

Poor Pie

is responsible for many of man's (and woman's) physical woes—but the pie needn't be poor, and it may bring joy instead of woe. How? Use nothing but COTTOLÉNB for shortening and the pie crust will be delicate, flaky, delicious, and so healthful that even a dyspeptic can eat freely of it and be comfortable. COTTOLÉNB can't be equalled as a shortening, and is absolutely healthful. Genuine has this trade mark—steer's head in cotton-plant wreath—on every tin. Take no other.

The N. K. Fairbank Company,
Wellington and Ann Sts., MONTREAL.



COLIC,
Cramps and Cholera,
Morbus, Diarrhoea, Dys-
entery and Summer Com-
plaints, Cuts, Burns, and
Bruises, Bites, Stings, and
Sunburns can all be prompt-
ly relieved by
PERRY DAVIS'
Pain Killer.

ONE THING
IS
CERTAIN,
PAIN KILLER
KILLS PAIN

Dose—One teaspoonful in a half glass of water or milk (warm if convenient).

I am going to the nearest
store that keeps



BABY'S OWN SOAP,

and must not forget what mother
said about being sure to
get the genuine.

CHURCH SCHOOL FOR GIRLS

EDGEHILL,
WINDSOR, - - NOVA SCOTIA.

Established by the authority and under the Patronage of the Synod of the Diocese of Nova Scotia, and the Synod of the Diocese of Fredericton.

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DR. HIND, Windsor, Nova Scotia.

Mother's Column.

THINGS I HAVE LEARNED.

That life is really worth living if we only know how to live.

That raisins, figs, fruit cake are very much improved by cooking. Let them soak out slowly, and then simmer until the skin is tender. Try it.

That it is not good economy to cook the same things day by day. Study up new dishes and serve them daintily; use up all the left-overs; put bits of bread, mashed potatoes, boiled hominy or rice, anything of the sort in your griddle cakes and see how it will improve them.

That baker's bread is an abomination; it is neither clean or wholesome, and should be banished from the home table. It pays well to make bread, aside from its being more nutritious and digestible. It is of no use to preach goodness to people after an undigested dinner.

That it is a good plan to look over all the piece bags, and sort out those that will make nice holders and then make enough to last some time. Put all old white cloth in a bag by itself, where it will be handy. Do the same with pieces of flannel, it will save time and a flurry if needed in sickness.

That it doesn't pay to gossip about one's neighbors; let us have only kind thoughts and good words for everyone, and be sure to lend a helping hand whenever occasion calls for it. In trying to lighten another's burden, we forget our own; and the kind thoughts we send out come back to us like echoes.

That it is a great saving of time and temper to have a place for wrapping paper and cord. Take a pasteboard box and make a whatnot to hang on the wall; I have one with two pockets; the large one at the bottom for paper and the other for cord. With the aid of paste and pictures they can be made quite pretty.

That "it's not so much where you are, as what you are that makes your heaven." The bright cheery soul who lives the life of trust only sees the sunny side of everything; she has learned to endure cheerfully, and wear a bright face when everything looks dark; to her it is not all dark, there is a light from the face of our Father, and she rests assured that all is well.

That it's best to do the work given to us to do, no matter how distasteful it may be, just as well as it can be done, not mechanically, but with the whole heart. If it is a round of household duties day after day, make it pleasant by scattering gleams of sunshine all along the way, making a bright spot here, and a cosy corner there. Let the arrangement of your table be a bit of artistic grouping, making it a picture with a new setting every day. It really doesn't cost much to be happy, if we only know how.

ROBINSON CRUSOE.

When Robinson Crusoe found himself on an uninhabited island he immediately set to work to do the best he could under the circumstances.

We find ourselves in this world without choice of our own.

Whence we came from we do not know. Whether we have had any prior existence we do not know.

Exactly where each of us will go when we leave this world we do not know.

We find it a world of mixed good and evil—happiness and suffering.

Now what is the wise thing to do?

We answer—strive to make it as happy a world as we can—strive to lessen suffering—strive to stop every form of cruelty and crime.

Strive, in the words of the seal of our Humane Society, for "Glory to God," "Peace on Earth," "Kindness, Justice, and Mercy to every living creature."

THE HAPPY HOUR.

The happy hour of the day should be the hour of going to bed. The mother who feels it her duty to correct a child's fault, should find another time to do it than the time of the good night kiss and the good night prayer. Never send a little child sobbing to bed. Let the bedtime hour be the mother's hour for the little talk, the story, the cuddling and kissing which the children love.