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Cuts—Sprains—Bruises.

Painkiller

does it rapidly. Nothing like it
for children. A few drops in
hot sweetened water cures

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Summer Complaint.**

There's only one Painkiller, PERRY DAVIS.

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Heart Palpitated—

Would Get Dizzy Spells—

Many Canadian Women Troubled in this Way—

Are You One of Them?—

If so, You Can Be Cured!

**MILBURN'S
HEART AND NERVE
PILLS
WILL DO IT.**

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Relief;
A Cure.**

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10c. for Colors, 15c. for Black.

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PERFECTION**

Cocoa.

It makes children healthy and strong.

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The Home

OVERLOOKED VEGETABLES.

Many of the excellent vegetables which may be preserved in a good cellar, and which are both cheap and easily obtained, are almost wholly neglected. Of course, the menu may be varied all through the winter by canned vegetables and things grown under glass, but these are expensive. For ways of serving them plain vegetables, both as salads and side dishes, a variety of somewhat overlooked recipes are here given. A few general rules apply to nearly all vegetables. For the cleansing of roots, such as potatoes, beets, turnips, carrots, etc., keep in a wire basket over the sink a small stiff vegetable brush, with which everything should be scrubbed thoroughly. Small, pointed, sharp vegetable knives for paring, scraping and digging out eyes are necessary. Remember, before any vegetable is cooked in any way, it must first be made thoroughly clean and free of dirt, then be rid of all imperfections. The next rule is to cook it in boiling salted water till tender. If put in an uncovered vessel the color of a green vegetable will be better preserved.

A vegetable which is at its best this month is Brussels sprouts. It deserves better appreciation than it receives in this country, for when properly cooked it is one of the most appetizing of our green vegetables. Like cabbage, its withered leaves should be picked off. Then soak it in cold salt water. A very nice way to cook it is to boil it in salt water till tender; afterward drain in a colander. Melt two tablespoons of butter in a spider, put in the sprouts, a dash of salt and pepper, then toss in the butter till heated. Add chopped parsley and a tablespoon of lemon juice. Brussels sprouts are excellent boiled, drained, rolled in flour, egg, and crumbs, and fried a delicate brown in hot fat. Pile in a pyramid and serve with tomato sauce. They make an appetizing salad. Chill thoroughly after boiling, sprinkle with chopped onion, olives, walnut kernels, and capers. Pour over them two teaspoons of lemon juice, then a good mayonnaise, and serve well chilled.

The rough outer stalks of celery cut in short lengths are nice when cooked and served in a thin white sauce. Before boiling blanch the celery in hot water, then simmer till quite tender. Drain, heat up again in the white sauce, sprinkle with Parmesan cheese, and brown delicately on top.

There are many ways for utilizing cabbage besides serving it plain boiled with corned beef. It is "tasty" when creamed. Slice half a cabbage and cook till tender in salted water. Drain well, chop slightly, and add one cup of milk, a tablespoon of flour dissolved in a little milk, a tablespoon of vinegar, a dash of salt, pepper, and sugar, and just before serving a tablespoon of butter.

Salsify, or oyster plant, as it is frequently called, may be prepared in various ways. Scrape the salsify and throw it into cold water immediately, as it changes color when exposed to the air. Cut in small pieces and boil till tender in as little water as possible; adding a tiny piece of dried codfish to the water to improve its flavor. Drain, remove the codfish, and pour a cream sauce over the salsify. Serve on slices of toast.

Very good winter succotash may be obtained by using canned corn and dried lima beans. Soak the beans overnight in cold water, pour off the water, and put the beans in a stewpan with boiling water. Let them simmer slowly for nearly two hours. Drain and add the corn, a cup of milk, seasoning and butter. Cook for three minutes.—Ex.

SALADS.

The essentials of a perfect salad are the quality and flavor of the vinegar, the freshness and crispness of the green vegetables and the manner in which the ingredients are cut—that is, whether they are too fine or too coarse—and the proper blending of them all. A salad should

never be stirred, but should be tossed lightly together. For a French dressing oil lovers prefer a proportion of four parts of oil to one of vinegar, instead of the usual three parts. Failure to make a perfect salad often arises from not properly blending the various ingredients. Cold potatoes covered with French dressing will not absorb the dressing and its flavor. To make a delicious potato salad cut the potatoes while hot, cover them at once with the dressing and let them stand until cold. The hot vegetables will absorb the dressing. The potato salad will also be improved by rubbing the bowl in which it is to be served with garlic. The potatoes should be thoroughly drained from the dressing before being covered with mayonnaise or boiled dressing.

Tarragon vinegar is better than others for salads. Vinegars that are too acid should not be used. Cider vinegar may be softened by diluting it with water. To make tarragon vinegar put a handful of tarragon leaves into a fruit jar and cover with white wine vinegar or cider vinegar. Screw the cover on tightly and allow it to stand in the sun for two weeks. At the end of that time strain the vinegar through a cloth and press the liquid from the leaves. Then filter through filter paper and bottle for use.

To make mayonnaise dressing all the utensils and ingredients should be thoroughly chilled before using. If only a little mayonnaise is wanted use the yolks of one raw and of one cooked egg. The latter should be rubbed to a powder. The cooked egg is used because if the yolks of the two raw ones are employed with a little oil the mayonnaise will have an eggy taste. If a quantity is desired use the yolks of two raw eggs and a little salt, one teaspoonful of vinegar, one-quarter teaspoonful of paprika. A soup-plate will be found convenient for the process. For the beating a wooden or a silver fork should be used—never a steel fork. Beat all together thoroughly and add slowly, beating constantly, two cupfuls of oil. From time to time, as beads of oil appear on the top of the dressing, incorporate a few drops of lemon juice. The eggs should begin to thicken as soon as the condiments and a little of the oil are added. If they do not, either they are not fresh, or they were not cool enough, or some condition was wrong.

To make a sweet dressing for a fruit salad, boil one-half cupful of sugar with one-fourth cupful of cold water until the syrup will spin a delicate thread. Add the unbeaten white of one egg and simmer three minutes. Remove from the fire and add the juice of two oranges, two table-spoonfuls of lemon juice, one-half cupful of pineapple juice and strain through a cloth.—Ex.

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"I can truly say that had it not been for Baby's Own Tablets, I do not believe my baby would have been alive to day." So writes Mrs. Albert Luddington, of St. Mary's River, N. S., and she adds:—"He is now growing nicely; is good natured and is getting fat." It is gratifying to know that in all parts of Canada, Baby's Own Tablets are proving a real blessing to children and a boon to mothers. These Tablets are a speedy relief and prompt cure for constipation, sour stomach, wind colic, diarrhoea, worms, and simple fevers. They break up cold, prevent croup and allay the irritation accompanying the cutting of teeth. Baby's Own Tablets are good for children of all ages from birth upwards, and are guaranteed to contain no opiate or harmful drug. Sold by medicine dealers or sent by mail, post paid, at 25 cents a box, by writing direct to the Dr. Williams Medicine Co., Brockville, Ont.

Commenting on the fondness of young students to use long words and Latin quotations, in order to appear conventional, Dr. Lorimer, of New York, says: "I once knew a promising candidate who was given charge of a funeral in the absence of the pastor of the church. He knew it was customary for the minister to announce after the sermon that those who wished should step up to view the remains; but he thought that was too hackneyed a phrase, and he said instead, 'The congregation will now pass on and the bier.'"

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