

TO COOK APPLES.—In preparing green apple sauce boil a dozen green apples until tender, then pass through a fruit-presser; stir with them half a pound of sugar and the whites of two fresh eggs beaten to a stiff froth. Beat apples, sugar and eggs together until the whole is a foaming white mass. Serve with cream; with whipped cream this is a very nice dessert.

HONEYMOON CAKE.—Two and a-half cups flour, one and a-half of sugar, half a cup of milk, three-quarters of a cup of butter, two eggs, a teaspoonful and a-half of baking powder sifted with the flour. Work the butter into the flour with the hand, then the sugar, then add the milk and eggs and beat with a spoon, then the flavouring; mix all thoroughly and bake at once in an oven not too hot.

OYSTER OMELET.—Put the yolks of three small or two large eggs in a basin, season them with salt, pepper and cayenne, add a couple of drops of lemon juice; open, drain, and mince six small or four large oysters, and mix in with the eggs. Add a tablespoonful of minced parsley, whip the whites of the eggs to a foam, and stir into the yolks thoroughly. Have one ounce of cooking butter or lard, quite boiling hot, in the omelet or small frying-pan, pour in the mixture, shake it well to free the omelet from the pan, fry delicately, and serve. The fat must be quite hot or the mixture will stick and the whole thing be spoilt.

OYSTER FRITTERS.—Open four or six oysters, drain off the liquor, and strain it into a basin containing two tablespoonfuls of flour; add the yolk of an egg, a salt spoonful of salt, one tablespoonful of parsley dried in front of the fire and powdered, half a teaspoonful of black pepper, a pinch of mace, and one tablespoonful of cream or milk; mix into a batter, using water, and whip the whites of the egg to a firm froth, and stir in. Pour a little of this into a frying-pan to form a small miniature pancake, lay an oyster or two in the centre; fry, crisping the edges with a knife. Turn over, and just brown for a second, roll up and serve on a hot napkin. Garnish with fried parsley and lemon rings.

TO COOK A DUCK.—To cook a duck satisfactorily, boil at first until tender; this can be determined by trying the wing, as that is always a tough part of a fowl. When tender, take it out, rinse it in clean water, stuff and put in the oven for about three-quarters of an hour, basting it often.

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HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE—MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years Pastor of the Central Methodist Church, Bloor-street, Toronto, but now of Victoria, B.C., writes under date of Aug. 5th inst., as follows: "Dear MR. SIMPSON—Yours of the 20th July was duly received. I can only say with respect to DR. A. WILFORD HALL'S Hygienic treatment that I regard it as a wonderful discovery, and I perseveringly used it cannot fail to be of great service. I would advise any one to get the pamphlet, begin the use of the treatment and throw medicine to the dogs. A very clever physician said to me the other day, 'Let medicine alone and get rid of the waste materials and the organs will perform their functions.' This is precisely what this treatment does."
"Sincerely yours, C. WATSON."

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Bay and Esplanade-streets, Toronto, writes August 15th follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts me to write concerning DR. WILFORD HALL'S 'Health Pamphlet' purchased of you some time ago. The treatment unfolded therein, is to my mind, the greatest health discovery of the present century. It certainly has proved a great boon to me in a recent and severe attack of inflammation and hemorrhage of the kidneys, accompanied with piles of a painful character. The treatment acted like a charm in allaying the inflammation, stopping the issue of blood and causing the piles to disappear almost immediately. The rapidity with which the inflammation was arrested and healthy action restored was simply wonderful. I do not believe that any system of drug treatment in a case so critical could possibly have accomplished a cure so safely, effectively and rapidly. The treatment has also cured me of a very distressing headache, periodical in character and threatening to become obstinately chronic. The unique home treatment is simply of priceless value, and should be known and practised by everybody, however slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering and save most people many times its cost every year. I never invested \$4 to better advantage."
"Yours truly, ROBERT LINN, 168 Parliament street."

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