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Sore Throat!

Don't delay; serious bronchial
trouble or diphtheria may develop.
The only safe way is to apply

Painkiller

a remedy you can depend upon.
Wrap the throat with a cloth wet
in it before retiring, and it will be
well in the morning.

There is only one Painkiller,
"PERRY DAVIS."

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This FIRST CLASS COAL

can be purchased by the Cargo in
ROUND RUN OF MINE and SLACK
sizes by communicating with P. W.
McNAUGHTON, at 20 Orange St.,
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We guarantee the quality to be of the
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CANADA COALS & Ry. Co., Ltd.
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The TOILET IS INCOMPLETE WITHOUT POND'S EXTRACT

RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.

Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and often contain "wood alcohol," a deadly poison.

BELLS Made of Steel Composition for Churches, Chapels, Schools, etc. In tone like Bronze Metal Bells, but at much less cost. Catalogue sent free. THE ONTO BELL FOUNDRY, Cincinnati, O.

The Home

HINTS ON HOUSEKEEPING.

When plain rice puddings pall, try the combination of rice and chocolate, as taught in the New York Cooking School. Mix two heaping tablespoonfuls of ground rice to a paste with a little cold milk, and stir into one pint of scalded that is heated in a double boiler; when thick and smooth, cover and cook for 20 minutes. Add a heaping teaspoonful of butter, three tablespoonfuls of sugar, one square of chocolate, grated and melted, a pinch of salt, a teaspoonful of vanilla, and the stiffly whipped whites of two eggs. Take from the fire and add a half cupful of thick, whipped cream before turned into a buttered baking dish. Let it stand for a half an hour, make a meringue of the whites of three eggs and three tablespoonfuls of powdered sugar, with three tablespoonfuls of grated chocolate sifted in. Spread this over the pudding, sprinkle the top with powdered sugar, and a few macaroon crumbs and brown in a moderate oven. It is to be eaten cold, with or without cream.

Cheese soup is not often found on the list, but it is voted delicious. Blend one and a half cups of flour, one pint of rich cream, four tablespoonfuls of butter and the same quantity of Parmesan cheese, and a grain of cayenne pepper. Stir in double boiler until the consistency of a smooth, firm paste. Add two eggs. Mix quickly and thoroughly, cook two minutes and set away to cool. Heat three quarts of clear stock to boiling point. When the cheese mixture becomes cold form into little balls drop into boiling water and cook five minutes. Place in a soup tureen; pour boiling stock over them.

Celery fritters is a new dish that is liked by many with game or roast. The tender inner part of the celery may be used for salad or for table use, while the outer portion can be made into fritters. Wash the stalks, cut into inch lengths, boil till tender, in hot salted water, and drain. Make an ordinary fritter batter, and stir into it the cooked celery. To the batter made from two eggs, half a pint of milk and a pint of flour, with seasoning, a cupful of celery is the proper quantity. Fry them by dropping spoonfuls in a frying pan, browning one side, and turning to brown the other. Serve hot.

Turnips are not served at our tables as often as they should be. Turnip Charlotte is a nice variation in the ordinary way of preparing them. Boil the turnips and put through a fruit press. To one cupful of pulp add salt and pepper, one cupful sweet cream, and the whites of three eggs beaten stiff. Butter a mould, fill with the mixture, set in hot water and bake half an hour. Turn from the mould and serve with a cream sauce.—The Presbyterian.

INK-STAINS ON WOOD.

For ink-stains on furniture add six drops of nitre to a teaspoonful of water, and apply it to the stain with a feather. If the wood is polished rub with sweet oil immediately after. If the stain does not yield to the first application, make it stronger and repeat the process.

Apple Charlotte.—Butter a deep pudding dish and cover the bottom with thin slices of bread and butter. On this spread a layer of apples peeled, cored and sliced. Sprinkle with a little sugar and nutmeg. Continue with the bread and apples in layers, making the top layer of bread. Pour over the top a custard made of two eggs and a pint of milk, a pinch of salt, and sugar to taste. Cover closely and bake till done. Remove the cover and let the top brown. Serve with sugar and cream.

