

Health and Home Hints

Corn Meal Pudding—One egg, 1 cup sweet milk, $\frac{1}{2}$ cup raisins, 2 spoons sugar, a little salt, 1 teaspoon soda, 1 heaping teacup corn meal. Stir thick with sweet flour. Tie loosely in a cloth and boil two hours.

Honey candy—Boil together 2 cups white sugar, $\frac{1}{2}$ cup water and 4 tablespoonfuls clear honey. When it will harden in cold water, pour it on buttered plates, and when it is almost hard, mark it off into inch squares with a buttered knife.

Instead of putting food into the oven to keep hot for late comers, try covering it closely with a tin and setting it over a saucupan of hot water. This plan will keep the food hot, and, at the same time, prevent it from drying.

When a physician orders light diet for one who is just beginning to recover from a severe illness, it is well to know exactly what dishes "light diet" includes. Here is a list given by a careful doctor of the writer's acquaintance: Clams, chicken and mutton broth, broiled filets of chicken, lamb chops, tenderloin steak, delicately cocked game, soft cooked eggs, dry and milk toast, cereal in small portions, cocoa, custards, fresh fruit, gelatine jellies and sponge cake.

Nervous Headache—The ordinary nervous headache will be greatly relieved, and in many cases entirely cured, by removing the waist of one's dress, knotting the hair high up on the head out of the way, and while leaning over a basin, placing a sponge soaked in water as hot as it can be borne on the back of the neck. Repeat this many times, also applying the sponge behind the ears, and the strained muscles and nerves that have caused so much misery will be fit to relax and smooth themselves out deliciously, and very frequently the pain promptly vanishes in consequence.

Do You Know What You Take?

Many so-called remedies, largely advertised under catchy names, are composed principally of cheap stimulants with sufficient other ingredients to disguise the taste. If people were only as particular about their medicines as they are about their food they would insist on knowing what they are taking, which would put most of the popular nostrums out of business. The formula of

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is freely published and every man who can read can see for himself that it contains the MOST VALUABLE remedies known to medical science, namely **Cod Liver Oil, Iron and Phosphorus**.

More than that, we guarantee that **Ferrol** is true to formula, that it is made from Wm. A. Munn's Celebrated Cod Liver Oil (which won the medal at Vienna against the world), that it contains just the right proportion of Iron and Phosphorus, that it is the greatest remedy for Consumption, Bronchitis, Chronic Coughs, Anæmia and all wasting diseases, and that it is the most palatable and easily digested preparation of its kind that has ever been offered, moreover you

"Know What You Take"
AT ALL DRUGGISTS.

THE FERROL COMPANY, LIMITED, TORONTO.

World of Missions.

Family Life in Korea

R. E. SPEER.

The Korean woman is somewhat like the Moslem woman in her homan life. The Gospel has meant liberty and love to her.

At the close of a long interview with a congregation of women, I asked, "Do your husbands treat you more lovingly since they became Christians?"

"According to Korean custom," one replied, "men look down on wives and beat them. I see my son, who is a Christian, treating his wife with love. I have not experienced it. My husband is not a Christian." There was a moment of silence then, and another said softly, "My husband is different now. He loves me."

Disinterested Testimony

Mention has been made in this column (Correspondence Belfast Witness) on a former occasion of the outspoken advocacy of missions by Sir A. H. L. Fraser, the Lieutenant Governor of Bengal. The following account of an incident during his return voyage to India may be of interest to those who are accustomed to hear Indian Missions traduced. A missionary meeting was held in the first saloon of the P. O. ss. Egypt on Sunday, 25th October, when the steamer was in the Gulf of Aden. Sir Andrew Fraser presided, and among his remarks were the following statements:—

"I believe that many of us who live in India all our lives know really nothing of Indian missions, and it may be of great advantage to us to hear brief and simple statements by missionaries about their work. I confess, as so, to a great personal interest in mission work.

