There are some patent medicines that are more marvellows than a dozen doctors' prescriptions, but they're not those that profess to cure coerything.

Everybody, now and then, feels "run down," "played out." They've the will, but no power to generate vitality. They're not sick enough to call a doctor, but just too sick to be well. That's where the right kind of a patent medicine comes in, and does for a dollar what the doctor wouldn't do for less than five or ten.
We put in our claim for Dr. Pierce's Golden Medical Discovery.
We claim it to be an unequaled remedy to purify the blood and invigorate the liver. We claim it to be lasting in its effects, creating an appetite, purifying the blood, and preventing Bilious, Typhoid and Malarial fevers if taken in time. The time to take it is when you first feel the signs of weariness and avcakness. The time to take it, on general principles, is NOW.

Hickory -Nut Macaroons. -Make frost ing as for cake and stir in enough pounded hickory-nut meat, with mixed ground spice to taste, to make convenient to handle. Flour the hands and form the mixture into little fanciful shapes. Place on buttered tins allowing room for the cakes to spread, and bake in a quick oven.

Clove Cake -One cup of butter, one cup of sugar, two and a-half cups of flour, two eggs, one-half cup of milk, one cup of raisins, one teaspoon each of cloves, cinnamon and nutmeg. One teaspoon of soda, one-half cup of molassess.
Sponge Cake-One and one-quarter cups of flour, one cup of sugar, three eggs beaten very light, one teaspoonful of baking powder, four tablespoonfuls of boiling water ; flavour to taste, add water last and pour in carefully, stirring constantly, bake moderately.
Scalloped Oysters.-Sprinkle a buttered dish with bread or cracker crumbs, then put in a layer of oysters, lay on bits of butter, sprinkle over a little pepper and salt, and so on until the dish is fu!! leaving the crumbs on top; moisten with the liquor from the oysters. Bake half-an-hour in a quick oven.
Steamboat Pudding.-Butter well the mould, sprinkle a handful of sugar in the bottom, lightly butter some thin slices of bread, put first a layer of bread, then raisins and sugar until the mould is filled; over all a custard of one quart of flour and three eggs ; flavour if you choose; steam: one hour and serve with sauce.
Pickled Oysters.-Rinse the oysters in their liquor, strain it upon them and let them come to a boil ; then take them out of the liquor to cool. Prepare pure cider vinegar by boiling it with peppers, a little salt, mace, cloves and nutmeg, and when perfectly cold pour it over the oysters and keep them in a covered stone jar.

## AN IMPORTANT SUBJECT.

The subject of health. Good health depends upon good food. It is not what we eat that
nourishes the body, hut what we digest. To study what we eat and why we eat is important. It was by eating the wrong fog that the curse came upon mankind at first. S Housands are miserable with indige fig hand dyspepsia Some eat the same fib d food in hot weather that they do in cold cather and consequently they suffer and are east oof 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.


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