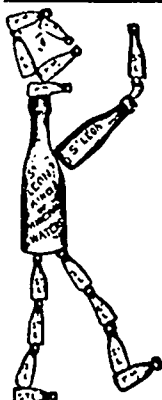


**HE LOVED**  
good bread, pie,  
and pastry, but his  
stomach was delicate.  
**SHE LOVED**  
to cook, but was  
tired and sick of the  
taste and smell of lard.  
She bought Cottolene,  
(the new shortening) and  
**THEY LOVED**  
more than ever, be-  
cause she made better  
food, and he could eat it  
without any unpleasant  
after effect. Now  
**THEY ARE HAPPY** in  
having found the BEST,  
and most healthful short-  
ening ever made—  
**COTTOLENE.**

Made only by N. K. FAIRBANK & CO.,  
Wellington and Ann Streets,  
MONTREAL.



Rev. John T. Smith  
Ailsa Craig, writes.

Gentlemen:  
Send me a fr sh any pl of  
St. LEON. I have missed it  
very much. I have found it  
very helpful in kid ey trouble  
You are at liberty to use  
my name.

St. Leon Mineral  
Water Co., Ltd.  
Head Office, Toronto.

All Druggists, Grocers and Hotels.

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To Own the Home they occupy . . .

The Happy Home Building Society

93 ADELAIDE ST. EAST, TORONTO, ONT.

### THE ART OF COOKERY.

**TOAD IN A HOLE.**—This oddly-named pudding consists of a Yorkshire pudding made with rather more flour, and some finely minced beef suet, and having in the centre a solid piece of juicy lean beef, which may be supposed to represent the "toad." The remains of any kind of cooked meat or poultry, properly seasoned, may be re-warmed in such a pudding in place of the beef, as it does not require much baking.

**SWEET POTATO PUDDING.**—Rub a pound of roasted sweet potatoes through a colander; add half a pint of cream, nutmeg, cinnamon, three ounces sugar, three ounces butter or marrow, four eggs, two ounces of sweet almonds (blanched and sliced,) one ounce of citron (sliced small,) an ounce of currants, and a tablespoonful of brandy, line a dish with pastry, pour in the mixture, place in the oven, and when well browned it is done.

**A FRIAR'S OMELET PUDDING.**—Pare core, and stew a dozen apples, as for sauce; stir in a quarter of a pound of butter, and the same of white sugar; when cold, add four eggs well beaten; butter a baking dish and strew it thickly over with bread crumbs, so as to stick to the bottom and sides; then pour in the apple mixture; strew bread crumbs over the top; bake in a moderate oven, and when done turn it out and sieve powdered sugar over it.

**PRINCE ALBERT'S PUDDING.**—With half a pound of fresh butter beaten to a cream, mix by degrees an equal quantity of sifted, dry, powdered sugar; after these have been well mixed and beaten together, add first the yolks and then the whites of five eggs, the latter whisked separately into a stiff froth; then sieve in lightly half a pound of the finest well dried flour, adding it very gradually to avoid forming lumps. Last of all, add half a pound of seeded raisins and a little grated yellow peel of lemon; when thoroughly mixed the pudding is poured into a buttered mould, which is immediately placed in a saucepan half full of boiling water, and boiled under a close cover for three hours. It may be ornamented by lining the mould previous to pouring in the mixture, with strips of candied orange peel or citron arranged in fanciful patterns.

**CHEESE PUDDING.**—Half a pound of sharp cheese grated, two ounces of butter, four eggs, a little cayenne and grated nutmeg; mix all and bake for twenty minutes in a buttered dish.

**PUFF OVERS.**—One pint milk, one pint flour, two eggs, a little salt. Heat patty pans and fill half full. Bake in quick oven.



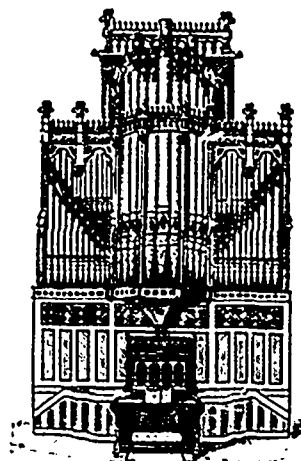
S. P. SMITH, of Towanda, Pa., whose constitution was completely broken down, is cured by Ayer's Sarsaparilla. He writes:

"For eight years, I was, most of the time, a great sufferer from constipation, kidney trouble, and indigestion, so that my constitution seemed to be completely broken down. I was induced to try Ayer's Sarsaparilla, and took nearly seven bottles, with such excellent results that my stomach, bowels, and kidneys are in perfect condition, and, in all their functions, as regular as clock-work. At the time I began taking Ayer's Sarsaparilla, my weight was only 129 pounds; I now can brag of 159 pounds, and was never in so good health. If you could see me before and after using, you would want me for a travelling advertisement. I believe this preparation of Sarsaparilla to be the best in the market to-day."

## Ayer's Sarsaparilla

Prepared by Dr. J. C. Ayer & Co., Lowell, Mass.

Cures others, will cure you



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