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Ephraim Taliman, of Merrickville, Was a Very Sick Man-He Tried a Great Many Remedies, But Only Got Temporary Relief-South American Nervine, on Recommendation of Mr. E. Errett, Lumber Merchant, Was Tried, and Disease Was in a Short Time Banished.



EDICINES for the ick are not wanting. They are about as plentiful as mosquitoes in Muskoka, and some-times just as useless and annoying. But there is a serious side to the matter. Why should those who are broken down in health, weak and wearled, and nigh unto death often, have their condition

aggravated by remedies that do them no good. Sometimes, as Mr. Ephraim Tallman, who is a retired farmer, highly respected in the community, and now living in Mersickville, has said, temporary relief is secured. But the reaction that comes from disappointment is apt to set the patient back turther then be was before further than be was before.

The scature of Sou h American Nervine is its permanent healing powers. It is a medicine which strikes at the root of disease, curing the at the nerve centre cured, disease cannot exist.

cured, disease cannot exist.

Mr. Tallman found this to be the case. He says: "Two years ago this fall I had an attack of La Grippe, and I have never been well since. My bowels, I may say, became perfectly domant, and I tried a great many medicines, and got just temporary relief. But it was very temporary. Mr. E. Eriett, lumber merchant, of this town, advised me to try South American Nervine, and I must, and can, truthfully say that I have received more benefit from it than from all the other remediated have even taken. I can honestly recomdies I have ever taken. I can honestly recommend it, as I consider it an excellent remedy. I know nothing better. I am a much better man since taking this remedy than for a number of years, and I give this testimony freely of my own accord, wishing South American Nervine the success it deserves."

HEALTH AND HOUSEHOLD HINTS.

Cornoread.-One and one-half pints of white comment, one tablespoonful of sifted flour, a little salt, and three heaping teaspoonfuls of baking powder, mixed thoroughly together while dry. Add one table-spoonful of fresh butter and sufficient sweet milk to make a soft dough. Bake immediately in a buttered pan.

Hollandalse Sauce.—Beat balf a cupful of butter to a cream, add the yolks of three eggs one by one, juice of balf a lemon, balf a teaspoonful of salt and a dash of cavenue. Put this in a double boiler and beat with an egg beater until the sauce begins to thicken, then add gradually half a cupful of boiling water, beating constantly; when it is like soft custard, serve.

Chicken Blanquette.—Mix one table-spoonful of butter with a tablespoonful of flour, rub until smooth, then add two cupfuls of cold boiled chicken cut in pieces an inch square, season with salt and pepper, a dash of cayenne and one teaspoonful of chopped parsley; now add one cupful of cream, cook ten minutes, then stir in the yolks of two eggs well beaten; serve at once, with a border of rice, macaroni or mashed potatoes.

Italian Soup without Meat. - Put a tablespoonful of drippings and one-quarter of a pound of salt pork chopped fine into a kettle, when hot add half a small cabbage, one carrot, some small pieces of celery and half a cupful each of string beans and green pens it you have them; now add half a can of tomatoes and about a cupful of any meat or poultry gravy you may have, and sufficient water to make about three pints of soup. Boil gently one hour, then add one potato cut into small pieces and half a cupful of rice. Cook half an hour, season with salt and pepper and serve.

Tripe Stewed with Celery.—Cut one pound of tripe into strips two and a half inches long, and half an inch wide. Cut one small onion into very thin slices and put in a saucepan with one tablespoonful of beef drippings, cook but do not brown; when orippings, cook but do not brown; when onions are soft add the tripe, boil ten minutes, then add one cupful of strained tomatoes, salt and pepper; boil quickly for ten minutes, then simmer gently half an hour. Now add a few pleces of celery cut about an inch long, boil gently another half hour; serve in hot dish with grated cheese sprinkled over the ton if you like. ed over the top if you like.

Salmon Timbales .- Put half a cupful of cream or milk into a saucepan with two tablespoonfuls of fine bread crumbs, add salt, cayenne, one tablespoonful of lemon juice, one teaspoonful of chopped parsley and a few drops of onion juice; when hot add one and one-half cupfuls of cold boiled salmon or canned salmon, mashed very fine when bolling add the beaten, yolks of three eggs; take from the fire and stir in carefully the whites of the eggs well beaten, fill greased timbale cups two-thirds full, set the cups in a pan of hot water and bake twenty minutes. Turn out on hot plates and serve at once with Hollandaise sauce.

Guides in Choosing Meats.—Beef when young has a fine open grain and a good red color, and the fat should be white, for when more or less yellow the meat is seldom of the best. Beef, of which the fat is hard and skinny and the lean meat a deep red with coarse fibers, is of an inferior quality, and when the meat is old it can be told by a line of borny texture running through the meat ribs. Mutton must be chosen by the firmness and fineness of the grain, its color, and the firm white fat. Lamb that was killed too long can be discovered by examination of the veins in the neck. These are bluish when the meat is fresh, but green when it is stale. In the hindquarter, the point to examine is the knowledge which is not ferror amine is the knuckle, which is not firm when the meat is not perfectly fresh. Venison, when young, will have clear and bright fat which should be of considerable thickness. Patridges bave yellow legs and darkcolored bills when young. Quail are greatly improved by wrapping them in very fat larding bacon before cooking.

HINTS FOR THE TABLE.

Rapid cating is slow suicide. Plenty of time should be taken. Fish and oysters are easily digested. An hour or two of rest should be taken

after the meal. Mere gratification of the appetite is very likely to shorten life.

Dinner should be of a lighter nature in summer than in winter.

A quart of wheat contains more nutri-ment than a bushel of cucumbers. There is a happy mean between eating everything and being squeamish.



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