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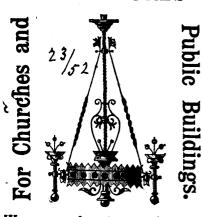
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This medicine being in liquid form, the dose can be
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I have great pleasure to state that I have used Campbell's Cathartic Compounds with great success. It is a very recommendable preparation.

Yours truly, W. T. FOURNIER, M.D.C.M.

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SALTED ALMONDS.—Shell, blanch and spread them out on a bright tin pie dish, add a piece of butter the size of a hickory nut, and stand them in a moderate oven until a golden brown. Take them from the oven, stir them around, dredge them quickly with salt and turn out to cool.

BREF SALAD.—Take a pound of boiled from the crisp leaves from two heads of lettuce, cleanse and put them in a salad-bowl; add the beef. To this add a tablespoonful of finely-channed Spanish penner; pour over finely-chopped Spanish pepper; pour over the hole a plain dressing and mix lightly before serving.

"A WONDER of Medical Science" well be appli d to Dr. WISTAR'S BALSAM OF WILD CHERRY. It is nearly half a century since this remarkable remedy was introduced to the public, and yet the immediate and enviable reputation which it gained by its wonderful cures of coughs, influenza, consumption and all bronchial complaints, is to this day fully sustained. to this day fully sustained.

LEG OF BEEF BROTH.—Take a leg of beef, break the bone in several places, place it in a pan with a gallon of water, remove the scum as it rises, and add three blades of mace, a crust of bread and a small pinch of parsley; boil till the beef is tender; toast some bread, cut it in diamonds, lay it in the bottom of the tureen, but the meat on it, and bottom of the tureen, put the meat on it, and pour the broth over all.

STEWED COD.—Cut some of the finest pieces from the thickest part of the fish, place them in a stewpan with a lump of butter the size of a walnut, or larger, three or four blades of mace, bread crumbs, pepper, salt, a small bunch of sweet herbs and some oysters, with a little of their own liquor. When nearly done add a large wine-glass of sherry and stew gently till enough.

BEEF A LA MODE.—Take about four or five pounds of the round of beef or rolled tibs, put it into a saucepan with a sliced onion, a little whole allspice, three or four bay-leaves, pepper, salt and sufficient vinegar di uted with water to cover it; stew ently for from three to four hours, according to the weight of the meat. This dish is excellent cold. Rumpsteek may be sterred excellent cold. Rump-steak may be stewed in the same way.

CHICKEN CROQUETTES. -One can CHICKEN CROQUETTES. —One can of boned chicken, one cup of mashed potatoes one half cup of drawn butter. Chop the chicken very fine and season with salt and pepper. Beat two eggs very light, an when the drawn butter is boiling hot pour it upon the eggs; then stir in the chicken, and set the mixture away to cool. Make into shapes, not too thick; brush them over with egg; roll in fine cracker crumbs and fry in a wire basket in hot fat.

ROAST SPRING LAMB WITH MINT SAUCE.—Select a hind quarter and roast in a moderate oven until thoroughly cooked. a moderate oven until thoroughly cooked. All young meat, such as veal and lamb, requires very thorough cooking. Serve with mint sauce, made as follows: Remove the leaves from the stalks of a whole bunch of mint. Cut in fine bits and place in the sauce-bowl. Bruise with three teaspoonfuls of sugar. Pour over the whole half a pint of vinegar, which if very strong should be diluted.

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are those who court fortune—those who a are those who court fortune—those who are always looking out for and investigating the opportunities that are offered. Send your address to Hallett & Co., Portland, Maine, and they will mail you free, full particulars about work that you can do while living at home, wherever you are located, and earn from \$5 to \$25 per day and upward. Capital not required. You are started free. Both sexes. All ages. Some have earned over \$50 and upward in a single day. All is new.

PARISIENNE POTATOES.—Pare the potatoes and throw them into the cold water for one hour. Then cut them, either with a vegetable spoon, or in slices or blocks. Have ready a pan of very hot lard; dry the potatoes on a towel. This must be done quickly, so as not to allow the potatoes to discolour. Now drop them quickly into the hot lard. When done, take them out with a skimmer and put in a colander. Stand the colander on a tin plate, and then in the oven, with the door open, to keep warm while you fry the remainder. When all are done sprinkle with salt and serve hot.

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SYMPTOMS OF CATARRIM.—Dull heavy headache, obstruction of the nasal passages, discharges falling from the head into the throat, sometimes profuse, muoous, and acrid, at others, thick, tenacious, muoous, purulent, bloody and putrid; the eyes are weak, watery, and inflamed; there is ringing weak, watery, and inflamed; there is ringing to in the ears, deafness, hacking or coughing to clear the throat, expectoration of offensive clear the throat, expectoration of offensive matter, together with scale from ulcers; the voice is changed and has a nasal twang; imbreath is offensive; smell and taste are with mental depression, a hacking cough and superal debility. Only a few of the above-name symptoms are likely to be present in any one case. Thousands of cases annually, without case. Thousands of cases annually, without case. Thousands of cases annually, without case is so common, more deceptive and No disease is so common, more deceptive and angerous, or less understood by physicians. By its mild, soothing, and healing properties. Dr. Sage's Catarrh, femedy cures the work cases of Catarrh, "cold in the land." Coryza, and Catarrha Headache.

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hardly breathe, and was constantly hawking
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could not breathe through the nostrils. I
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it to be the only sure remedy for catarrh now
manufactured, and one has only to give it a
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Three Bottles Cure Catarrh

ELI ROBBINS, Runyan P. O., Columbia Co. Pa., says: "My daughter had catarrh when she was five years old, very badly. I saw Dr. Sage's Catarrh Remedy advertised, and protoured a bottle for her, and soon saw that it helped her; a third bottle effected a permanent cure. She is now eighteen years did and sound and hearty."