

# When Your CAKE Is All Dough



When your cake is heavy, soggy, indigestible, it's a pretty sure sign that you didn't shorten it with COTTOLENE. When this great shortening is rightly used, the result will surely satisfy the most fastidious. Always remember that the quality of COTTOLENE makes a little of it go a long way. It's willful waste to use more than two-thirds as much as you would of lard or butter. Always use COTTOLENE this way, and your cake and pastry will always be light, wholesome, delicious.

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.

## The Holy Child.

Once long ago the red sun was setting over a sandy desert. A gray-haired man and a young woman with a little child were travelling over the desert. The woman was sitting on an ass, which the old man was leading. They were coming home from a far country, whither they had fled because they feared that the little child would be killed by a bad king! God's angel afterward told them they might come home. The king was dead. The Child was safe.

And so they rode across the sands, and passed some rivers and rocky mountains, and at last came down upon a green, grassy plain, with a few hills here and there, and on one hill was a little town, with a big flat-roofed house, called by the Jews a Synagogue, which means a place where people come together to pray.

Here the Child, whose name you know, spent many happy years. He had a great deal to do and to suffer before He went back to His Father in

Heaven; but He was not in any haste to grow up and to begin His work. He waited till His Father should tell Him what He wished Him to do. He waited nearly thirty years. Was not that a long time? Did Jesus lose that time? No. He was serving and pleasing God as much when He was learning to read at His mother's knee, as when He was preaching on the hill, or at the shore, or healing the sick, or hanging on the cross.

How pleased boys should be to think that Jesus was once a happy boy! and enjoyed His play, without being selfish, or quarreling. There are some stories told about Jesus when He was a boy. They are not in the Bible, so we do not know that they are true. But there is one pretty story told about Him at twelve years old. You can read it in the end of the second chapter of St. Luke. And see how at the end of it St. Luke says, "Jesus went down to Nazareth, and was subject" to Joseph and Mary—that is, He obeyed them reverently, though He was so great and holy. And again we read, "Jesus grew in wisdom and in stature (or height), and in favour with God and man." Every one who saw Him loved this happy Boy who loved every one.

If you love others you are sure to be loved too. If you pray to God to make you useful, He will answer you by first making you good. That takes a long time, but if you are patient God will give you something to do for Him when He sees fit.

# Exhaustion

## Horsford's Acid Phosphate.

Overworked men and women, the nervous, weak and debilitated, will find in the Acid Phosphate a most agreeable, grateful and harmless stimulant, giving renewed strength and vigor to the entire system.

Dr. Edwin F. Vose, Portland, Me., says: "I have used it in my own case when suffering from nervous exhaustion, with gratifying results. I have prescribed it for many of the various forms of nervous debility, and it has never failed to do good."

Descriptive pamphlet free on application to

Rumford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

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noble fellow that he was, preferring the certain sacrifice of his own life to the probability of destroying his preserver. The reply was admirable, terse, and telling. The savages swarmed closer and closer, bullets rattled around them; the two who lingered were almost within reach of the assegais, when Lord William, who knew there was no time to argue, replied—"Get up, or I'll punch your head!" The man obeyed, and rescuer and rescued escaped.

## "A Prominent Witness."

Rev. J. M. McLeod, pastor of Zion Church, Vancouver, B. C., writes, July 8rd, 1894: "It is nearly three months since I finished the package of K. D. C. which you sent me; and though I have for more than twenty years suffered from indigestion, that one package seems to have wrought a perfect cure. Since taking your remedy I have not had the slightest symptom of a return of my old enemy. It affords me much pleasure to recommend K. D. C. to the numerous family of dyspeptics as the best known remedy for that most distressing malady."

## Do Something Earnestly.

No better advice could be given our young people than—  
Never be idle.

It is one of those negative precepts that impart no motive force to the will, but yet may prove of the greatest value as a deterrent from evil. We certainly should not circumscribe our activity by any inflexible fence of rigid rules. Such a formal methodism of conduct springs from narrowness, and can only terminate in more narrowness, but it is of the utmost importance to begin early with an economical use of time, and this is only possible by means of order and system. Devote a certain amount of time regularly to a definite course of work. How much that portion of time should be depends upon circumstances, but let it at all events be filled with a prescribed continuity of something. One hour a day, persistently devoted to one thing, like a small seed, will yield a large increase at the year's end.

Random activity, changing from one thing to another without a plan, is little better, in respect of any valuable intellectual result, than absolute idleness. It is a grand safeguard when the young man can say, I have no time for nonsense, no call for unreasonable dissipation, no need for that sort of stimulus which wastes itself in any slight worldly enjoyment.

## A Pretty Incident.

The most beautiful thing I saw at the fair was an old woman in one of the wheel chairs, her son pushing it. Her white hair and care-furrowed face showed she had waited more than three-score and ten years for one of the happiest days of her life. The plain dress proved neither was rich in purse; but she was rich in joy, he richer than Gould in making his mother happy. I shall forget many wonderful things I saw at the fair, but never forget the little old woman in black resting so cozily in that rolling chair, her joy-lit face under the aureole of white hair, as her stalwart son bent over and told her some new wonder they were coming to. "Are we almost there, son?" she asked in eagerness, "Yes, mother," he said, smiling at her child-

# Aches

And pains of rheumatism can be cured by removing the cause, lactic acid in the blood. Hood's Sarsaparilla cures rheumatism by neutralizing this acid.

"I had rheumatism so that I could scarcely lift my left foot. I began using Hood's Sarsaparilla, and after I had taken two or three bottles the rheumatism disappeared and has not troubled me since." E. R. WOLCOTT, 66 Bridge St., Springfield, Mass. Get only

# Hood's Sarsaparilla

The One True Blood Purifier. \$1; six for \$5.

Hood's Pills are gentle, mild, effective. All druggists. 25c.

# Don't Forget

that when you buy Scott's Emulsion you are not getting a secret mixture containing worthless or harmful drugs.

Scott's Emulsion cannot be secret for an analysis reveals all there is in it. Consequently the endorsement of the medical world means something.

# Scott's Emulsion

overcomes Wasting, promotes the making of Solid Flesh, and gives Vital Strength. It has no equal as a cure for Coughs, Colds, Sore Throat, Bronchitis, Weak Lungs, Consumption, Scrofula, Anaemia, Emaciation, and Wasting Diseases of Children. Scott & Bowne, Belleville. All Druggists. 50c. & \$1.

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like enjoyment, "and it will take your breath away this time sure." And she laughed like a girl and he chuckled like a delighted boy as they passed on, not knowing that anybody noticed them. Perhaps no one else saw their happiness, but he was the one man on the grounds I envied. Oh, the proud steps, as he pushed the chariot of the queen of all the world to him! Ah, her proud look as she rode through the throng, attended by the kingliest of men—the man who honours his mother. How much better that money was spent than to wait till mother died in a round of monotony, then spend it chiseling the epitaph death wins from human selfishness.

## You Can Believe

The testimonials published in behalf of Hood's Sarsaparilla. They are written by honest people who have actually found in their own experience that Hood's Sarsaparilla purifies the blood, creates an appetite, strengthens the system and absolutely and permanently cures all diseases caused by impure or deficient blood.