CHARLOTTE RUSSE-Cut slices of sponge cake and fit in the bottom of a mould, fill with one pint of whipped cream, sweetened and flavoured, mixed with two eggs and half a

pound of sugar, set on ice.

INTO a solution of gum arabic, stir plaster of paris until the mixture assumes the consistency of cream; apply with a brush to the broken edges of china and join together. In three days the article can not be broken in the same place.

CHOCOLATE CREAM.—One quart of milk, five even tablespoonfuls, of grated chocolate. When hot, strain; put on again, add one cupful of sugar, four tablespoonfuls of corn-starch (previously wet with cold milk), and cook till it thickens like ordinary boiled custard. Set

VEGETABLE PUDDING .- Boil a t. m white cabbage fifteen minutes, changing the water for more boiling water. When tender set it aside until cold. Chop it fine, add two eggs beaten, and a tablespoonful of butter, three tablespoonfuls of rich milk or cream, pepper and salt. Stir all well together, and bake in a pudding dish till brown, and serve hot. This dish is agreeable and digestible, and as good as cauliflower. By boiling the water then putting in the cabbage, and as soon as the water begins to boil again taking off the lid, the offensive odour which often arises may be avoided.

How to Boil an Egg.-Not one cook in fifty, or housekeeper either, knows how to boil an egg ! And yet most people think they know this simple matter. They will tell you to drop it into boiling water and let it remain there three minutes, and be sure the water is boiling. Here is where the mistake is made. An egg so prepared is indigestible and hardly fit for a well person, let alone one who is sick, to eat. The moment it is plunged into boiling water the white hardens and toughens. To boil an egg properly, put it into a vessel, cover with cold water, place over the fire, and the second the water begins to boil your egg is done. The white is as delicate as a jelly, and as easily digested and nutritious as it should

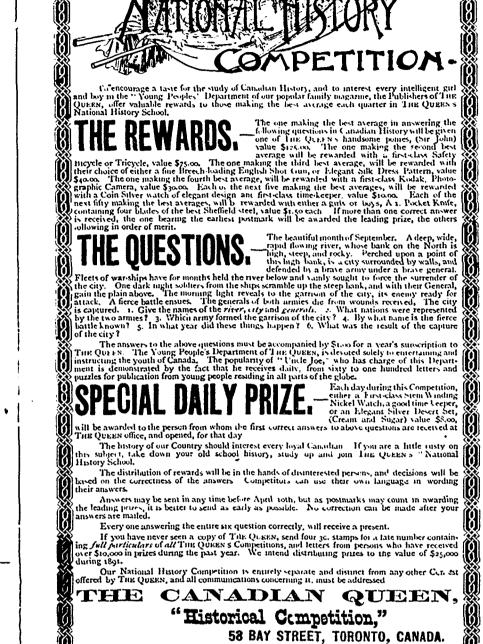
THE simplest way to fumigate a room is to heat an iron shovel very hot and then pour vinegar upon it, drop by drop. The steam arising from this is a disinfectant. Doors or windows should be opened that it may escape.



-the consumptive who's not bereft of judgment and good sense. He's taking Dr. Pierce's Golden Medical Discovery. If taken in time and given a fair trial, it will effect a cure. Consumption is Lung-scrofula. For Scrofula, in its myriad forms, and for all Liver, Blood and Lung diseases, the "Discovery" is an unequalled remedy. It's the only guaranteed one. If it doesn't benefit or cure, you get your money back. You only pay

for the good you get.

"Discovery" strengthens Weak
Lungs, and cures Spitting of Blood,
Shortness of Breath, Bronchitis,
Severe Coughs, and kindred affections. Don't be fooled into taking something else, said to be "just as good," that the dealer may make a larger profit. There's nothing at all like the "Discovery." It contains no alcohol to inebriate; no syrup or sugar to derange digestion. As peculiar in its curative effects as in its composition. Equally good for adults or children.



