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Remember these Directions for using

never use more than two-thirds as much lene as you would of lard.
When frying with Cottolene al-When frying with Cottolene always put it in a cold pan, heating it with the pan. Cottolene produces the best results when very duces the best results when very hot, but as it reaches the cooking point much sooner than lard, care should be taken not to let it burn should be taken not to let it burn when hot enough, it will deli-cately brown a bit of bread in half a minute. Follow these directions in using CottoPene and lard will never again be permitted in your kitchen or in your food. Genuine Cottolene is sold everywhere in tins with trade-marks-"Cottolene" and steer's head in cotton-plant wreath on every tin. THE N. K. FAIRBANK COMPANY, Wellington & Ann Sts., Montreal.

True Service.

"I want to do some great thing," cried Sophy Gibson, impetuously, "so that the world will revere and honour me, instead of going through my humdrum existence day by day.'

"But why, my child," answered the old grandmother, tenderly, "should your life be humdrum? It seems to me that you have everything to make it the contrary—brothers and sisters, mother and father, a beautiful home, and plenty of work to interest yourself

"Oh, but, grannie, look at me! I do nothing, and am nothing. People round the next street, maybe, never heard of me! Look at Florence Nightingale, Grace Darling, Joan of Arc, and hundreds of other women who have made a stir in the world, while I am bound to pass a monotonous home life, with no great gifts and doing no good to anybody." And the full brown eyes filled with tears as Sophy laid her chestnut head on her

grandmother's knee. "I heard little Herbert saying last night," the old lady replied, "that he loved his Sophy because she was always so kind, and I think God

Mervousness

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Many diseases, especially disorders of the nervous system, are attributed to a diminution of the phosphates, which are found in every fibre of the body. Horsford's Acid Phosphate supplies the phosphates, and relieves nervous exhaustion.

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accepts such service, if done to please Him, as much as if you were a great reformer.'

"But, grannie, no one can help loving Bertie, because he is such a pet; and, besides, that is a very little thing, after all.'

"Well, darling," answered grannie, lovingly, "God does not require the same service from all, and He will not judge us by the quantity of work that we do, but by the quality. And if He has placed you in a quiet home, He sees that there is the place where you can best serve Him, and the service with which He will be most pleased."

"But, grannie, I don't see how doing such little things can be doing Him service!"

" Fetch the Bible, my child, and find Numbers iv., and verses 32 and 33. There you see that the service appointed for the sons of Merari was the smallest in connection with the tabernacle. It is not doing the little things only that pleases Him, but doing them well, and for Him; because He gave them to you to do.'

Sophy read slowly through the verses mentioned by her grandmother, and then, looking up, said: "I see, grannie, that the sons of Merari had the 'pins and the cords' to look after; but still that was very little service. I wonder they were satisfied to do so little !"

"Was it less service, or less important, darling, because it was a small service? The tabernacle was not complete without its pins, and I suppose the sons of Merari recognized God's hand in giving them that lifework. And so it is in the temple of God which we are building. Our little niche has to be 'prepared and made ready,' and our daily life, with its duties and discipline, moulds us into His likeness.

"I understand now, grannie!" cried Sophy, eagerly. "I have 'only the pins and the cords' to take care of for a little time, but who knows what I may be later on!"

"That's right, pet. I leave you this verse: 'Thou hast been faithful over a few things, I will make thee ruler over many things.' "

And Sophy did not forget the old lady's words, and fulfilled faithfully the small services given by her Master. In after years she was looked up to and revered by hundreds of her friends and relatives.

Don't you know that Hood's Sarsaparilla will overcome that tired feeling and give you renewed vigour and vital-

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Jewels of Smallest Size.

A teacher was talking with her band of earnest girls about active service. She spoke of it as "gathering gems for the Saviour's crown."

Fervent young hearts glowed with enthusiasm and desire, as the talk went on; but at length Mrs. Ward noticed that one earnest face was clouded. By skilful management she brought the informal conversation around to this girl, and gently drew from her some expression of her fears and feel-

"I do want to do something for my Master," Alice Gray confessed, "but it seems to me that, shut up as I am, everything I do must be so small and trifling that it cannot be for His glory at all. I don't see how the little things can shine," and the voice trembled.

"Dear girl," said the teacher tenderly, "a fragment of a diamond is not dependent upon its size for its quality. It can catch a ray of light if it is held in the right place. Never think." she added, turning to the rest "that little things may not have the same pure motive and the same character as the larger ones and may not thus be accepted."

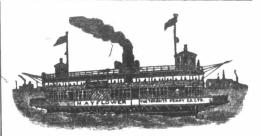
The girls went home pondering the thought. It is something for us all to remember with grateful gladness that

Like tiny clustered diamond-points Around a central gem, Our little deeds may shine at last In Jesus' diadem.

A High Endorsement.

Rev. Alfred Bareham, Chapleau, Ont :- " While rector of St. Mary's Church, Montreal, I received, in answer to a request several months ago, a package of K.D.C. I desired it for the benefit of my wife, who had been troubled with dyspepsia for a number of years. I am glad to say that she is completely cured by its use, although she shared the one package among friends. You may be sure that we constantly recommend the remedy, which has been so effective in her case, while other remedies have failed to permanently cure."

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