Peach Cups.—Beat two eggs without separating until light; add them to a pint of milk. Measure two and one-half cups of sifted flour; and half a teaspoonful of salt and two teaspoonfuls of baking powder and sift twice again. Make a well in the centre of the flour, pour the liquid in

gradually, stirring it into the flour until you have a thick batter; add two level tablespoonfuls of melted butter and mix well. Grease small custard cups or muffin tins; drop in a spoonful of the batter, the half a ripe, yellow peach pared and stone removed, placing the hollow side of the peach up. Cover with another spoonful of the batter and dust with powdered sugar. These can be either steamed half an hour or baked in the oven for twenty minutes. Serve with orange sauce.

Cover Tomatoes with boiling water half a minute, then lay them in cold water till they are perfectly cold, when the skin can be slipped off without difficulty, leaving the tomatoes unbroken and as firm as before they were scalded.

TO BOIL CRACKED EGGS

The inside will not boil out if you put a teaspoonful of salt in the water in which they are boiled. Some people, under these circumstances, wrap them in tissue paper before boiling; but the other plan is far less trouble and quite as efficacious.

WHEN FRYING POTATOES.

Dredge a little flour over the potatoes before frying, and they will cook much better and brown beautifully.

TO KEEP SURE.

Melt suit down in the same way as you do lard, and store it in clean jars, and it will keep for an almost indefinite time. The best plan is to cut it in small pieces, put it in a perfectly clean saucepan, heat slowly, and empty the fat away as it melts.

Bhony cream is the suggestive name of a cold dessert made of prunes. A cooking school receipt for it calls for a pound of prunes soaked over night in enough water to cover. In the morning put in a double boiler and cook slowly till plump and tender. Drain off the juice, and when cool cut each prune in three or four pieces. Put the juice and pits in a saucepan and boil until reduced to one cupful. Add two-thirds of a cupful of sugar, stir until dissolved, and strain. Return to the fire until it boils, take off and add one-half of a box of gelatine which has been soaked in one-half of a cupful of cold water. Set aside until cool; add one teaspoonful of vanilla, and enough caramel or burnt sugar to make it very dark. Add the prunes and pour into wetted moulds. Serve with whipped cream flavored slightly with vanilla.

We are not satisfied to do simply the things that we can do. We must draw something too hard for us; sing songs that have notes too high for us.—William H. Hunt.

MISERABLE NIGHTS.

What to do When Baby is Fretful and Sleepless.

It is wrong to take up a wakeful baby from the cradle and walk it up and down the floor all night. It demoralizes the infant and enslaves the parents. Baby does not cry for the fun of the thing; it cries because its stomach is sour, its little bowels congested, its skin hot and feverish. Relieve it and it will sleep all night, every night growing stronger in proportion. Just what mothers need is told in a letter from Mrs. E. J. Flanders, Marbleton, Que., who says:—"I cannot say too much in favor of Baby's Own Tablets. They have worked like a charm with my baby, who was very restless at night, but Baby's Own Tablets soon brought quiet sleep and rest. I shall never be without a box while I have a baby." Baby's Own Tablets cure all minor ailments of little ones, and are guaranteed to contain no opiate or harmful drug. They are sold at 25 cents a box by all dealers, or you can get them by mail, post paid by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y.



How are You?

Do you suffer from constipation? Does your liver need regulating? Is your digestion troublesome? Do you suffer from headache? If so, you should take

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every day. This harmless tonic and system cleanser will regulate every organ and will remove all the unpleasant features that attend a sluggish liver. Your health and spirits will be so improved that your friends will scarcely know you. Pleasant to take—surely beneficial, but be sure that you get the genuine "Abbey's."

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Boils Erysipelas Scrofula Eczema

which arise from it's derangement.

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