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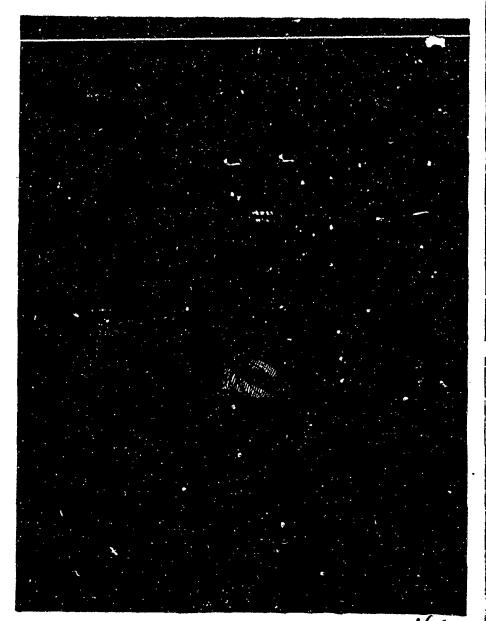
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HOUSEHOLD HINTS.

CHEESE PIE.—Beat a cup of sugar, three eggs and a cup of butter together, flavour with lemon. Bake in a rich crust and spread over with the beaten whites of egg sweetened

Is it safe to use an article of food, baking powder or anything else, containing ammonia -an article a tablespoonful of which in a pail of water will remove paint stains?

PIE CRUST MADE OF CREAM. - For one pie use a heaping cupful of flour, a little salt mixed in well, and thick sweet cream (which is very cold) enough to mix it with, stir with a knife instead of with your hand. Dyspeptics that cannot eat crust made of lard enjoy pie when the crust is made by this rule.

STEWED LOBSTER.-Take one-half pint of milk and stir in it enough flour to make it quite thick, put it on the fire till it boils; remove and stir in quite a large piece of butter Chop the lobeter, and season to taste with salt, vinegar and pepper, and then put it in the dressing and let it simmer on the stove.

FRIED OYSTERS.—One cup flour, one teaspoonful butter rubbed through it, one teaspoonful yeast-powder, one-half teaspoonful salt, one teaspoonful of sugar, stir-them well together; then add one cup milk and two well-beaten eggs; have the batter as stiff as for griddle cakes. Take one quart well cleaned oysters and mix with the batter, and fry in plenty of hot lard.

APPLE TAPIOCA PUDDING.—Soak a cup of pearl tapioca in a pint of water, two hours, stir in three-fourths of a cup of white sugar, add one-half teaspoonful of salt, and a cup of thin cream, or new milk. Peel, quarter, and core eight large apples (greenings preferred and put in an earthen pudding dish; grate a little nutmeg on top, and bake an hour and aquarter in a slow oven. Serve with whipped

CHOCOLATE MOSS is made in the following manner: One quart of sweet cream, flavoured, sweetened and whipped to a stiff froth and drained on a sieve. Meanwhile, have two squares of baker's chocolate melting in a basin set over a teakettle of boiling water, stir carefully the melted chocolate into a froth; pour into a pail or freezer, and freeze without stirring. When wanted for the table, wet a cloth in boiling water, wrap about the pail until the cream slides out; slice and serve. It looks like moss and is delicious.

WHEN a manufacturer adulterates baking powder with ammonia-an article useful enough, perhaps, in a soap powder-it is time for the consumer to demand that the composition of all articles of food shall be made

AN IMPORTANT SUBJECT.

The subject of health. Good health depends upon good food. It is not what we eat that nourishes the body, but what we digest. To study what we eat and why we eat is import ant. It was by eating the wrong food that the curse came upon mankind at first. Thousands are miserable with indigestion and dyspepsia from eating the wrong kind of food now Some eat the same kind of food in hot weather that they do in cold weather, and consequently they suffer and are cast out of the paradise of health. It is always safe to eat Desiccated Wheat, but be sure you get the proper article with the name and trade mark of the Ireland National Food Co. (Ltd.) on the package

