

**AFTER SHAVING
FOND'S EXTRACT**



COOLS, COMFORTS AND HEALS THE SKIN, ENABLING THE MOST TENDER FACE TO ENJOY A CLOSE SHAVE WITHOUT UNPLEASANT RESULTS. Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Fond's Extract, which is easily ascertained and generally contains "wood alcohol," a deadly poison.

Health and Home Hints

Try alum water for restoring the faded colors of wash goods.

Both turpentine and alcohol are excellent for brightening window glass.

Laces or delicate materials which are soaked in borax water, do not require rubbing.

Put half a nutmeg, besides the liquid flavoring into your next loaf of walnut cake.

The whites of eggs beaten up with an ounce of soda and used with a soft brush will freshen gilt frames.

To clean stone sinks with chloride of lime let the substance remain over night and next morning wash down with water.

FITS Little's Pills for Epilepsy and kindred affections is the only successful remedy, and is now used by the best physicians and hospitals in Europe and America. It is confidentially recommended to the afflicted. It cures from

EPILEPSY, FITS, ST. VITUS' DANCE, or have children or relatives that do so, or know a friend that is afflicted, then send for a free trial bottle and try it. It will be sent by mail prepaid. It has cured where everything else has failed.

CURED

When writing mention this paper, and give full address to
THE LIEBIG CO., 179 King street west, Toronto.

Well cooked oatmeal eaten with a raw apple is claimed to be an ideal diet for humanity, and a man can keep strong and healthy on this at the smallest possible outlay.

When choosing carpets preference should be given to those of small pattern, for they are much more easily turned about and mended than those of large design, and therefore are much more economical.

A London physician declares that a person in robust health walks with his toes pointed to the front, while one with his health on the wane gradually turns his toes to the side, and a bend is perceptible in his knees.

ARE YOU RUN DOWN?

"The D.L." Emulsion

Trade-mark.

Puts new life into you.
Builds up Nerve and Muscle.
Adds pounds of solid flesh to your weight.
Positively cures Anæmia, General Debility, Lung Troubles, including Consumption if taken in time.
Be sure you get "The D.L."

World of Missions.

African Christians.

In regard to the African Christians Mr. H. M. Stanley has but lately made these ringing statements:

"I take this powerful body of native Christians in the heart of Africa—who prefer exile for the sake of their faith to serving a monarch indifferent or hostile to their faith—as more substantial evidence of the work of Mackay than any number of imposing structures clustered together and called a mission station would be. These native Africans have endured the most deadly persecutions: the stake and the fire, the cord and the club, the sharp knife and the rifle bullet, have all been tried to cause them to reject the teachings they have absorbed, Staunch in their beliefs, firm in their convictions, they have held together stoutly and resolutely, and Mackay and Ashe may point to these with a righteous pride, as the results of their labors, to the good, kindly people at home who trusted in them."

Indian Bravery.

One day an Indian came to our missionary and said, "I know this religion is true. The men who have walked in this new trail are better and happier. But I have always been a warrior, and my hands are full of blood. Could I be a Christian?"

The missionary repeated the story of God's love. To test the man, he said, "May I cut your hair?"

The Indian wears his scalp lock for his enemy. When it is cut it is a sign that he will never go on the warpath again. The man said, "Yes, you may cut it. I shall throw my old life away."

It was cut. He started for home, and met some wild Indians who shouted, "Yesterday you were a warrior, to-day you are a squaw."

It stung the man to madness, and he rushed to his home and threw himself on the floor and burst into tears. His wife was a Christian, and came and put her arms about his neck, and said: "Yesterday there was not a man in the world who dared call you a coward. Can't you be as brave for him who died for you, as you were to kill the Sioux?"

He sprang to his feet and said, "I can, and I will."

I have known many brave, fearless servants of Christ, but I never knew one braver than this chief.—Bishop Whipple.

The Missionary Review of the World says: Here is one illustration of what is accomplished by medical missions. A wealthy and influential man at Swatow became interested in the medical missionaries' labors and got in the habit of giving them rice tickets for the poor patients. Then his wife became very sick, and the missionaries treated her. The man said, "I should like other women to be treated as my wife has been," and he gave \$2,000 to start a women's hospital. Next he came to see the advantages of a Western education, and offered the missionaries \$10,000 to start a Chinese school where Western learning could be taught. His last step was to destroy his idols and apply for Christian baptism.

Old-fashioned Orange Gingerbread.—Mix with two and one-quarter pounds of flour one and one-quarter pound of molasses,

SIGNS OF SPRING.

It is the Season When Most People Feel Miserable, Easily Tired and Fagged Out.

The spring season affects the health of almost everyone—of course in different ways. With some it is a feeling of weariness after slight exertion; others are afflicted with pimples and skin eruptions. Fickle appetite, sallow cheeks and lack-lustre eyes are other signs that the blood is clogged with impurities and must have assistance to regain its health-giving properties.

This is the season above all others when everyone—young and old—need a tonic to brace them up, and the best tonic medical science has discovered is Dr. Williams' Pink Pills. These pills tone the nerves and fill the veins with new, pure, rich, red blood. That's why they give you a healthy appetite and cure all blood and nerve diseases—anaemia, skin diseases, erysipelas, rheumatism, neuralgia, palpitation of the heart and a score of other troubles caused by bad blood and bad blood alone. Dr. Williams' Pink Pills will give you new blood, new life, new energy—you cannot do better than start taking them to day.

Mr. Jos. Poirier, M.P.P., Grand Anse, N. B., says: "Both my wife and daughter have been greatly benefited by Dr. Williams' Pink Pills. My daughter was in very poor health, pale, thin and apparently bloodless, but through the use of the pills she has regained her health and is again able to enjoy life. I think Dr. Williams' Pink Pills is the best medicine when the blood is poor." Substitutes are sometimes offered, but they never cure. If you can't get the genuine pills from your dealer send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and they will be mailed at 50 cents a box or six boxes for \$2.50.

eight ounces of canned orange peel, three-quarters of a pound of moist sugar, one ounce of ground ginger and one ounce of allspice. Melt three quarters of a pound of butter in a saucepan until it is oiled then mix with the other materials. Cover, put in a cool place and let stand for ten or twelve hours. Roll out about half an inch thick and cut into pieces, rather longer than square. With a knife roughen the top of each cake, brush over with milk mixed with the yoke of an egg. Bake in a moderate oven and do not brown much.

Stuffed Dates.—Pick out clean, well-formed dates. Split open one side and remove the stone. Chop fine a few good English walnuts, and put them in place of the stone. Roll in powdered sugar.

USE THE GENUINE..

MURRAY & LANMAN'S Florida Water

"THE UNIVERSAL PERFUME"

For the Handkerchief, Toilet and Bath.

... REFUSE ALL SUBSTITUTES!