

**EXPOSURE**  
to the cold and wet is the first step  
to **Pneumonia**. Take a dose of  
**PERRY DAVIS'**

**Painkiller**

and the danger can be averted.  
It has no equal as a preventive  
and cure for **Colds**, Sore Throat,  
Quinsy and Rheumatism.  
Always keep it handy.

## Health and Home Hints

It is often difficult to know what to do with a large piece of cheese to prevent it from becoming dry. The following plan is the one recommended by a maker of Cheshire cheese. After a portion has been cut from the cheese, spread the cut side of the remainder very thinly with lard, and then cover the whole with parchment paper. Treated in this manner, the cheese will keep moist for a very long time.

**Apple and Nut Salad.**—Chop separately and mix together one cupful of apples and one cupful of English walnut meats. Serve with a dressing made as follows: Rub two slightly rounded tablespoonfuls of nut butter smooth with two-thirds of a cup of water, add about half a teaspoonful of salt. Let all boil together for a moment over the fire, remove, add two tablespoonfuls of lemon juice, set on ice to get very cold, then pour over the salad, Garnish with celery.

**Tomato Jelly.**—Soak half a box of gelatine in one cup of cold water for an hour; put over the fire the liquor from one can of tomatoes, with a quarter of an onion sliced, a bay leaf, two cloves, a sprig of parsley. Let them cook together thirty minutes; put in the gelatine, stir until dissolved, strain the jelly, add to it a tablespoonful of Worcestershire sauce, salt and pepper to taste, and pour into the mold, which is wet with cold water.

**Baltimore Potato Biscuit.**—Boil three large potatoes, peel and mash them in a bowl; then beat them light with half a cupful of butter. Salt to taste and add one teaspoonful of white sugar. Stir these well together and beat in a cupful of water, Then stir in a cupful of flour and one well-beaten egg, and finally one cupful of yeast. When it begins to rise stir in flour sufficient to make it a soft dough. It can be mixed at night and in the morning rolled to a half-inch thickness and cut into biscuit. Place these in a baking and allow them to rise for an hour or until light, and make in a quick oven.

**FIRST AID**  
TO THE INJURED  
**POND'S EXTRACT**

FOR BURNS, SPRAINS, WOUNDS, BRUISES OR ANY SORT OF PAIN.

Used Internally and Externally.

CAUTION! Avoid the weak watery Witch Hazel preparations, represented to be "the same as" Pond's Extract, which easily sour and often contain "wood alcohol" an irritant externally and, taken internally, a poison.

## World of Missions.

### In Due Time.

A missionary in India had been earnestly preaching in the bazaar or market place of the town where he labored, and was going out of the city when a heathen asked him in mockery: "How many Christians have you made to-day?" The missionary pointed to a field and said: "What would happen to-morrow if we were to sow corn there to-day?" The answer was "Nothing." "What would happen the day after?" "Nothing," was again the reply. "What would it in a few days after that?" "Little blades would sprout up." "Well," said the missionary, "I have sown the good seed to day, and this, too, will come up after some time."

There is a world of comfort in the thought of that simple answer. There are times in the lives of all of us when we feel as though our work was in vain. We see no results. We know that we have faithfully done our part, not for a day or a month, but for years, and we are tempted to doubt the promises. The good seed ripens slowly; some far more slowly than others. Ours is but to plant and cultivate. The harvest will come in the Lord's good time, and when the growth begins to show, still it is "first the blade, then the ear," and only at last, after long and tedious waiting, "the full corn in the ear."—The Worker.

There is a story of an abbot who coveted a piece of ground. The owner consented to lease it to the abbot for one crop only. The abbot sowed acorns, a crop which took 300 years to ripen. Jeroboam's one sowing mortgaged the new kingdom of evil through all its history. Satan begs for one crop only, and then sows seeds whose harvest will fill all the life to the end. We do not know what we are doing when we start a wrong thing.—J. R. Miller, D. D.

### Be Strong!

We are not here to play, to dream, to drift. We have hard work to do, and loads to lift. Shut not the struggle; face it. "Tis God's gift. "Be STRONG!"

Say not the days are evil—Who's to blame!  
And fold the hands and acquiesce—O shame!  
Stand up, speak out, and bravely, in God's name.  
"Be STRONG!"

—The Missionary.

Be careful to go strewing in and out  
The way with good deeds lest it come about  
That when thou shalt depart,  
No low, lamenting tongue be found to say,  
The world is poorer since thou went'st away.  
But make so fair and sweet  
Thy house of clay, some dusk shall spread about  
When death unlocks the door and let's thee  
out.

Allice Cary.

## At Death's Door.

### THE STORY OF THE RECOVERY OF MISS FALFORD OF ST ELIE.

SHE SAYS "I AM CONFIDENT THAT DR. WILLIAMS' PINK PILLS SAVED MY LIFE"—

HOPE FOR ALL WEAK, SICKLY GIRLS.

To be well, to be strong, to possess a clear complexion, bright eyes and an elastic step, the blood must be pure and filled with life-giving energy. When you see pale, sallow, sickly girls, easily tired, subject to headaches and violent palpitation of the heart, it is the blood that is at fault, and unless the trouble is speedily corrected the patient passes into that condition known as "decline" and death follows. The one sure, positive way to obtain rich, red health-giving blood is to take Dr. Williams' Pink Pills. This medicine has saved thousands of young girls from a premature grave. Strong proof of this is offered in the cure of Miss Zenaide Falford, of St. Elie, Quebec. Miss Falford tells the story of her sickness and recovery as follows: "Like many other Canadian girls, I went to the United States and found employment in the factory at Woonsocket. The close, indoor work proved too much for me and nearly ended in my death. At first I was taken with headaches, would tire very easily, had no appetite, and no energy. I tried to continue the work, but grew worse and worse, and finally was compelled to return to my home. I was so much changed and so emaciated that my friends hardly knew me. Two weeks after my return home I was forced to take my bed. I had a bad cough, was distressed by terrible dreams, and sometimes passed whole nights without sleep. Two doctors treated me, but without avail, as I was steadily growing weaker; in fact I could not hold my hand above my head for more than three or four seconds, and had to be turned in bed. No one expected I would get better, and I thought myself I was about to die. At this time my brother came from Montreal to see me, and strongly urged me to try Dr. Williams' Pink Pills. A supply of pills was procured, and I now bless the day I began taking them. It is enough to say that before three boxes were used I began to feel better, and from that on I grew stronger every day. By the time I had taken nine or ten boxes I was once more enjoying the blessings of perfect health. No symptoms of the old trouble remain, and I am confident Dr. Williams' Pink Pills saved my life."

Pure blood is the secret of health and it is because every dose of Dr. Williams' Pink Pills make new, rich blood, that they cure such desperate cases as that above related. These pills cure all the troubles that arise from poor blood—and that means most of the ailments that afflict mankind. Give these pills a fair trial and they will not disappoint you. Sold by medicine dealers everywhere, or sent by mail, post paid, at 50c per box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

### If Your Physician.

Prescribes a milk diet, for its easy digestibility it will be well to use Borden's Peerless Brand Evaporated Cream to get a rich, deliciously flavored milk food, perfectly sterilized, according to latest sanitary methods. For general household uses. Prepared by Borden's Condensed Milk Co.

USE THE GENUINE  
**MURRAY & LANMAN'S**

**FLORIDA WATER**

THE UNIVERSAL PERFUME

FOR THE  
**HANDKERCHIEF  
TOILET & BATH**

REFUSE ALL SUBSTITUTES