

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

Temperance.

"Do you smoke cigarettes?" is one of the first questions put to boy offenders in the Chicago Juvenile court.

During the past year the Swiss Government has published and distributed five books against the use of alcohol.

The French Anti-Alcoholic Union which has over 40,000 members, is opening temperance cafes in various towns of France.

Placards containing brief statements of the evil effects of alcohol and tobacco have been placed in five thousand school-rooms in Norway.

It is a remarkable fact that, during the recent Referendum Campaign, not an individual anywhere said one word in favor of the saloon. Those who defend this institution are rapidly following those who advocated slavery.

FITS Little's Pit cure for Epilepsy and kindred ailments is the only successful remedy and is now used by the best physicians and hospitals in Europe and America. It is unconditionally recommended to the afflicted. If you suffer from

EPILEPSY, FITS, ST. VITUS' DANCE, or have children or relatives that do so, or know a friend that is afflicted, then send for a free trial bottle and try it. It will be sent by mail prepaid. It has cured worse cases than this one has failed.

CURED When writing mention this paper, and give full address to THE LIEBIG CO., 175 King street west, Toronto.

"Why is it," asked a man of a negro who was doing some work for him, "that so few colored men commit suicide?" "Well, boss," was the reply, "when a nigger set down to worry he bound to fall asleep." —New York Times.

A teacher was trying to interest his class in foreign matters, and asked: "Does any one know how to make a Maltese cross?" "Sure," responded the smallest boy of the lot. "Tell us how," said the teacher. "Step on her tail."

Mamma—"Why are you so quiet, Robbie?" Robbie (aged six)—"I was desst thinkin' how glad I am Christmas doesn't come in the summer time." Mamma—"Why?" Robbie—"Cause I wear such teeny-weeny little short socks in the summer time."

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Coughs, Colds and all accidents liable to occur in every home.

CAUTION--There is only one Pond's Extract. Be sure you get the genuine, sold only in sealed bottles in bull wrappers.



Health and Home Hints

It is claimed that in regions where much fruit is consumed there is much less desire than elsewhere for alcoholic stimulant.

A heavy broom should always be selected in preference to a light one for thorough sweeping as the weight aids in the process.

People who cannot afford the luxury of a fire in the bedroom will find a light woollen shawl thrown tent-wise over the head of service.

Johnny Cake.—One pint corn meal, 1 teacup flour, 2 eggs, 1 pint of sweet milk, 1 tablespoon each melted butter and molasses, a little salt, and 2 teaspoons baking powder. Bake in square tins. Serve hot but is also good cold if left over.

Popcorn Pudding.—Select nicely popped corn and soak in sweet milk for an hour or two. When soaked, add 2 well-beaten eggs, more milk if needed, a pinch of salt, and sweeten to taste. Put in a pudding dish and bake. Serve while hot.

Beetsteak Rolls.—Cut tender steak in nice sized pieces for serving, season, and spread each piece rather thickly with onions which have been sliced thin and fried for 10 minutes in plenty of butter. Roll up tightly, tie with a string, put in a baking pan with a little good stock or gravy, and bake until done. Five minutes before taking them from the oven, spread soft butter over each.

Apple Cream.—Pare and core tart apples. Slice and weigh, and to 3 lbs fruit allow 1 cup sugar. Turn into a granite kettle, add the grated rind and juice of 1 small lemon, 2 cloves, and 1 inch stick cinnamon. Let simmer slowly, until the apples are very tender, then rub through a colander. Scald 1 pt. rich fresh cream, mix with the apple pulp and set on ice until ready to serve.

Smothered Codfish.—To 1 pint boiling milk add 1 tablespoon butter and two tablespoons flour rubbed together and moistened with cold milk. Stir constantly until it thickens. Have ready 2 eggs beaten very light, pour the mixture on them being careful not to cook the eggs. Place a layer of cold boiled codfish in the bottom of a baking dish, sprinkle with pepper and salt, cover with a layer of the same and repeat until it is all used. Cover the top with bread crumbs and bake 20 minutes.

Bananas as Food.

Bananas are said to contain more nitrogenous and nutritive matter than any other fruit, and the advocates of fruit diet are bringing this fruit forward as a more staple article of diet than it has been considered hitherto.

Instead of a simple breakfast or luncheon dish, they recommend its use as a dinner entree.

"Bananas go well with beef, lamb, poultry, in fact, any kind of meat," says a noted authority on this subject. A simple, novel and enjoyable way of preparing them is as follows:

Remove the skins and lay the whole peeled fruit in a baking dish. Sprinkle lightly with sugar, add a few drops of lemon juice, and bake in a hot oven for twenty minutes, basting frequently with the juice thus formed.

Cause For Alarm.

WHEN YOU GROW WEAK AND YOUR CHEEKS LOSE THEIR COLOR.

THIS MEANS ANAEMIA, AND IF NEGLECTED CONSUMPTION MAY FOLLOW—DR. WILLIAMS' PINK PILLS THE ONLY CERTAIN CURE.

LIAM'S PINK PILLS THE ONLY CERTAIN CURE.

Anaemia, or poor or watery blood, is a trouble from which most growing girls, and many young boys suffer. It comes at a critical period of the young person's life, and unless prompt steps are taken to enrich the blood and thus strengthen the system, decline, and most likely consumption will follow. Dr. Williams' Pink Pills is the only medicine that acts directly upon the blood and the nerves, promptly restoring the ailing one to complete health and strength. The following statement from Mrs. Lena M. Ryan, of Welland, whose daughter was a victim of anaemia, gives the strongest proof of the value of these pills. Mrs. Ryan says:—"About three years ago the health of my daughter, Birdie, became so bad that I was seriously alarmed. She was pale and almost bloodless; had no appetite, lost flesh and suffered from severe headaches. I took her to a doctor, and although his treatment was followed for some time, it did not benefit her. I then tried some other remedies, but these also failed, and she had wasted away to a mere shadow of her former self. At this stage I was advised to give her Dr. Williams' Pink Pills, and she began this treatment. Almost from the outset these pills helped her, and as she continued their use, the color came back to her cheeks, her appetite improved, the headaches ceased to trouble her, and by the time she had taken eight boxes she felt stronger and better than she had ever done in her life before. I think Dr. Williams' Pink Pills are unsurpassed for all ailments of this kind, and strongly recommend them to other mothers."

Dr. Williams' Pink Pills not only cure all cases like the above, but also cure all other troubles arising from poor blood or weak nerves, such as rheumatism, partial paralysis, St. Vitus' dance, indigestion, biliousness and liver troubles, scrofula, and eruptions of the skin, etc. These pills are also a direct cure for the ailments from which so many women suffer in silence. Give the pills a fair trial and they will not disappoint you. The genuine are sold only in boxes that have the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. If your dealer does not have them, send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent post paid at 50 cents a box, or six boxes for \$2.50.

Use the genuine

MURRAY & LANMAN'S FLORIDA WATER

"The Universal Perfume."
For the Handkerchief
Toilet and Bath.
Refuse all substitutes.