

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. **USE**

Painkiller

Health and Home Hints

Some Italian Dishes.

Good Italian cooking is thought by many persons to excel French cooking, though the latter is traditionally regarded as the best. It is the oil and garlic loving propensities of the second rate Italian cook that have brought the cuisine of that country into dispute. The average French kitchen is better than the average Italian kitchen, but, given a first class worker, the dishes evolved from the Italian cook-stove are fully equal to those of the French range. Even a short stay in Italy affords useful suggestions to the American housewife. She will see many new touches given to familiar foods, some well worth duplicating at her own table by way of achieving that especial sauce of appetite, variety. Spinach, for example, served in a ring mould will probably be new to her. The vegetable is boiled tender in the usual way. It is then drained, chopped fine, and passed while hot through a wire sieve. At this point a little thin white sauce, made with flour in the usual way, and mixed with the white of an egg, is added, and the mixture pressed into the mould. Set the mould in a pan of hot water till needed, then turn out on a round platter, and use as a course at luncheon or dinner, with hot boiled tongue served on the same dish. The tongue is cut in thin slices, and laid around on the top of the ring in groups of two or three slices. The dish is served with a fork and spoon, each person cutting through a portion of tongue and spinach. A way to serve celery stalks may also be suggestive. In Italy celery comes to the market green rather than bleached, as we know it, but the American variety may be served in the same way. The stalks are cut in pieces of about six inches in length, and are stewed until tender in a little salted water. Drain, and serve like asparagus on pieces of toast arranged on a small hot platter. Just before sending to the table grate Parmesan cheese rather thickly over the top. If desired, a white sauce may be sent around with the course. Chestnuts are a staple article of diet through the autumn months and far into

After Work or Exercise

POND'S EXTRACT

Soothes tired muscles, removes soreness and stiffness and gives the body a feeling of comfort and strength.

Don't take the weak, watery witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

the winter. Only the nuts of large size are used, and these are to be seen in great perfection and profusion at every market stall. A common course at the end of a luncheon is hot roasted chestnuts, with which the first portion of the meal is served, together with cheese. Sometimes the chestnuts are skinned and boiled for this course, when they are peeled and covered in a folded napkin and handed around hot, like our corn on the ear, cheese and butter accompanying them. A delicious dessert is chestnut cream. It is delicate and nutritious, and easily prepared, and should be incorporated in the list of "frequents" of American menus. The nuts are shelled and blanched in boiling water that the second skin may be entirely removed. Put them then in a saucepan, and cover with milk, adding sugar to taste, and a teaspoonful of vanilla. Stew until very tender; remove from the fire, drain, and pass through a coarse wire sieve, or the masher used to rice potatoes, directly upon the dish in which the dessert will be served, letting the chestnut flakes arrange themselves in a light mound. Have ready cream whipped to a stiff froth, with which cover the chestnut form, and serve.—Harpér's Bazar.

Pineapple Cream.

Grate a fresh pineapple and mix it with a pint of syrup made from one pound of sugar boiled with water. Add to this a quart of cream, and rub it through a sieve. Before grating the pineapple take from it two or three slices, which must be cut into small dice and added to the strained cream before freezing.

World of Missions.

We are indebted to the "Interior" for interesting items from the government census of the Indian province of Rajputana, of which Jaipur is the principal city. The official returns show a population of nearly 10,000,000, of which over 58 per cent. are engaged in agriculture. Only two in each 10,000 are returned as independent of occupation. About half a million are reported as engaged in domestic or sanitary employment. Over 200,000 are numbered among the learned professions, while there are 93,000 priests. Religiously the people are divided into twenty four castes, for each of which there are separate marriage laws and various prescribed occupations. Some of these castes have as many as a hundred or more subdivisions. What is noticeable in this census of Rajputana is that of the twenty four castes enumerated and described, eight are marked as having decreased since the previous census, and one only is known to have augmented its numbers. The severest loss occurred among the Brahmins,—more than ten per cent. of their total of 1,012,369 having disappeared.

"Labor on, pray on, suffer on, battle on, O faithful servant of the crucified Jesus! Every day will add to your treasures in heaven and so shall you be made meet to be partakers of the glorious inheritance of the saints in light."

"The servants of Christ have a different arithmetic from the worldling. He counts his gains by the earthly possessions that he accumulates. The Christian often gains by the losses of earthly things. 'He that loses for my sake finds,' is an assurance full of good cheer to many a tired and afflicted child of God. It is not what we take up, but what we are ready to give up, that makes us spiritually rich."—Dr. Cuyler.

STRONG PRAISE.

From One Who Has Proved the Value
of Dr. Williams' Pink Pills.

"We have used Dr. Williams' Pink Pills in our home for the past eight years for various troubles, and have always found them successful." Thus writes Mrs. H. Hevenor, of West Gravenhurst, Ont., and she adds:—"At the age of eight years, my little boy was attacked with 'la grippe,' and the trouble developed into St. Vitus' dance, from which he suffered in a severe form. He was under several doctors at different times, but none of them helped him. Then I decided to try Dr. Williams' Pink Pills, and they restored him to perfect health, and there has not since been any return of the trouble. More recently I have used the pills myself for muscular rheumatism, and they were equally successful in effecting a cure. The pills have saved us many a dollar in doctor's bills, and I would like every one who is sick to try them."

Dr. Williams' Pink Pills cure all troubles due to poor or watery blood, or weak nerves, and that is the reason why they are the most popular medicine in the world, and have a much larger sale than any other remedy. They cure such troubles as rheumatism, sciatica, partial paralysis, St. Vitus' dance, anaemia, indigestion, neuralgia, heart troubles, and the ailments common to women, simply because they make new, rich, red blood, strengthen the nerves and thus drive disease from the body. You can get the pills from any medicine dealer, or they will be sent post paid at 50c. per box, or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont. See that the full name "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box.

Delicious soups are made with asparagus. These are made without meat, and are excellent for luncheons.

Unpleasant!

Boils,
Humors,
Eczema,
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cures them permanently
by purifying the

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