

Relieve those Inflamed Eyes!

Pond's Extract

Reduced one-half with pure soft water, applied frequently with dropper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.

CAUTION!—Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract which easily *sores* and generally contain "wood alcohol," a deadly poison.

Health and Home Hints

Hints For Homemakers.

A simple dessert whose garnishings give it quite the company touch starts with some small light cakes baked in round tins and served fresh from the oven, with a hot chocolate sauce poured over them and a spoonful of whipped cream placed lightly on top of each.

Bananas can be served as a vegetable if they are used green. Cut the fruit in halves, stew twenty-five minutes in a little water, drain, cover with a cream sauce such as is used with cauliflower, and serve hot. The ripe fruit is delicious as a garnish to meat. Cut round slices from ripe firm bananas, fry in butter, and lay a few on top and around a broiled steak as it goes to the table.

Rice Waffles.

A cupful of cold rice, if flakey and perfectly cooked may be utilized for rice waffles. It should be heated in a cupful of milk, two level tablespoonfuls of butter stirred in while warm. A saltspoonful of salt and two slightly rounded teaspoonfuls of baking powder should be stirred into a pint of sifted flour. Beat the rice while it warms to take out all lumps; do not mash it; when it is lukewarm drop in two eggs yolks and beat vigorously for a few moments, beat the whites separately to a firm froth; beat the flour into the rice mixture, adding by degrees a cupful (half pint) of either milk or water; quickly and lightly fold in the stiff whites and bake immediately in a hot waffle iron. Fine, well-cooked hominy may be used instead of the rice, or barley crystals. Whichever is taken be sure to beat out the lumps in warm milk before adding the other ingredients. These make very tender waffles.

"The D.L." Emulsion

Trade-mark.

Extensively used in Hospitals
The most palatable Emulsion made
Very easy to digest
Gives strength to the body
Increases the weight largely
The best Remedy for
General Debility,
La Grippe, Anaemia,
Consumption.

World of Missions.

Christian Endeavor in China

There is a society of Christian Endeavour in Fen-cho fu, where so many missionaries were martyred two years ago, consisting of 16 members. The society has 7 committees—not so many as most Endeavour societies in America have. Their names show how different are the surroundings in which these Chinese Endeavourers are placed from those in this favored land. These are the committees: (1) On preaching the Gospel; (2) On cheerful giving; (3) Anti-tooth-binding; (4) Anti-opium; (5) On temperance; (6) On Bible study; (7) On charity. There are no committees on flowers, or entertainments; no "sunshine" or "whatsoever" committees.

Christianity is before the Japanese nation as never before in these modern days. The year 1901 witnessed a wonderful awakening, and the present year is continuing the active campaign against the evil one. The work of 1900 added only about 650 to Protestant church membership; that of 1901 added more than 4,000. "Not by might nor by power, but by my spirit," was the motto, and God wonderfully blessed the Japanese Christians as they rallied under this banner.—S. W. Hamblen.

Liberty Goes With British Rule.

It is an interesting fact that nowhere, at least in the Old World, do the Jews enjoy such a high degree of liberty as in Egypt, the country in which their fathers were once slaves. This is accounted for by the fact that Egypt is subject to British rule. The favorable economic condition of the Jews in Egypt is shown by the flourishing financial position of the Jewish communities. Thus the Cairo congregation is said to possess 1,500,000 francs as well as a score of houses. Besides the five synagogues, there are two hospitals, an eye hospital, two institutions for the blind, and numerous other charities maintained by the community. A great deal is done for the blind, who are to be found in Egypt in large numbers.

He Did Not Know of Jesus

A little Chinese boy who loved Jesus was in a village temple one day.

As he was looking at the idols, an old man, very feeble, came in. He laid a few incense sticks before an idol, and began to pray.

The little boy thought to himself: "Here is an old man, who has not long to live; and he does not know the way to heaven. But I am only a boy; I can't tell him."

At length the boy spoke to the old man, and, with tears, asked him:

"Would you mind a boy speaking to you? I am young; you are very old."

"What are you crying for?" said the old man. "Can I help you?"

"Sir, I am crying because I am sorry for you."

"Sorry for me! What for?"

"Because you are old, and cannot live long, and you don't know the way to heaven."

"What! Do you know the way to heaven?" "I know that Jesus saved me, and will save you." "Who is Jesus?" asked the old man.

The boy told him the story of God's love, and the old man's heart melted as he listened.

There are millions of people in the world who do not know anything at all about Jesus. What shall we do for them?

Spring Ailments.

The Blood needs Attention at this Season—Purgatives Should Be Avoided.

Spring is the season when your system needs toning up. In the spring you must have new blood, just as the trees must have new sap. With new blood you will feel sprightly, happy and healthy. Many people take purgatives in spring, but this is a serious mistake, as the tendency of all purgatives is to further weaken the system. The one and only sure way to get new blood and new strength is to take Dr. Williams' Pink Pills. They actually make new, rich, red blood—they are the greatest spring tonic in the world. Dr. Williams' Pink Pills speedily banish all spring ailments. Miss Belle Cohoon, White Rock Mills, N. S., says:—"I have found Dr. Williams' Pink Pills a splendid spring medicine. I was very much run down, the least exertion exhausted me, and I had a constant feeling of languor and sluggishness. My appetite failed me and my sleep at night was disturbed and restless. After I began the use of Dr. Williams' Pink Pills, there was a speedy change for the better, and after taking a few boxes, I felt stronger than I had done for years."

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail post paid, at 50 cents a box, or six boxes for \$2.50, by writing direct to the Dr. Williams Medicine Co., Brockville, Ont. Do not let any dealer persuade you to take a substitute. Substitutes never cured anyone—the genuine pills have cured hundreds of thousands in all parts of the world.



A Trap to Catch Moths.

Has any housekeeper found the so called moth exterminators efficacious? I never have. There are certain remedies, that will kill the order pests, but the eggs remain to emerge from their hiding places with new vigor the next spring.

Why not set a trap for them, and give them the things they like best to eat? That is what I do, and this is my way:

I take strips of soft, old woollen dress waists, skirts, or anything old and soiled, (for that is what they like best). Of these strips I make soft very loose balls, and scatter them about my rooms in the spring months.

They much prefer this to my carpets and furniture, both to eat and lay their eggs in. Try it, if you doubt it, and look at the balls in a few weeks, they will tell their own story, and it is no loss in pocket to drop these in the fire.

