

Health and Home Hints

Cosmetic jelly is indispensable to the women who take systematic care of their hands. It is rather difficult to make, but will be satisfactory after it has been compounded. The formula is as follows: Soak thirty grains of gum tragacanth in seven ounces of rose water. When it is thoroughly dissolved, strain through muslin and add half an ounce of glycerine and half an ounce of alcohol.

Boots should never be shut up in a box or cupboard, but should be placed on shelves where they can have plenty of air. They will need cleaning when stored almost as often as when in use if they are to be kept in good condition.

Chicken Sandwiches—Chop cold boiled fowl and moisten with mayonnaise or cream dressing. Spread mixture between thin slices of buttered bread. Remove crusts and cut in two diagonally, thus making triangles. Wrap in paraffin paper. If paraffin paper is not at hand, sandwiches may be kept moist by wrapping in a napkin wrung, as dry as possible, out of hot water.

A Nice Mince—Chop your bits of cold meat very fine, season pretty highly, add a little Worcester sauce, if you like. Make it quite moist with gravy left from your roast; if you have none, be extravagant and use a spoonful of cream. Boil some eggs hard, heat your mince hot, pile in the centre of a hot platter, be sure it is hot; arrange the sliced eggs around your meat. Serve at breakfast with a muffin, or some toast.

Indications of Sickness.—Incomplete closure of the eyelids, rendering the whites of the eyes visible during sleep, is a symptom in all acute and chronic diseases of a severe type; it is also to be observed when rest is rendered unsound by pain, wherever seated. Twitching of the eyelids, associated with the oscillation of the eyeballs, squinting heralds the visit of convulsions. Widening of the orifices of the nose, with movements of the nostrils to and fro, points to embarrassed breathing, from disease of the lungs or their pleural investment. Contraction of the brows indicates pain in the head; sharpness of the nostrils, pain in the chest; and a drawn upper lip, pain in the abdomen. To make a general rule, it may be stated that the upper third of the face is altered in expression in affections of the brain; the middle third in diseases of the chest; and the lower third in diseases of the organs contained in the abdominal cavity.

A HAPPY COMBINATION.

No need to say a word about the virtues of Cod Liver Oil, Iron and Phosphorus; they have long been universally recognized. It is not so well known, however that

FERROL

(The Iron-Oil Food.)

combines these unequalled remedies in a scientifically prepared emulsion, so palatable and easy to digest that those who have hitherto found it difficult or impossible to take Cod Liver Oil and Iron find the difficulty entirely removed.

We invite all those who are suffering from any form of Lung Trouble, Bronchitis, Chronic Coughs and Colds, after effects of La Grippe or other acute disease, to send at once for a free sample and literature to

The Ferrol Company, Limited,
Toronto, Ont.

For sale at all Druggists.

World of Missions.

The census report of India says: "The principal feature in the last ten years is the enormous increase in native Christians, amounting to almost 200 per cent."

A Hindu author, in a recently published book, says that there are over 100,000 thousand different castes in so small a town as Surat. Surely India needs the socializing influence of Christianity, which should be only another way of saying that it needs its religious influence.

In the Livingstonia Mission of the United Free Church of Scotland, situated in Central Africa, are 232 school, 448 Christian teachers, and 16,082 pupils. There are 29 missionaries and 138 stations in connection with the evangelistic work.

Rev. J. Anderson Brown, missionary in India, believes that the old religions of India have lost their hold on the educated classes, and that the religion that will take the place of Hinduism will neither be Islam, nor a purified and enlightened Brahminism, but Christianity.

The annual report of the Evangelization Society of London, England, is published, and shows good work during the past year. The evangelists number 264. They preach the Gospel simply, heartily, and, as results show, effectively. A total of 1,212 places have been supplied with preaching during the year, including fifty summer tents; the money received from all sources, £12,011; total meetings, 21,000,000; estimated attendances, about 2,000,000.

