

It is a Fact

that *Cottolene* makes better pastry than lard, is more reliable than lard, more cleanly than lard, more healthful than lard, and is superior to lard for frying and shortening. **COTTOLENE** is recommended by expert cooks and endorsed by scientists. Once used always used. Sold in one, three and five pound tins. See that trade mark—steer's head in cotton-plant wreath—is on every package. Made only by

THE
N. K. FAIRBANK COMPANY,

Wellington and Ann Sts., MONTREAL.





A Midnight Walk

with a colicky baby or a colicky stomach isn't pleasant. Either can be avoided by keeping a bottle of Perry Davis' PAIN KILLER on the medicine shelf. It is invaluable in sudden attacks of Cramps, Cholera Morbus, Dysentery and Diarrhoea. Just as valuable for all external pains.

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

ONE THING
IS
CERTAIN,
PAIN KILLER
KILLS PAIN

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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With a Staff of Thirteen Governesses and Instructors.

Board and Tuition in English Branches and the French Language, \$185.00 per school year.

Michaelmas Term Begins September 7th.

For Calendar and Form of Application for Admission, apply to

DR. HIND, Windsor, Nova Scotia.

Home Thoughts.

TWO VIEWS OF COOKING.

Mr. Ruskin says: "It means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means the knowledge of all herbs and fruits, and balms and spices and of all that is healing and sweet in fields and groves, and savory in meats. It means carefulness and inventiveness, and watchfulness and willingness, and readiness of application. It means the economy of your great-grandmothers and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness and French art and Arabian hospitality; and it means, in fine, that you are to be perfectly and always, 'ladies,' loaf-givers."

Mrs. H. H. Cahoon says: "Ask a woman what cooking means. It means the patience of Job and the persistence of the Pilgrim Fathers. It means the endurance, the long-suffering, and the martyrdom of Joan of Arc. It means the steaming, and the stewing, and the baking, and the broiling, thrice daily, springs, summers, autumns, winters, year after year, decade following decade. It means perspiration and desperation and resignation. It means a crown and a harp and a clear title to an estate in heaven. From her judgment and reason she must evolve triumphs that depend on salt and pepper, and sugar and herbs. She must know how soon and how long, and how much and how often. She must know quality and quantity and cost. She must serve the butcher, the baker, and the candlestick-maker. Then she must rise above it all and be a lady, a loaf-giver."

A TEMPERANCE PSALM.

A modern alphabetical psalm on the virtue of total abstinence is furnished by Dr. Cyrus Edson to a recent North American Review. It is one of the best essays of its kind in print—

A stands for Alcohol; deathlike its grip.
B for Beginner, who takes just one sip.
C for Companion, who urges him on.
D for the Demon of drink that is born.
E for Endeavor he makes to resist.
F stands for Friends who so loudly insist.
G for the Guilt he afterwards feels.
H for the Horrors that hangs at his heels.
I his Intention to drink not at all.
J stands for Jeering that follows his fall.
K for his Knowledge that he is a slave.
L stands for Liquors his appetite craves.
M for convivial Meetings so gay.
N stands for No that he tries hard to say.
O for the Orgies that then come to pass.
P stands for Pride that he drowns in his glass.
Q for the Quarrels that nightly abound.
R stands for Ruin, that hovers around.
S stands for Sights that his vision bedime.
T stands for Trembling that seizes his limbs.
U for his Usefulness sunk in the slums.
V for the Vagrant he quickly becomes.
W for Waning of life that's soon done.
X for his eXit regretted by none.
Youths of this nation, such weakness is crime.

Zealously turn from the tempter in time!

A habit of forgetfulness is one of the greatest hindrances in all business and social relations, but our modern style of life and education is certainly injurious to the memory. The old methods of learning by rote have fallen into disfavor, and there was much to say against them as a hindrance to originality; but there is a time in every child's life when learning by rote is a useful thing and it is at a very early age, for the minds of the young children not being occupied with so many things as those of their elders, they are in a receptive condition, and their memory is more retentive than later on. Every mother has been struck by her child of two or three years remembering perhaps for some months where a certain thing was placed, or some little event, and that it is a matter of common experience that we remember the events of our early youth more forcibly than those of even a few months back.

The Queen is said to attribute her general good health to the fact that she has never been a victim of insomnia. She always eats a light supper before retiring, and sleeps soundly for seven hours.