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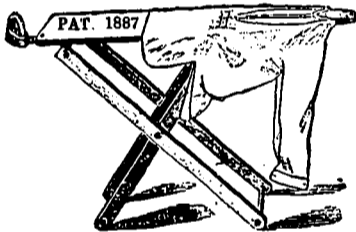
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Mrs. Connell, Lambton, Ont., Catarrhal Bronchitis 2 years, relieved in one treatment—cured in one month.
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Receipts for the Table.

CIRCLE CAKE.—One egg, one cup of sugar, two cups of flour, one-third cup of butter, one-half cup of sweet milk, one teaspoonful cream of tartar and one half teaspoonful of soda; flavor with lemon.

PANINIKINS.—Warm minced meat of poultry in a cream sauce, and pile in the centre of a platter. Break each egg in a hot, buttered cup, and bake until the egg is firm; turn them out, and arrange around the meat.

BUCKWHEAT MEATS.—Dissolve one teaspoonful of soda (not heaping) in two cups or one pint of buttermilk; add a tablespoonful of molasses and a little salt, and stir in one cup of sifted flour and one and a half cups of buckwheat. Bake in gem pans or muffin rings.

ESCALLOPED CLAMS.—Chop clams very fine. Season with pepper and salt, also a dash of curry powder if you like it. Have ready bread or cracker crumbs, moistened with a little milk. Put layers of these and clams in a deep buttered dish. Bake in a moderate oven for about one hour (covered the first half-hour).

CREAM OMELET.—Three eggs, slightly beaten, three tablespoonfuls of milk or cream, salt and pepper to taste. Beat and butter a pan, and when almost brown pour in the eggs; lift from the centre occasionally until the whole is soft and creamy. Brown slightly and serve hot.

PLAIN GRAHAM BREAD.—Take two cupfuls "sponge," two tablespoonfuls brown sugar, one tablespoonful salt and graham flour to make a soft dough. Mix together. Beat hard, and set to rise, proceeding as with white bread. Immediately before putting it in the oven, wash over the top of each loaf with water. Bake in a moderate oven about an hour. Make three loaves.

DRIED APPLE DUMPLINGS.—One pint of dried apples, cut, one-half pint of sweet milk, two teaspoonfuls of baking powder and one tablespoonful of butter or lard. Use flour sufficient to make into small biscuits, and drop into boiling water and boil quickly till the apples are done. Cut the apples into small bits with scissors, and soak in warm water before making. Eat with cream sauce flavored with nutmeg.



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