

TAKEN FROM THE DARK VALLEY.

LED OUT TO THE ENJOYMENT OF HEALTH.

Paine's Celery Compound Saves a Well-Known Norfolk County Farmer.

Completely Cured After Four of the Best Doctors Had Failed.

Few men in Norfolk County, Ontario, are better or more favorably known than Mr. Joseph Rolston, of Nixon. This gentleman, some time ago, was in such an extremely alarming condition of health, that relatives and friends were fearful of results. Four skilled physicians did all for the sick man that could be done, but a cure was beyond their best efforts. Providentially, Mr. Rolston was induced to give Paine's Celery Compound a trial, with the result that sickness and disease were banished, and a valuable life saved to the community. Mr. Rolston, who writes for the benefit of suffering men and women, has his statements vouched for by two well-known Methodist ministers, Rev. T. R. Clark, of Delhi, and Rev. D. Williams, of Nixon.

mony to the ever increasing popularity of your preparation known as Paine's Celery Compound. It is now a year past since I had a severe attack of nervous prostration caused by chronic dyspepsia, and for a year I could not sleep at night. This condition of sleeplessness brought on delirium. I was attended by four of the best doctors of the country, and took a great quantity of medicine, but all failed to do me any good. Having been persuaded to read your books I thought I would try your Paine's Celery Compound; and after I had used four bottles the nervousness and dyspepsia left me, and I have done more work since than for years past. I now enjoy excellent health and consider myself completely cured. I have highly recommended your Paine's Celery Compound to others, and I know of several persons who are now using it."

Mr. Rolston, says :-
"It gives me great pleasure to add my testi-

HEALTH AND HOUSEHOLD HINTS.

Put a little spermaceti, lard or kerosene in the boiled starch and borax in the cold, and your linen will be both stiff and glossy.

A pretty "slumber roll" is made out of cardinal and orange ribbons sewn in cluster stripes on a black silk foundation. It is simply a round roll gathered at each end and finished with pompons of the same ribbons.

A young housewife, wishing to have on hand a nice supply of green garnishes, fastened to the sill of a kitchen window having a southern exposure, two boxes in one of which was a luxuriant bed of parsley, while in the other flourished curled cress.

To cure white canker-sores in the mouth get a druggist's five cents' worth of gold thread and steep in warm water, and sweeten with honey or loaf sugar; wet the canker spots with a swab dipped in tea, every half-hour, and give a little of the tea.

Lemon Sauce.—One cup of sugar, half a cup of butter, one egg, one lemon, juice and grated rind, three tablespoonfuls of boiling water; put in a tin pail and thicken over steam.

Banana Fritters.—Make, rather stiff, the ordinary fritter batter. Slice the bananas half an inch thick. Dip each slice in the batter and fry in boiling lard, of which use plenty. Drain and serve with maple syrup.

White Layer Cake.—An excellent recipe for a very white layer cake is one cup of soft white sugar, one-half cup of sweet milk, two and one-half cups of sifted flour; two teaspoonfuls of baking powder, one half a cup of butter, the stiffly beaten whites of three eggs.

Golden Filling.—Place one cupful of milk in a double boiler, sweeten to taste and add a teaspoonful of corn starch, dissolved in a little milk. When well scalded add the beaten yolks of three eggs and stir until thick allowing it to cool before flavoring or placing between the cakes.

Digestive Biscuits.—Rub two ounces of butter into one-half pound of whole meal, having previously mixed into the meal two teaspoonfuls of baking powder, together with two ounces of sugar. Beat up one egg and add to the meal, and mix in as much milk as may be required to make all into a stiff paste. Roll out this paste to any thickness that may be liked, cut into round biscuits, prick the top of them with a fork, and bake till ready in a moderate oven.

Lemon Butter.—This is a very rich lemon filling, and is made of one large cupful of sugar, the juice of two lemons, one tablespoonful of butter. Beat first the eggs, then stir all together, boil till like jelly, and use when rather cool. A plainer lemon filling is made thus: Take the juice and grated rind if you like, of one large lemon, and add a cup of sugar and let it heat to boiling. Previously have a tablespoonful of butter and one-half of a tablespoonful of flour worked smoothly together, pour the boiling sugar and water over, and let the whole thicken.

Lady Cake.—This depends entirely upon stirring for its lightness, and an hour is not too much time to spend in compounding the delicate cake that keeps fresh a long time. Take one-half pound of butter, three-quarters of a pound of pulverized sugar, three-quarters of a pound of sifted flour, the whites of nine eggs, one spoonful of almond extract. In one bowl stir the slightly warmed and softened butter with the flour until it is like cream. Then in another bowl beat the whites of the eggs stiff and add the sugar gradually. Then combine the two mixtures and stir until you can stir no longer. Bake in a deep square pan and put almond icing on top, marking the slices with a wet knife, as the confectioners do, before the icing "sets."



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