

**Every Mother**  
is called upon to cure  
**Cuts—Sprains—Bruises.**

**Painkiller**

does it rapidly. Nothing like it for children. A few drops in hot sweetened water cures

**Cramps—Colic and Summer Complaint.**

There's only one Painkiller, PERRY DAVIS.

## Health and Home Hints

### Making Sandwiches.

To begin with, make sure that your bread is twenty-four hours old and of a fine grain that will not crumble easily. Then have a knife expressly for cutting sandwiches, unless you are at liberty to use the carving knife for this purpose; in either case have your knife as sharp as a razor. Get everything ready before you cut your bread, that it may not dry after it is cut. Have your butter soft enough to spread easily. If you are going to make peanut sandwiches, blend the peanut butter with an equal quantity of common butter; if meat or fish are to be used, have them chopped or shredded, as liked best, and moistened with salad dressing or a rich stock. Have the lettuce leaves for lettuce sandwiches dried in a soft towel.

Now, with everything at hand, cut a slice—as thin as possible, of course—from one end of the loaf and butter it; then butter the loaf and cut off the next slice, placing the two buttered surfaces very lightly together and lay them aside till you are ready to fill them. Made in this way, your slices exactly fit each other. In making peanut sandwiches, the combination butter is used; in lettuce, one side may be spread with mayonnaise and the other with butter. If you wish to remove the crust—a foolish waste of the best part of your bread—put a half dozen sandwiches that exactly fit in a pile and cut down through the outer edges. Then cut diagonally through your pile, making each large sandwich into two or three triangular small ones, according to the size of your slices. Pile them on the plate on which they are to be served, cover at once with a napkin wrung out of cold water, and set them in a cool place; they will keep fresh and moist for several hours.

Just a word about sandwich materials. Chicken, tongue, ham and sardines will always hold their prestige, but almost any meat or fish properly prepared will make an appetizing sandwich. Fried scallops and oysters, mushrooms, sweet breads, chestnuts and English walnuts are present fads. A little stock is a great addition to any meat sandwich, as mayonnaise is an essential of a salad one. Of the materials suitable to use

**AFTER SHAVING**  
**POND'S EXTRACT**

COOLS, COMFORTS AND HEALS THE SKIN, ENABLING THE MOST TENDER FACE TO ENJOY A CLOSE SHAVE WITHOUT UNPLEASANT RESULTS.

Avoid dangerous, irritant Ing. Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and generally contains "wood alcohol," a deadly poison.

## THE DOMINION PRESBYTERIAN

with a salad dressing, olives, lettuce, cucumber and cress are most frequently used, though radishes, nasturtiums, celery, tomatoes—the last preferably with brown bread—and even onions have their adherents. A sandwich filled with hard-boiled egg, chopped fine and dressed with a prepared dressing or simply with salt, pepper and butter is substantial as well as delicious. —Table Talk.

## World of Missions.

### Missionary Heroes.

One missionary sailed to the West, dropped anchor at the mouth of a little river in Ireland, and soon Christianity conquered the Celts, and it has never lost its hold on Belfast, Edinburgh, and Aberdeen. Then came Augustine to Canterbury in 590, with Christianity's victory over five million Saxons, that are now thirty millions at home and one hundred millions abroad. In the next century the Germans and the Scandinavians yielded, and they, with their neighbors, are now one hundred and fifty millions. And if it be said that Christianity has lost its grip on the Latin nations, we answer that the Christian spirit there, is in the words of Christ, asleep, but not dead.

Even more signal the reforms that Christianity wrought. It began by rescuing unwelcome and orphan children; then, under the lead of Telemachus, the monk, in one dramatic stroke, stopped the gladiatorial games. Its law of love soon ameliorated the condition of the lame, the halt and the blind, through innumerable plans of relief. In the eleventh century Bernard and Peter the Hermit inaugurated their crusades; and, returning from the Holy Sepulchre, they sowed all Western Europe with the seed of Eastern civilization. Then came the great outburst. "Let us have buildings worthy of His worship," said the architects and the guild masons, and soon Europe was covered with cathedrals, all bearing the shape of Christ's cross. "Let us have music worthy of His praise," said Stradivarius, and the monks organized the skilled workmen of every city to make violins, and cellos, and bass viols, and organs, and wind instruments, while musicians wrote Te Deums worthy of his praise. "Let us paint the pictures of his divine career," said the artist, and when Cimabue unveiled his canvas, representing the infant Christ and his mother and the crucified Saviour, the people of Florence closed their shops, and forming a procession with banners they marched to the church, to unveil the new art.

Then the movement took on a new form. "Let the people have liberty and the laws." The city was Florence, and the speaker was the Monk of San Marco. "Let the people have direct access to God." The land is Germany, and the speaker is Luther. "Let the people control their own church life." The land is Switzerland, and the speaker is Calvin. "Let the people read the Bible for themselves, and own their own books." The land is Holland, and the speaker is Erasmus. "Let each present his own prayer to God." The city is Paris, and the speaker is Coligny. "There is only one king who rules by divine right, a sovereign citizen, to whom the monarch is responsible." The land is England, and the speaker is Cromwell. "Let us have a new country, where we may lay the foundations free from the debris of past centuries." The land is Massachusetts, and the speakers were our Pilgrim Fathers. And now has come the new era, when the old wall round China and the old cruelties in

## SHAKY NERVES.


### Sufferers from Nervous Troubles Are in a State of Continuous Torture

—Suggestions as to How the Trouble Can be Overcome.

When your nerves are shaky your self-control is shattered—your will power is broken. Sudden sounds startle you; your temper is irritable; your hands tremble; there is weakness in your knees; your skin is pale and parched; you are restless at night and tired when you awake. It all comes from nervous exhaustion; perhaps due to overwork and worry, late hours, hot days, and want of blood. Dr. Williams' Pink Pills is the only cure. They make new, rich, red blood. They brace up jangled nerves and strengthen tired backs. They give health and energy to dull, weary, despondent men and women. Strong proof is offered in the case of Mrs. Wm. Westcott, of Seaford, Ont., who says:—"For a long time my health was in a bad state. I was subject to headaches, dizziness and nervous exhaustion. My appetite was poor, and I was so badly run down I could not stand the least exertion. I tried several medicines and consulted different doctors, but they did not help me any. One of my neighbors strongly urged me to try Dr. Williams' Pink Pills, and before the second box was finished the turning point for the better had been reached, and by the time I had used a half dozen boxes, to the surprise of my friends and neighbors I was again enjoying good health, and have since been strong and well. I do not know anything to equal Dr. Williams' Pink Pills when the system is run down."

What the pills have done for others they will do for you, if you will give them a fair trial. Sold by all medicine dealers, or sent post paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

the islands of the sea, have fallen, and the world is becoming one world, and the nations are becoming one people, and the strong tribes are helping the weak ones to make their government safe, their laws just, their liberties secure. All this is history. All these are facts that cannot be denied, that cannot be minimized, that can only be confessed; verily, the heaven has worked; verily, the light could not be hid. Events prove that Christianity has a self propagating power.—Newell Dwight Hillis.

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**Use the genuine**  
**MURRAY & LANMAN'S**  
**FLORIDA**  
**WATER** 

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

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