

**HEAD
BACK
LEGS** **ACHE**

Ache all over. Throat sore, Eyes
and Nose running, slight cough
with chills; this is La Grippe.

Painkiller

taken in hot water, sweetened, be-
fore going to bed, will break it up
if taken in time.

There is only one Painkiller.—"PERRY DAVIS"

How Do You Like It ?

Editor DOMINION PRESBYTERIAN,

Dear Sir: Referring to the superabundance of Theology preached from the Pulpits by the majority of ministers, and the great scarcity of really practical Sermons, my ideas are fairly well expressed in the following quotation from that interesting novel "When Knighthood was in Flower," chapter 3, page 29; and is well worthy of thoughtful consideration by a large proportion of the Clergy, who are constantly struggling to discover something new in the Bible, and who also persistently torture their hearers with lengthy dissertations on Biblical characters, together with their personal opinions of such persons and their lives: which so often differ from the varied opinions of their colleagues; causing, as it too often does, harrassing newspaper and platform discussions, that usually do more harm than good. A thorough knowledge of the Bible is all right and necessary; but so much Theology month after month and year after year, becomes somewhat tiresome, particularly when we are waiting and hoping month after month and year after year for something more simple and practical, connected with everyday life.

In the quotation referred to, during a conversation between Charles Brandon and Mary Tudor, (sister to King Henry VIII), Mary says:—"Oh, but what is good, and what is wrong? So often we cannot tell them apart, until we look back at what we have done; and then it is all too late. I truly wish to be good, more than I desire anything else in the world. I am so ignorant and helpless, and have such strong inclinations to do wrong, that sometimes I seem to be almost all wrong. The Priests (and Preachers) say so much, but tell us so little. They talk about St. Peter and Saint Paul, and a host of other Saints and Holy Fathers, and what-nots; but fail to tell us what we need every moment of our lives. That is, how to know the right when we see it, and how to do it. They ask us to

believe so much, and insist that Faith is the sum of virtue, and that the lack of it the sum of sin. That to faith all things are added. But we might believe every syllable of this whole disturbing creed, and then spoil it all, through blind ignorance of what is right, and what is wrong."

Apologising for troubling you, and trusting that what is herein contained may do some good where it is needed, I remain,

Yours Sincerely,
"Observer."

Health and Home Hints

The Christmas Feast.

Olives	Tomato Bouillon	Salted Almonds
Roast Turkey	Chestnut Dressing	Cranberry Jelly
Cauliflower	Mashed Potatoes	Boiled Sweet Potatoes
	Lettuce and Walnut Salad	
Celery,	Cheese,	Crackers,
Pump Pudding	Bon-bons,	Mince Pie
Nuts,	Coffee.	Fruit,

There are more problems that enter into the preparation of a Christmas dinner than the average mortal imagines. Even now the good housewife is pondering the matter of decorations and the more substantial part of the feast.

In a small household much may be done to facilitate the housewife's work and to render an elaborate dinner as easy to serve as an ordinary one, by a certain amount of consideration being bestowed upon the menu. It can be arranged so that half the dinner may be prepared the day previous.

The above is a simple yet delicious menu for a dinner of ten to twelve persons.

The soup should be made the day before, and will simply require reheating. The dressing should be made and the turkey stuffed and ready to slip in the oven. The cranberry jelly, the pudding and the pies, too, can easily be made ready a day in advance, and in this way the work of getting dinner on the eventful day is not nearly so labourious.

Tomato Bouillon.—For the soup use a two pound soup bone and two pounds of lean beef. After cracking the bone, cover it and the meat with three quarts of water and simmer slowly for four or five hours, having carefully removed the scum when the water began to boil. Add two turnips, two carrots, an onion, a small head of celery, all carefully cleaned and cut small; also two cloves, a bit of red pepper pod, a bunch of herbs (consisting of a spray of parsley, thyme and sweet basil), two tablespoonfuls of salt and a quart of canned tomatoes. Boil two hours longer, strain, and when cold remove all the fat. Reheat when needed, season with more salt and pepper, if required, and serve with croutons of bread.

Turkey Dressing.—If chestnuts are not obtainable, an extra good stuffing for the turkey is made from sweet potatoes. Have them cooked and mashed, and to a pint add half a pint of finely chopped raw celery, a teaspoonful of salt, a pinch of cayenne, and one-fourth of a teaspoonful each of thyme and sweet basil. Mix well, then add four

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CURED

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tablespoonfuls of melted butter and the grated rind and juice of one lemon. This gives a stuffing which is light and not soggy, as bread stuffing is apt to be. A few oysters or mushrooms will enrich the stuffing. Stuff the turkey and truss compactly, and when roasting baste faithfully, as it renders it juicy and tender. If any stuffing is left over, form it into tiny balls, dip in melted butter and bake in the oven till a light brown. When the turkey is dished, surround it with these quenelles and slices of lemon with a thick garland of parsley.

"A Reg'lar Bird."

If Ernest Seton-Thompson chose, he could write a book on his lecturing adventures that might prove as interesting, though in a very different way, as his "Lives of the Hunted." The other evening he was stopped at the theater door by half a dozen ragged boys, one of whom said:

"Say, Mister, are you de jay dat talks about de animals?"

"Yes."

"Well, say, won't you give us a pass?"

"How many are there of you?"

"On'y eleven" (others now appearing).

Mr. Seton-Thompson called his manager, and said:

"Pass these eleven boys."

"There's eighteen now," said the spokesman.

"All right, pass eighteen," said the man of the beasts, for he never sends a child away if he can help it.

During the hour and a half lecture he had no more appreciative hearers than those eighteen newsboys. After it was over he stepped out the back way, and there were the eighteen awaiting as before.

His spokesman now came forward and expressed the sentiments of the others in language more forcible than ornithologically correct:

"Say, Mister! that—was—great! You're no jay. You're a bird—a reg'lar bird."

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