"I do not attach much weight—not to use stronger language—to the unfavourable reports of mission work brought to us by those who have no sympathy with it, who never have known a missionary, who have never visited a mission college or mission church, who have made no effort to understand those who have come under missionary influence. We Englishmen are not accustomed to listen with respect to judgments based on such want of knowledge and want of sympathy. For myself I have had exceptional opportunities of seeing missionary work, and of testing its value, and I honour the missionary body as a whole not only for their purely religious work, but also for their medical and educational work and their cooperation in social improvement.

"I also desire to confess my faith in the Lord Jesus Christ, in the Christian religion, and in that Holy Book from which an extract has just been read in our hearing. I sympathise with mission work because of the need that exists—people whom one learns to love lack the consolations of Christ; because we should pass on to them the blessings which missionaries brought centuries ago to our island in the Northern seas; and because this is in accordance with Christ's will so far as we can know it. I may add that in this promise of power from on high I seem to hear an encouraging echo of that other saying of His, 'Fear not, little flock,'—despite weakness and mistakes—'for it is the Father's good pleasure to give you the Kingdom' for Me."

I have always observed the thread of life to be like other threads or skeins of silk, full of snarls and encumbrances.—George Herbert.

Blotchy Skins.

A Trouble Due to Impure Blood Easily Remedied.

Bad blood is the one great cause of bad complexion and blotchy skins. This is why you must attack the trouble through the blood with Dr. Williams' Pink Pills. All blotches, boils, ulcers, pimples and paleness are the direct, unmistakable result of weak blood loaded with impurities. Dr. Williams' Pink Pills conquer the poison; and drive out all the impurities; they actually make new, rich red blood; they strike right at the root of all complexion troubles; they are a positive and permanent cure for all venereal skin diseases like eczema, scrofula, pimples and erysipelas. They give you a clear, clean soft skin, free from all blemish and full of rosy health. Mr. Matthew Cook, Lamerton, N. W. T., tells how Dr. Williams' Pink Pills cured him of erysipelas after other medicines had failed. He says: "My skin was inflamed, my flesh tender and sore, my head ached, my tongue was coated, I had chills and thought I was taking fever. I tried several medicines, but nothing helped me until I began using Dr. Williams' Pink Pills and drove the trouble from my system, and I am now in the best of health. I think these pills the best medicine in the world for blood troubles."

It is an every day record of cures like this that has given Dr. Williams' Pink Pills their world-wide prominence. They cure when other medicines fail, but you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. You can get these pills at all druggists, or by mail at 50 cents a box, or six boxes for \$2.50, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Sugar Kisses—Beat the whites of 2 eggs very stiff, and mix in 1 cup white sugar. Drop in spoonfuls on buttered pan and bake in a very slow oven to a pale straw color. For cocoanut kisses add the whites of another egg and $\frac{1}{2}$ cup prepared cocoanut. For nut kisses add chopped walnut, pecan or almond meats instead of the cocoanut.

Singular Palliative for Toothache.—A little horseradish scraped and laid on the wrist of the side affected, will, in many cases, give speedy relief. A better way is to place a little scraped horseradish in the mouth, or the tooth, and just around the gum. It relieves rheumatic pains in the gums and face also. The mouth may afterward be rinsed with a little camphorated water, lukewarm.

There is a creeping moss found in Jamaica, in Barbados and other islands of the West Indies, which is called the "life tree," or more properly, the "life plant." Its power of vitality are said to be beyond those of any other plant. It is absolutely indestructible by any means except immersion in boiling water or application of a red hot iron. It may be cut up and divided in any manner, and the smallest shreds will throw out roots, grow and form buds. The leaves of this extraordinary plant have been placed in a closed, air-tight, dark box, without moisture of any sort, and still they grew.

"Somehow, I never feel like good things belong to me till I pass 'em on to somebody else."—Mrs. Wiggs in "Lovey Mary."