relaxed, the point touches the tongue, producing a tickling sensation, which requires a cough to relieve it. A little dry tannic acid put in a quill and blown on the uvula will contract it, or half a teaspoonful of the powder mixed with two teaspoonfuls of glycerine, stirred into half a glass of warm water and used as a gargle. When a cold has been taken and there is cough with soreness of the chest, bed should be prescribed for fear of a severe attack of bronchitis. Soak the feet in a pail of hot water, in which is dissolved three tablespoonfuls of mustard, and rub the chest with warm camphorated oil.—Ladies' Home Journal.

REINFORCED COD LIVER OIL.

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World of Missions.

Jewish Colonies in Palestine.

It is a little more than fifty years since Moses Montefiore began to advocate his plan of sending homeless Jews to Palestine, but the idea met with little approval until about seventeen years ago, when the energetic support of Baron Edmund Rothschild and some other persons stimulated emigration, especially from the lands where the Jews are most oppressed. Russia and Roumania have sent the largest number, and Austria has recently supplied a colony of Galician Jews. England has sent no colonists, nor has the anti-Semitic spirit in France or Germany induced Jews to forsake those countries for the land of their fathers. The total Hebrew population of Palestine is 40,000, about 17,000 of whom are foreign born. Many of the latter live in Jerusalem, where they pursue the trades or mercantile occupations they learned in their native lands. About 7,000 of them are to be found in the twenty-three colonies supported in Syria and Palestine by the Jewish Colonization Association of Paris, and in the embryo settlements founded in 1901 or later. A recent article by Dr. Saad, a resident of Jaffa, describes these colonies and gives some account of their history and present condition. They owe their existence and such progress as they have made to Baron Rothschild, who in their aid has poured out money like water. He is still their principal support, but the enterprise is now managed by the Paris association which controls the business by means of a local staff of directors with headquarters at Beirut. Experts in vine culture and general farming have been distributed among the colonists, as the purpose is to draw the Jews of Palestine away from small commercial pursuits and win them to agriculture. Most of the colonies are grouped in the coastal region south of Jaffa, but almost as many are scattered along the sea front north of that place and in the interior between Nazareth and Damascus. Each of the larger settlements has a school, drug store, hospital and synagogue. There is a good prospect of prosperity as soon as markets can be found for their surplus products.—United Presbyterian.

A new Roman Catholic church in Zanesville, Ohio, has over its door a representation of the landing of Columbus, and the priest says that it is placed there for the purpose of impressing upon his people that this country owes its present condition to a Romanist. But the discovery of Columbus pertained to South America as well as to the northern continent. In this connection the Herald and Presbyter asks the following pertinent questions: Is the Church of Rome proud of her achievements in South America? What makes the difference between the United States and Brazil? Or between Columbia and Canada? What has made the difference between Mexico and Manitoba, or between Yucatan and New Brunswick?

Real encouragement is afforded mission work in the far East by the fact that educated men in those lands more easily break with superstition, and more readily accept Christianity than the ignorant and uneducated men. The proportion of Christians among college men is notably greater than it is among the unschooled classes.—Canadian Baptist.

Everyday Ailments.

Almost Invariably the Result of Poor

Blood or Weak Nerves.

If your health is impaired in any way, however slight, this article should interest you. Ask any doctor and he will tell you that most of the ailments from which men and women of the present day suffer are due to weak, watery blood, or disorders of the nerve forces. In your case the trouble may only be making a start—showing itself in a tired feeling, a derangement of the digestion, perhaps an occasional headache or a feeling of nervousness. These symptoms are too often followed by a complete breakdown of the health. In such cases there is no medicine which will bring back health and strength as quickly as Dr. Williams' Pink Pills. Thousands of weak and weary men and women owe their present good health and increased vitality to this medicine. These pills make new, rich red blood, and restore shattered nerves. This is the whole secret of the wonderful success of Dr. Williams' Pink Pills. Here is a bit of strong proof. Mrs. W. J. Clarke, sr., Boston, Ont., says:—"I suffered a great deal from a complication of troubles; rheumatism, liver trouble and pains about the heart all adding to my misery. A thorough use of Dr. Williams' Pink Pills cured me and now at the age of fifty-two all aches and pains have left me and I am enjoying the best of health." This is the verdict of all who give Dr. Williams' Pink Pills a trial. But you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around the box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid at 50 cents a box or six boxes for \$2.50.

For chilblains during cold weather rubbing with vaseline is said to be helpful.

Chloride of lime should be scattered, at least once a week, under sinks and in all places where sewer gas is liable to lurk.

The Bath That Sets One Up: If your little child is just recovering from some child's disease and does not grow strong rapidly, give him a salt bath. This may be prepared with the sea salt purchased from your druggist or some superior dairy salt. The water must be as warm as possible and a good-sized handful of salt added. Rinse off in clear water and rub until the body is in a healthy glow. The bath should be taken immediately before retiring for the night.

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