The Queen's

That's about all you have to do to get a This book book of 200 pages FREE. contains the names, addresses, and signed indorsements of many well known men and women who have been restored to health and strength by the use of Drs. STARKEY & PALEN'S Compound Oxygen. Of course the full list is not here, many

patients prefer that their names should not be used. But the book has 200 pages of signed testimony, and is accompanied by a quarterly review of eight large pages more, entirely filled with new names of revitalized men and women.

The patients themselves do the talking. You get your knowledge of Compound Oxygen from what they say—not what Drs. STARKEY & PALEN say. The next step is personal knowledge from positive contact with the treatment itself. This is the most satisfactory of all—it is the real point.

Send for the book. Address

DRS. STARKEY & PALEN, No. 1529 Arch St., Philadelphia, Pa., 120 Sutter St., San Francisco, Cal. 58 Church St., Toronto Canada.

THE GREAT ENGLISH REMEDY

OF PURELY VEGETABLE INGREDIENTS, AND WITHOUT MERCURY, USED BY THE ENGLISH PEOPLE FOR OVER 140 YEARS, IS



These Pilizomens of a careful and peculiar admix ture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a moset efficacious remedy for derringement of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

WHOLESALE AGENTS:

EVANS & SONS, LIMITED, MONTERAL.

# Ready for the Struggle

ENCORE a Package. DYES For Perfection in

HOME DYEING 91 -USE THE-

ENCO DYES.

All colours fast and bright. Best Package Dyez in the market.

For Sale Everywhere. Send for Sample Card to J. S. MORERTSON & O., Manufacturers, Montreal. 3

# A REVELATION AND A REVOLUTION

BY THAT ENINENT SCIENCE WRITER AND CHRISTIAN SCHOLAR,

A. WILFORD HALL, Ph. D., LL. D.

Ilealth Without Medicine—Greatest Discovery of the Age /!

WHAT DO YOU THINK OF IT?

FIRST STATEMENT.—Nothing like this was ever published before. It has therefore nothing to do with drugs, patent insdictine, electricity, magnetism, dieletics, or with any other pathy whatever.

SECOND STATEMENT.—We can fill every page of this paper with the most positive and enthusiastic testimonials ever written by the pen of man, proving that such is the almost mirraculous power of this new treatment, that it takes right hold of ad cures the worst cases of Dyspepsia, Constipation, Liver Complaint, Bronchitis, Chills and Fever, Kidney Complaints—ver no Disbetts and Bright's Disease, Weak Circulation, with its resultant "could feet," Incipient Consumption, Internal Inflammations, Piles, Rheumatism, Cholera Morbus, Headaches, all Blood and Skin Diseases, indicated by Pimples, Blotches or Yellow Spots, Nervous and General Debility, etc., etc.

### HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE-MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years 12-stor 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 Vas duty received. I can only sty 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 plogs. A very clever physician said to ne 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. WAISON."

this treatment does

"Sincerely yours, C. WAISON,"

MR. ROBERT LINN, Miller, with Mestrs. McLaughlin & Moore, Bay and E-planade-streets, Toronto, writes August as follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts me to write concerning DR. 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 hemotrhage of the kidneys, accompanied with piles of a painful character. The treatment expected like a chair 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 practiced by everybody, lowever slightlyout of h alth, 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 be ter advantage.

"Yours truly, ROBERT LINN, 168 Parliamen street."

The Microcosmus Ecito, containing Portsait of Dr. Hall, history of his most remarkable discovery, scores of the property of the property of the property of the stream to the source.

THE MICROCOSMIC ECRO, containing Portrait of Dr. Hall, history of his most remarkable discovery, letters from Ministers, Doctors, Editors and others attesting the marvels of this wonderful Revolution wil to any address by THE SIMPSON PUBLISHING CO., 60 ADELAIDE ST. EAST, TORONTO, CANADA

## WHEN a STRENGTH-GIVING FOOD is NEEDED



IT SUPPLIES

Every constituent of PRIME BEEF that STRENGTHENS and STIMULATES. The forms SI NEW and MUSCLE, and that gives SOLIDITY and SOUNDNESS to the CONSTITUTION. Johnston's Fluid Beel is the only meat preparation that can SUBSTANTIATE THIS CLAIM.