There are about 5,500,000 men in India who have given up all earthly employment, who live apart as ascetics, and spend their time in roaming about in the country as religious mendicants. They are the most pestiferous in their morals of all the people in the land. Many of them, at the same time, both regard themselves and are regarded by their countrymen as the centre of piety. Nevertheless they daily trample under foot every command of the decalogue.

Mission News of Japan believes that Christianity has accomplished much more in Japan than the statistics indicate. "The Christian population, that is the section of the population which is more or less controlled by Christian sentiment, and which is in close and sympathetic relations with the various branches of the Christian church, cannot fail to be estimated lower than 300,000. Indeed, if one were to classify the population of Japan according to religion, giving the same latitude of meaning to the term Christian, which must needs be given to the terms Shinto, Buddhist and Confucianist, the figures for the Christian population might properly be placed at 500,000—that is, a little over one per cent of the total population."

Shadow Potatoes—Wash and pare potatoes, and slice thinly into a bowl of cold water, using a vegetable slicer. Let stand one hour, changing the water twice. Drain, plunge in a kettle of boiling water and let boil one minute. Drain again; cover with cold water; take from cold water, and dry between towels. Fry in deep fat until delicately browned, keeping in constant motion with a skimmer. Drain on brown paper, and sprinkle with salt. A delicious accompaniment to bread-and-butter sandwiches.

The Grip Again.

A Dangerous Epidemic Has Made Another Appearance

A SUGGESTION AS TO HOW TO GUARD AGAINST THE TROUBLE AND ITS PERNICIOUS AFTER EFFECTS

Every winter influenza, or as it is more generally known, the grip makes its appearance in Canada. Every few years it spreads and assumes alarming proportions. From all appearances this is one of the years in which it will seize upon a great number of victims, for every day new cases are reported. As in scarlet and typhoid fever, the after effects of grip are often worse than the disease itself. The sufferer is left with a debilitated system, short of breath upon the slightest exertion, subject to headache and heart palpitation, affected by every change in the weather, and in a physical condition to invite the attack of more serious diseases, such as pneumonia and consumption.

A timely suggestion as to how to enable the system to resist the inroads of the grip and its after effects, is given by Mrs. Emma Doucett, St. Eulalie Que., who says:—"I had an attack of the grip which left me a sufferer from headache, pains in the stomach and general weakness. I used several medicines but found nothing to help me until I began to take Dr. Williams' Pink Pills. When I began to take these pills I was very much run down and very weak, but they soon began to help me, and after using them a few weeks I was not only as well as ever but had gained in flesh as well. I can hardly tell you how pleased I am with Dr. Williams' Pink Pills, for I was feeling very hopeless when I began their use."

These pills cure by making new, rich red blood, thus strengthening every part of the body and enabling it to throw off disease. You can always avoid imitations by seeing that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50 cents a box or six for \$2.50 by writing to The Dr. Williams' Medicine Co., Brockville, Ont.

Why Modify Milk.

For infant feeding in the uncertain ways of the novice when you can have always with you a supply of Borden's Eagle Brand Condensed Milk, a perfect cow's milk from herds of native breeds, the perfection of infant food? Use it for tea and coffee.

"Father," said the little boy, "what is a mathematician?" "A mathematician, my son, is a man who can calculate the distance between the most remote stars and who is liable to be flummoxed in changing a \$2 bill."—Washington Star.

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A Startling Discovery by an eminent Toronto specialist, by which Rupture of all forms and conditions, no matter how bad, or of how long standing, can be cured painlessly, rapidly and permanently, at home; without a moment's loss of time from work. REV. C. N. DEWEY, of Wheatley, Kent Co., Ont., whose portrait here appears, is cured and not a moment from his regular duties. A valuable book full of information to the ruptured and a Free Trial Treatment sent, plainly sealed, free of all cost. Strictly confidential. DR. W. S. RICE, 2 Queen St. East, (Dept.), Toronto, Ont.