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WHAT IS CATARRH?

Catarrh is a muco-purulent discharge caused by the presence and development of the vegetable parasite amœba in the internal lining membrane of the nose. This parasite is only developed under favourable circumstances, and these are:—Morbid state of the blood, as the blighted corpuscle of tubercle, the germ poison of syphilis, mercury, toxomœa, from the retention of the effete matter of the skin, suppressed perspiration, badly ventilated sleeping apartments, and other poisons that are germinated in the blood. These poisons keep the internal lining membrane of the nose on a constant state of irritation, ever ready for the deposit of the seeds of these germs, which spread up the nostrils and down the fauces, or back of the throat, causing ulceration of the throat: up the eustachian tubes, causing deafness; burrowing in the vocal cords, causing hoarseness; usurping the proper structure of the bronchial tubes, ending in pulmonary consumption and death. Many attempts have been made to discover a cure for this distressing disease by the use of inhalents and other ingenious devices, but none of these treatments can do a particle of good until the parasites are either destroyed or removed from the mucous tissue. Some time since a well-known physician of forty years' sfanding, after much experimention, succeeded in discovering the necessary combination of ingredients which never fail in absolutely and permanently eradicating this horrible disease, whether standing for one, year or forty years. Those who may be suffering from the above disease, should, without delay, communicate with the business managers—Toronto Mail. Messas. A. H. DIXON & SON, 305 King St. Wett, Toronto, Canada. Inclose stamp for their treatise on Catarrh,

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The most wonderful preparation ever discovered for restoring the natural colour and vitality of the hair. Prevents falling, causes a heavy growth, and removes dandruff, and is a splendid dressing. Price \$r\$ per bottle, or six for \$5. Sent to any address on receipt of price. Address A. DORENWEND, Sole Manufacturer for United States and Canada, Paris Hair Works, 105 Yonge Street, Toronto, Ont.

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Usually develops in early life, and is a peculiar morbid condition of the system, usually affecting the glands, often resulting in swellings, enlarged joints, abscesses, thickening of the lips, enlarged neck, sore eyes. A scrofulous condition is often hereditary, but bad diet, too free use of fat meats, bad air, want of sunshine and nourishing food will produce it. Some prople are troubled with scrofulous swelling of the glands, and with ulcers and kernels, which may cause very little pain; others may have inward scrofula, scrofula of the lungs, scrofula of the spleen, scrofula of the kidneys and scrofula of the bones. Burdock Blood Bitters will drive away any case of scrofula, and not to appear in another place, for their action on the blood and bowels will carry the disease entirely from the body.

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Scientific and Useful.

Bread Custard.—One quart of milk, four eggs; sweeten to taste. Beat the eggs until light and add to the milk. Have a pudding dish, which has been greased, ready and pour the custard into it. Cut some very thin slices of bread, butter, and lay on top until it is covered.

SUGAR BISCUITS.—Two cups of sugar, one cup of butter or lard, half cup of sour cream, two eggs, one teaspoonful of soda. Beat the eggs until light, add the sugar, butter and cream, dissolve the soda in a little boiling water, and add last. Mix into dough just stiff enough to roll out. Cut and bake in quick oven. in quick oven.

NEAR STARVATION'S DOOR.—Mrs. Nelson W. Whitehead, of Nixon, was a chronic sufferer from dyspepsia and liver complaint, and was scarcely able to take the most simple ourishment. Even a swallow of water caused great distress. Two bottles of Burdock Blood Bitters cured her, when all else failed. She heartily recommends this remedy to all sufferers.

EGGS A LA CREME. -Boil twelve eggs un-EGGS A LA CREME.—Boil twelve eggs until hard; slice them in medium thin rings. In the bottom of a baking dish put first a layer of bread crumbs grated, then one of the sliced eggs; cover with bits of butter and season with pepper and salt; when the dish is full and the crumbs on top, pour over all a teacupful of rich cream or milk and brown lightly in oven. lightly in oven.

SILVER CAKE.—Whites of eight eggs, two cups of sugar, half cup of butter, half cup of sour cream, one teaspoonful of soda. two teaspoonfuls of cream tartar, two and a half cups of flour. Beat the whites of eggs and sugar together, add the butter and cream, dissolve the soda and cream tartar with a little boiling water, and add the flour last. Bake in rather quick oven.

A SPECIFIC FOR THROAT DISEASES.—
BROWN'S BRONCHIAL TROCHES have been long and favourably known as an admirable remedy for Coughs, Hoarseness and all Throat troubles.

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much enlarged by the Lozenge, which I now carry always in my pocket; that trouble in my throat (for which the 'Troches' are a specific) having made me often a mere whisperer."—N. P. WILLIS.

Obtain only BROW'S BRONCHIAL TROCUES.

CHES. Sold only in boxes. Price, 25 cents.

CHES. Sold only in boxes. Price, 25 cents.

To Serve Eggs—Baked or Shirred.

Butter a deep earthen pie dish, or little china or stone dishes made expressly for this method of cooking eggs, and into it break carefully as many eggs as are required for use, without crowding; sprinkle salt and pepper, and the least bit of butter on top before putting in a hot oven to set, which will require four or five minutes. A little chopped parsley or ham may be added if desired.

parsley or ham may be added if desired.

QUEEN OF PUDDINGS.—One quart of milk, a pint of bread crumbs, soak the bread perfectly in the milk, grate a lemon with it, putting in all but the seeds, beat the yolks of three eggs, and two or more teaspoonfuls of sugar with them, mix with the pudding and bake it. When done beat the whites with sugar and frost the pudding with it, baking slightly.

A VALUABLE FIND.—James Alex. Sproul, of Orangeville, says he has found Burdock Blood Bitters to be the best medicine he ever took for kidney complaint, with which he was long suffering. He declares B.B.B. without a rival.

A MILK PUDDING.—Put one quart of A MILK PUDDING.—Put one quart of milk on the range where it will cook slowly. Wash half a teacupful of rice and stir into the milk, and occasionally stir this until twenty minutes before using; then put a tablespoonful of sugar and a small piece of butter, and bake twenty minutes. This, sometimes called poor man's pudding, is wholesome and palatable. It is better to be three hours in cooking. three hours in cooking.

CREAM PUFFS. -One-half pound of butter CREAM PUFFS.—One-half pound of butter, three-fourths pound of prepared flour, six eggs, two cups of warm water. Stir the butter into warm water; set over the fire and stir to a slow boil. When it boils put in the flour, cook one minute, stir constantly. Turn into a deep dish to cool. Beat the eggs light—yolksand whites separately—and whip into cooled paste, the whites last. Drop in great spoonfuls upon buttered paper, not so near as to touch or run into each other. Bake about ten minutes in a quick oven until they are of a golden brown.

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