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Health and Home Hints

The Same Vegetables in Different Ways

In these days of very high prices for many vegetables one's list of them is apt to become very short, which results in constant repetition and much lack of variety.

To begin with the most common of all, potatoes. The number of ways in which they can be prepared is almost infinite. If the way they are cooked is constantly varied, it does not seem monotonous to have potatoes every day, but if they appear on the table in just the same way each day, many people will not eat them at all. With a roast meat one should generally have the potatoes either mashed, stuffed, or *au gratin*. With broiled meat the various kinds of fried potatoes are always good; but a good housekeeper will be sure to change the method of frying very often.

Tomatoes are popular with most people, but the raw ones are now so expensive that one must have plenty of money to use them often. So the general thing is to use canned tomatoes, and if they are set before one stewed in the plain way day after day, they too, grow tiresome.

But there is no necessity for this monotony. A great deal can be done with a can of tomatoes. They can, for instance, be scalloped, or a delicious dish can be made by cooking them with fine breadcrumbs and grated cheese. To do this they should be stewed first, then put in a deep round dish, first a layer of tomatoes, then one of breadcrumbs and cheese, until the top is reached, and there one must have a thick covering of the grated cheese. Then it is put in the oven and cooked until brown.

Cheese is a great help in making many of these variations in the cooking of vegetables. Another one with which it can be used to great advantage is spinach. Spinach is always a cheap vegetable, but most people

think it can only be cooked in the one way. A really delicious way to prepare spinach is with milk and grated cheese, serving it with small pieces of toast and a thin sauce made of the yolks of eggs, the whites being used on the spinach.

Macaroni can also be cooked in several different ways. The best known is with cheese; but it is also good with tomatoes, with a brown sauce or a plain cream sauce.

Then there is celery. One can buy a stock of celery, serve the small pieces in the center plain one day, and use the outer pieces the next day, either creamed or cold with a French dressing.

The only thing necessary to make all these changes is a little thought and planning on the part of the housekeeper, and also remembering how a certain vegetable was last served on her table.—The Examiner.

World of Missions.

The Situation in Cuba.

A Presbyterian missionary from the United States, who is located in Puerto Principe, Cuba, gives the following description of the situation in that island: "The situation in Cuba is unique in the religious as in the political sphere. Here is a people who have long been kept almost in seclusion, though at the very doors of the greatest republic, now suddenly put in possession of the fullest political and religious liberty. Here is peculiarly an open field. Not only is there the fullest religious freedom, legally, but there has been a sudden breaking off of the bonds which, in all exclusively Roman Catholic countries, restrain the people from hearing the truth. Since the war many large towns, and practically the whole rural population, are left without priests or any religious care. In many places there stands an unused church, or the ruins of one, while the people are left without a shepherd. Many of the priests returned to Spain with the army. Of course, in all the larger cities there are plenty of churches, and when there is some special attraction there is large attendance. But among the more thinking people Rome has lost its hold. The Catholic Church in Cuba was distinctly a Spanish institution. And those who have escaped the political yoke of Spain are not eager to retain her ecclesiastical bondage. While confidently expecting and already partly enjoying a new era of prosperity, they are prepared to believe there is something better for them in a religious way than they have ever known. I am told that many call themselves Protestants, though they have very little idea of evangelical religion, and do not even attend mission services. But they are done with Spanish Catholicism; and they believe that the religion which has made our country such a power for good will be better for them."

Once I saw a woodcock lying dead on the sidewalk of Fifth Avenue, N. Y., curiously enough, in front of Delmonico's. In this nocturnal migration he had collided with that famous restaurant and had broken his neck. There may be a land of Cockayne, after all. I have seen owls in Madison Square—one a screech owl, the other a fine specimen of barred owl.—Robert W. Chambers, in Harper's Magazine.

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If you could buy back your health on the instalment plan—say 50 cents a week, for a limited number of weeks until cured—would you do it? Here is a plan worth trying:— Taking into account their power to cure, Dr. Williams' Pink Pills, are the most economical medicine, without exception. These pills have effected cures in cases of rheumatism, partial paralysis, St. Vitus dance, indigestion, kidney trouble, anaemia, and other serious diseases of the blood and nerves. They have cured hundreds of cases where ordinary medicine had been tried and failed. They have restored helpless invalids to full use of limbs that had long been powerless. That is the best guarantee that these pills will not disappoint when used for simpler ailments. Taking one pill after each meal, (as required for minor troubles) a fifty-cent box of pills gives nearly two weeks' treatment. For chronic diseases, when the larger dose is required, the cost of treatment does not usually exceed fifty cents a week. If you are sick or ailing, is it not worth your while to give so effective a medicine as Dr. Williams' Pink Pills a trial? What the pills have done for other people they can do for you. Every dose makes the new rich red blood that brings robust health and strength. They are the best tonic medicine to take at this time of the year when the blood is sluggish and impoverished.

Do not waste money on ordinary medicines, or substitutes; see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box. Sold by all medicine dealers or sent postpaid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Her Vacant Chair.

Though twain, our lives for years ran on as one;
But now I sit beside her vacant chair
And wonder if it's true that she is gone,
Or if I'm dreaming in some stifling air.

I might persuade myself it is a dream;
But, when I look across the table there
To ask her thought on some engaging theme
My eyes fall on her lonely vacant chair.

But as I sit composed and think of her,
And try to pray, "Thy will, O God, be done,"
The air so still about me seems to stir,
And something tells me I am not alone.

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