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lay and night.

Shah found his barch in a state of disorder or

In to Fersia "N V World, Oct. 12, 1889, Res

oir supply of CAMPBELL S WAFERS was ox

hausted?

ILLUSTRATIVE of the desirability of a certain amount of Plumpness, rumour has it that the above distinguished Oriental Potentates make it a practic at Willill their wives regularly once a month, precedence in rank and imperial favour being accorded to the wife possessed of the greatest humber of pounds avoirdupole.

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I am 65 years old. Was all run down, losing strength very fast. My hand shook so I could not write. After the first bottle of Burdock Blood Bitters I felt better, and now I feel as lightsome as if I were only twenty, and in excellent health.

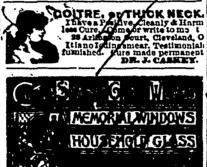
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It does not contain ammonia, alum, lime or other adulterant. There are facts, vouched for by Government and State Chemists, Boards of Health, and endant scientists.

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Coughs, Croup the public after its merits for the positive cure of such diseases had been fully tested.

Colds, Croup the public after its merits for the positive cure of such diseases had been fully tested.

To they off the public of an and causes the Lungs to throw off the public or mucus; changes to those some purifies the blood; heals the servetions, and imparts strength to the whole system. Such is the immediate and satisfactory effect that it is worranted to break up the most distressing cough in a few hours time, if not of too long standing. It contains no opium in any form and is warfanted to be perfectly harmless to the most delicate child. There is no real necessity for so many deaths by consumption when A sen's Lung Balsam will prevent it for only taken in time. For Consumption, and all diseases that lead to it, such as Coughs, neglected Colds, Bronchitis, Asthmy, and all diseases of the Lungs. ALLEN's Lung Balsam is the Great Modern Remedy. For Croup and Whooping Cough it is almost a specific. It is an old standard

it is almost a specific. It is an old standard remedy, and sold universally at 50 cents and \$1.00 per bottle. The 25-cent bottles are put out to a shower the constant call for a Good and Cow-Priced Cough Curr. If you have not tried the Balsam, call for a 25-cent bottle to test it.

Allen's **Lung Balsam**

Dousebold Bints.

COTTAGE PUDDING. - One cupiui oi sugar, one tablespoonful of butter, two eggs, one cupful of sweet milk, three cupsful of flour, or enough to make tol-erably stiff batter, one-half teaspoonful of sods, one teaspoonful of cream of tartar sitted with the flour, one teaspoonful of salt. Rub the butter and sugar together, beat in the yelks, then the milk and sods, the salt and the beaten whites alternately with the flour. Bake in a buttered mould; turn out upon a dish; cut in slices and eat with

NEVER begin you correspondence with "I," but in whatever way you commence a letter, be sure it is written with one of Esterbrook's popular steel

liquid sauce.

LEMON CAKE. - Two cupsful of sugar, one half cupful of butter, three eggs, one cupful of milk, three cupsful eggs, one cupful of milk, three cupsful of flour, three level teaspoonsful of baking powder; bake in layers. For the july used the grated rind and juice of two lemons, one cupful of sugar, one egg one half cupful of water, one waspoonful of butter, and one table-spoonful of four water in a little water. Boil until it thickens, let it cool, and spread it between the layers of the

AS A PION-ME-UP after exersity exertion or expenses, fillburn's Beef, Iron and Wine is grateful and comieting.

WHEAT BREAD.-Sift two quarts of flour and four teaspoonsful of baking powder and a teaspoonful of salt; atir up to a soft dough, with cold sweet milk or water; knead but little, mould and bake immediately. This bread is easily digested.

Use Horseford Acis Phosphite.

DR. Priest, of the Voite Sur S.
S. Germanic, says: I have prescribed travelling to and from Europe, in this steamer, and the result has satisfied me that if taken in time it will, in a great many cases, prevent seasickness."

SEED COOKIES .- One cuplul of but ter, three cupsful of rugar, two eggs, one cupful of cream, eight cupsful of one culture of create, each culture of four, two and one-half teaspoonful of baking powder, one teaspoonful of carraway seed; noll out, cut and sift with sugar; bake in a quick oven.

MANY suffer rather rather than take manageous medicine; and this is not strange, as the remedy is often worse than the disease Suffers from coughs, influenza, sore through, or tondens to consumption, will find it Dr. Wisters Balsam of Will Charles are remedy as agreeables to the palate as effectual in removing disease.

TESTED BY TIME.-For Throat Dis-TESTED BY TIME.—For Throat Discases, Colds and Coughs, Brown's BRONCHIAL TROCHES have proved their efficacy by a test of many years. The good effects resulting from headed the Troches have brought out many worthless imitations. Optains only BRONCHIAL TROCHES. 25 cts. a box

COOKI sugar, three-fourths cap sweet milk, two egg, five caps four, three teaspoons of Cleveland's Superior Daking Powder, Roll out hin and bake quickly.

SOME SYMPTOMS of WORMS are:—Fever, colic. variable appetite, festicamene, weakness and convalations. The unfailing remedy is Dr. Low's Worm Syrup.

CAULIFLOWER IN BATTER. the cold head of a caulifiower that has been well cooked, but is not flabby or over-boiled. Trim the cauliflower into small heads about the size of the top of a wine-glass, lay them in a pie dish, and sprinkle with a little pepper and salt. Make a very light baking batter. When it is well beaten up pour over the canliflower and bake in a brisk oven. This is a very delicate dish, but is not liked where highly seasoned cooking is preferred.

MRS. CAPTAIN NORMAN, of Mill-MRS. CAPTAIN NORMAN, of Mill-bridge, Ontario, writes, August 17.
1871: "Allen's Lung Balsam cured my son of a severe attack of congestion of the lungs. He took no other medicines, the Balsam and wonderfully, taking away the layer at the conference of the body and sending matter up from on the lungs, a spicing on the body and sending matter up from on the lungs, a spicing matter up from on the lungs, and spicing in this neighbourhood, and have been cured by Allen's Lung Balsam, who would give certificate if asked." by Allen's Lung Balsam, who would give certificate if asked."

CAULIFLOWER CROQUETTES. pieces of cold cauliflower heads about the size of a shilling, mash some potatoes with butter, cream or milk, and one or two eggs, whipped to a froth-Roll the cauliflower in this mashed po-



TOR CLEANSING, PURPYING AND BEAUtifying the sken clashifter any infants and curing torturing, disfiguring ited man cleans and curing torturing, disfiguring ited man cleansing to a control of the skin, skalp and brood, with loss of
hair, from infancy to sid age, the CUTICURA REMEDIES are infallible.
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