

1840. 1903.

During this period

Painkiller

(PERRY DAVIS)

has cured more cases of sickness than any other medicine. It's the best remedy in the world for

Cramps,
Colic,
Diarrhoea, Etc.

A household remedy.

Health and Home Hints

Cocoa butter is an excellent food.

Tight belts and tight sleeves will often cause red hands.

For profuse perspiration boracic acid powder is helpful.

Singing and clipping will strengthen and cause the hair to grow.

A good tonic of salt water for the hair should contain a teaspoonful of salt to a tumbler of water, and should be applied to the hair two or three times a week.

To prevent eggs cracking when boiling, pierce a small hole in the large end of the egg with a needle.

A quick and easy way to skin beet-root is to put in cold water as soon as it is cooked. Then draw the hand gently down each one, and the skin will drop off at once.

To Prevent Milk from Burning.—Rinse out the saucepan with cold water before putting in the milk.

Cream Pie.—Mix one tablespoonful of corn-starch with one cupful of granulated sugar and one egg yolk well beaten. Scald a pint of milk in a double boiler; pour it slowly over the other materials, stirring constantly. When well mixed turn into an under crust, and bake. Beat the white of an egg with two tablespoonfuls of powdered sugar, and heap on the top of the pie when it comes from the oven; return and brown the meringue slightly. Bake the pie in a moderate oven.—Selected.

Snow Omelet.—Beat the yolks of four eggs, add four tablespoonfuls of milk or water, a little salt and pepper. Beat the whites very light, and cut them into the yolks. Melt one dessertspoonful of butter in a frying-pan; when it bubbles, pour in the omelet, and spread it evenly over the pan. When slightly brown underneath, sprinkle over the surface one tablespoonful of grated cheese, chopped ham or parsley, place the pan in the oven to dry the omelet a moment, turn onto a hot platter, and serve at once.—Table-Talk.

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 soar and generally contain "wood alcohol," a deadly poison.

World of Missions.

Presbyterian Synod in Belgium.

Rev. G. R. S. Reid, M.A., of Brussels, contributes to the London (Eng.) Presbyterian the following interesting facts. He says:

The annual meeting of the Synod of the Eglise Missionaire Belge took place recently at Liege. The proceedings resembled those of our own Scottish Assembly on a very reduced scale. The attendance of members was about fifty, and delegates were present from Scotland, England, France, Switzerland, Holland, and Germany. The meetings lasted three days, and each day the whole company sat down to dinner between business.

The first evening, as usual, was given up to a conference on the general work of the Church. The second day was occupied with financial reports, and accounts were given of the various publications and agencies employed. On the third day delegates were received, and on the present occasion all the noted delegates were able to speak in French, the language of the Synod. The Rev. J.H. Mackay, of Flushing, represented the Established Church of Scotland, and Rev. G. R. S. Reid the United Free Church. Rev. Dr Mathews was present as representing the Presbyterian Alliance, and gave some counsel which should help to keep this young Church on regular Presbyterian lines. The service of the Lord's Supper brought the proceedings to a close on the last evening.

In a Roman Catholic country a missionary evangelical body has naturally many difficulties to cope with. It is true that many prejudices which formerly existed against Protestantism have now disappeared. The people, on the whole, are not badly disposed towards the Protestants. But this applies mainly to great industrial centres, where the Gospel has been preached for a long time, and not to country districts, where it is often entirely unknown. Yet the amount of free thought and unbelief is enormous. Materialism in life and thought alike is increasing, and indifference to religion is the general attitude of the people. It requires a great effort to arouse them to a sense of their spiritual need, and it is difficult to awaken their interest.

Then there is the opposition of the priests to reckon with. Although many are becoming detached from the Roman Church, it still retains a great hold by its wealth and power, its pressure and threats. The priests forbid their people to attend any Protestant meeting whatsoever, and they use every means to regain those who are coming under the influence of evangelical Christianity. In connection with this body there are now thirty-four pastors, three evangelists, and thirteen Bible readers and colporteurs at work. The majority of the pastors are Swiss, but there is the prospect of a native ministry in the future. In most cases their salary does not exceed £100 and one cannot help admiring their devoted and self-denying labours. They deserve the utmost sympathy and encouragement from larger Protestant communities. Being a missionary Church, they depend largely on the support of friends outside. Our two Scottish Churches each contribute something, but one could wish that the amount was larger. There are few fields where the harvest is more hopeful and where the labourers require to be supported by the prayers and sympathies of Christian friends.

Had to Leave School

The Pitiable Story of a Young Girl.

Every Mother of a Growing Girl Will be Interested in the Story as Told by the Young Lady.

Miss Laura Dumontier is the daughter of a well to do farmer in St. Cuthbert, Quebec. The circumstances under which she was forced to discontinue her studies and leave school will be of interest to all mothers of growing girls, and Miss Dumontier consents to make them public for the benefit her experience may be to others. She says: "At the age of twenty I was sent to a convent school in this parish. At that time I was as healthy as any girl of my age. At the end of a couple of years, however, I felt my strength leaving me. My appetite grew poor, and I suffered from severe headaches. I nevertheless continued my studies until October, 1901, when I became very ill and was forced to leave school. The headaches that had bothered me became almost constant. I suffered from pains in the back and stomach and the least exertion would leave me almost breathless. A doctor was called in and he said I was suffering from anaemia, and was in a very dangerous condition. He treated me until February without the least beneficial result. Then another doctor was called in, but no better results followed his treatment. My parents were now thoroughly alarmed and two other doctors from St. Barthelemi was called in, and after consultation their verdict was that my trouble had reached an incurable stage. I was greatly disheartened and did not expect to live long when one day one of my friends asked me why I did not try Dr. Williams' Pink Pills. I had lost confidence in all medicines, but was willing to try anything that might help me, and my father got me a supply of the pills. When I had used a couple of boxes it was very plain that the pills were doing me good, and after I had taken them a couple of months I was once more enjoying the blessings of good health. I feel that Dr. Williams' Pink Pills have saved my life and I gladly give my experience in the hope that it may be of benefit to some other young girls."

No discovery of modern times has proved such a blessing to young girls and women as Dr. Williams' Pink Pills. They act directly on the blood and nerves, invigorate the body, regulate the functions and restore health and strength to the exhausted patient when every effort of the physician proves unavailing. These pills are sold by all dealers in medicine, or may be had by mail post paid at 50 cents a box, or six boxes for \$2.50, by writing to the Dr. Williams' Medicine Co., Brockville, Ont. Remember that no other medicine can take the place of these pills, and see that the full name, Dr. Williams' Pink Pills for Pale People, is on the wrapper around every box.

What we are is the lens through which we look at other things. No matter what our focus if our lens be wrong our convictions from that which we see will be wrong. Distorted knowledge comes from distorted vision. The lens through which we see things determines our convictions of the things seen.