

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. **USE**

Painkiller

Health and Home Hints

From the Pear Tree.

Pickled Pears.—Pare, and if large cut in halves. Weigh, and for every seven pounds allow four pounds of granulated sugar, one-half pint of water and one pint of best vinegar. Make the sugar, water and vinegar into a syrup, and to every quart add one tablespoon each of cinnamon and mace tied in a muslin bag. Simmer for ten minutes, then put in the pears, and keep just simmering for half an hour or until tender. Lift out carefully, put into jars, boil the syrup a few minutes, and pour it hot over the fruit. Seal at once.—*Good Housekeeping.*

Pear Salad: Pare and core very ripe, rich-flavored fruit, and cut in thin slices, arranging the slices in position so that the shape of the pear is retained. Fill the cores with canned cherries (drained very dry) mixed with broken English walnut meats. Pour over a dressing made as follows: Beat the yolks of four eggs until light, and gradually add one cup of powdered sugar and a half teaspoon of salt. Beat until the sugar is dissolved, then add one half of a cup of the canned cherry juice and the juice of one lemon. This may be added to the salad and kept on ice for half an hour before serving. To make another delicious salad fill the cores of the pears with diced bananas and chopped blanched almonds. Prepare only a short time before they are to be served, and keep very cold.

Pear Pudding: Pare, core and cut into small dice one quart of fine ripe pears. Dip six slices of stale bread in cold water, and when slightly moist, drain and spread with soft butter. Lay three of the slices in a buttered pudding dish, spread over half of the pears, and sprinkle with one-fourth of a cup of granulated sugar, a grating of nutmeg, and a tablespoon of chopped almonds. Cover with the remainder of the bread, then the pears, sugar, almonds and nutmeg again. Pour over one-fourth of a cup of cold water, cover closely, and bake in a slow oven for two hours. Serve hot with sweetened cream flavored with lemon or almond.

World of Missions.

The Best Beginning.

She was only one wee maiden,
But with willing heart and hand
She pursed her rosy lips and said
"I'm going to be a Band!"

Of course she asked her mother,
As any maiden would,
And got some help in drawing rules,
And "seeing if she could."

Then off she started down the lane,
This dainty missionary;
She had to talk and talk and talk,
For folks are real contrary.

"D'you know about those heathen girls,
How every single one
Is shut up in a horrid house,
And can't have any fun?"

"And nothing nice to eat at all,
Just sour milk or tea,
Without a scrap of sugar—
I'm awful glad 'taint me!"

"And then, they're so afraid to die,
They don't know 'bout our Lord,
Who came to take us all to heaven
By trusting in his word."

"Don't you think we ought to help Him
Now, before we're grown up quite,
To save those little heathen girls,
By sending them the light?"

She didn't have to go so far,
This little maiden, wee
Before she found another one
Who did with her agree.

So they lected Molly secretary,
And Ethel took the chair,
Though their minds were very hazy
As to what her duties were.

That day they made an iron rule,
That each, who joined, must seek
One other member. Then the Band
"Adjourned to meet next week."

So Mollie brought Clarinda,
And Ethel found out Dan,
And him they made the president,
Because he was a man.

Now it wasn't very long,
With such a stringent rule,
Before there really was a throng—
In fact 'twas all the school.

For four, you see make eight,
Twice eight sixteen or more,
And twice sixteen are thirty-two,
And twice that sixty-four.

And they studied about the heathen,
And prayed for their souls so sad,
And they worked to gather the pennies,
To send them the tidings glad.

They had exhibitions and concerts,
And all such things, you know,
For the bigger people were all waked up
By the stir going on below.

So just one little maiden,
Who works with heart and hand
Is the very best beginning!
For a Missionary Band!

—Children's Work.

Weak and Nervous.

Thousands of Lives Made Miserable by a Trouble Easily Overcome.

Thousands of people throughout this country suffer continually from nervousness—their blood is poor and watery, their nerves unstrung and jaded. They are pale, weak, often troubled with headaches and dizziness, are exhausted with the slightest exertion, and often feel as though life were a burden. There is only one absolutely certain way to get new health and strength, and that is through the use of Dr. Williams' Pink Pills for Pale People. These Pills make new, rich, red blood, strengthen the nerves, and bring health, strength and happiness to those who use them. Mr. D. W. Daley, Crystal City, Manitoba, proves the truth of this. He says: "I have used Dr. Williams' Pink Pills with wonderful results. Before using them I was weak and nervous; my blood was poor; I was pale and suffered from pains in the region of the heart. Now after the use of eight boxes of the pills my nerves are strong; my blood is pure and rich; I have a good color and my heart action is regular. I think there is no medicine can equal Dr. Williams' Pink Pills for these troubles."

This is the verdict of all people who have given the pills a fair trial, and those who are sick can obtain new health and strength through the use of this medicine. Do not waste money and further endanger your health by taking any substitute. See that the full name Dr. Williams' Pink Pills for Pale People is printed on the wrapper around every box. If you cannot get the pills from your dealer they will be sent by mail at 50 cents a box or six boxes for \$2.50 by writing to the Dr. Williams' Medicine Co., Brockville, Ont.

add a children's ward to the women's hospital in that place. Mr. Li, a merchant of Ningpo, has presented the Presbyterian Board with \$30,000 for a high grade boy's school. Similar instances are reported from other cities.

Pear Trifle: Select very ripe, rich-flavored pears. Pare them, core and cut into small dice. Cook in a little rich sugar syrup until clear and tender. Line the bottom of a deep glass dish with slices of stale sponge cake or ladyfingers, pour over a thick layer of the pears and syrup, cover with another layer of the cake and the remainder of the pears. The dish should be two-thirds full. Just before serving, fill with sweetened whipped cream flavored with almond, and serve with delicate cake.

Preserved Pears.—Pare and halve choice ripe pears, and drop as done into cold water. Boil the parings and cores in one quart of water for fifteen minutes. Strain, and add to the liquid enough water to make one quart for every four pounds of sugar used. Allow three-fourths of a pound of sugar to each pound of fruit. Make a syrup with the sugar and water, skim well, add a tablespoon of lemon juice and a little ginger root to each quart, put in the pears and let simmer gently until tender and transparent. Then lift them out carefully and put into wide mouthed jars, boil down the syrup until rich and thick, pour it over the fruit, and seal hot. If the pears are hard they must be simmered in water before putting them in the syrup.

Chinese Gifts to Chinese Missions.

It is a singular thing that following the great Boxer uprising in China, instead of the mission extermination which prophets of evil anticipated, foreign missionaries laboring among the Chinese are in more than one city embarrassed by the abundance of the gifts showered upon them by the natives. In some places the heathen have put into the hands of the American missionaries enough funds to build complete, churches, hospitals, and schools. In Canton, for example, one Chinese woman has contributed \$3,500 to

FIRST AID
TO THE INJURED

POND'S EXTRACT

FOR BURNS, SPRAINS, WOUNDS, BRUISES OR ANY SORT OF PAIN.

Use Internally and Externally.

CAUTION! Avoid the weak watery Witch Hazel preparations, represented to be "the same as" Pond's Extract, which easily sour and often contain "wood alcohol" an irritant externally and, taken internally, a poison.