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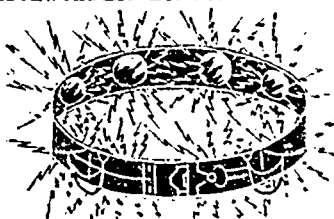
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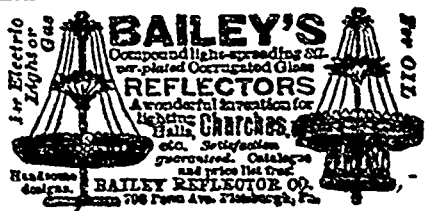
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or Yellow Spots, Nervous and General Debility, etc., etc.

HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE—MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years Pastor of the Central Methodist Church, Bloor-street,
Toronto, but now of Victoria, B.C., writes under date of Aug. 5th inst. as follows: "Dear MR. SIMPSON—Yours of the
20th July was duly received. I can only say with respect to Dr. A. WILFORD HALL'S Hygienic treatment that I regard
it as a wonderful discovery, and if perseveringly used it cannot fail to be of great service. I would advise any one to get the
pamphlet, begin the use of the treatment and throw medicine to the dogs. A very clever physician said to me the other day,
"Let medicine alone and get rid of the waste materials and the organs will perform their functions." This is precisely what
this treatment does.

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Bay and Esplanade-streets, Toronto, writes August
13 as follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts me to write concerning DR.
HALL'S 'Health Pamphlet' purchased of you some time ago. The treatment unfolded therein, is to my mind, the greatest
health discovery of the present century. It certainly has proved a great boon to me in a recent and severe attack of inflam-
mation and hemorrhage of the kidneys, accompanied with piles of a painful character. The treatment acted like a charm in
allaying the inflammation, stopping the issue of blood and causing the piles to disappear almost immediately. The rapidity
with which the inflammation was arrested and healthy action restored was simply wonderful. I do not believe that any
system of drug treatment in a case so critical could possibly have accomplished a cure so safely, effectively and rapidly. The
treatment has also cured me of a very distressing headache, periodical in character and threatening to become obstinately
chronic. The unique home treatment is simply of priceless value, and should be known and practised by everybody, however
slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering,
and save most people many times its cost every year. I never invested \$4 to better advantage.

"Yours truly, ROBERT LINN, 168 Parliament street."

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letters from Ministers, Doctors, Editors and others, attesting the marvels of this wonderful Revolution will be sent FREE
to any address by THE SIMPSON PUBLISHING CO., 60 ADELAIDE ST. EAST, TORONTO, CANADA.

HOUSEHOLD HINTS.

FREMONT CAKE.—1 cup of sugar, one
half cup of butter, two eggs, two cups of flour,
two-thirds of a cup of sweet milk, two tea-
spoonfuls of baking powder. Flavour to
taste.

COTTAGE PUDDING.—Three tablespoonfuls
of melted butter mixed with one cup of sugar,
one egg beaten, one pint of flour, three tea-
spoonfuls of baking powder, one cup of sweet
milk; beat well and bake half-an-hour; serve
with liquid sauce.

ROAST LAMB.—Rub a nice leg of lamb
with salt and pepper, lay in a baking pan
with a little water and a few slices of onion;
when done, in about two hours' steady cook-
ing, take the meat out and thicken the drip-
pings (after taking off the most of the grease,
with flour, to be used as a sauce.

EXCELLENT GINGERSNAPS.—Bring to a
boil one cup of molasses and stir in one
tablespoonful of soda, and while foaming pour
it over one cup of brown sugar; beat one egg
and one tablespoonful of vinegar together and
stir in with one tablespoonful of ginger and
flour enough to roll; bake carefully.

TEA BISCUIT.—One quart of flour before
sifting and three heaping teaspoonfuls of bak-
ing powder, sift them together well; wet
with nice rich milk until a soft dough, knead
as little as you can, roll out less than half inch
and spread with one tablespoonful of butter
and two of sugar beaten together before mak-
ing the dough; roll up and slice off the end;
lay on tins and bake quick.

SMOTHERED CHICKEN.—Dress and cut the
chicken as you would do to stew, lay in a bak-
ing pan; lay tiny slices of butter, a little salt
and pepper on it, and add a little water, cover
light and bake slow; when tender remove
the cover and thicken the gravy with flour or
cornstarch; it can stand in the oven uncov-
ered until browned, if preferred. This rule
makes a large quantity; they are very nice
and keep well.

COOKIES.—Put one cup of sugar in a bowl,
beat one cup of butter with it until creamed,
add one cup of sweet milk, two eggs well
beaten; flavour to taste, in another dish stir
one cup of sugar and one of sour cream to-
gether, add one teaspoonful of soda; now
beat well, then add to the ingredients in first
dish and put in two cups of flour, in which
has been stirred two teaspoonfuls of baking
powder; use more flour to roll out, not knead-
ing any more than you are obliged to; have
them about a quarter of an inch thick, cut out
in squares, with a slash half the length; bake
quick.

ON-TONGUE DECORATED.—Have a fine
pickled tongue put in a stewpan, cover with
cold water and simmer gently from four to
five hours; if it is done, which may be ascer-
tained by sticking a skewer in it—if it enters
freely, then the tongue is cooked—take it out,
put in cold water, take off the skin, fasten on a
board with skewers in a good shape; when
cold, trim the fat and root, neatly glaze, and
ornament with butter; beat some butter to a
cream with a wooden spoon, then, by means
of a paper, folded as grocers fold to hold a
pound of sugar, squeeze the butter out in
lines and balls, forming a design. Garnish
with salad and squares of aspic jelly, and
place a nicely cut frill on the root.

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