

MUTTON BROTH.

Put 2 pounds of lean mutton, bones and all, into 1 quart cold water. Add a little salt and pepper and 2 tablespoonfuls of rice. Just before it boils skim carefully. Let it simmer until the meat falls to pieces. When cold skim off the fat. Heat and serve with toasted cracker.

BEEF JUICE.

Pound juicy beefsteak until tender, heat it through over the fire, and squeeze out the juice with a lemon squeezer. Season to taste.

EGG NOG.

Beat the white of an egg to a stiff froth, add the yolk and beat again. Bring milk to a boiling point and pour over the egg, then add sugar and flavor.

As VINOL combines two world-famed tonics, the healing, medicinal properties of cod liver oil and tonic iron, it is unexcelled as a strength-builder for old people, delicate children, weak and run-down persons, after sickness and for Chronic Coughs, Colds and Bronchitis.

DROPPED EGGS.

Break 2 eggs into boiling salted water; when the whites stiffen lift out carefully and serve hot, on toasted bread that has been well buttered.

COFFEE JELLY.

One-half box gelatine, $\frac{1}{2}$ cup cold water, 2 cups boiling water, 1 cup strong coffee, 1 cup sugar, 1 teaspoonful vanilla. Soak the gelatine in the cold water for $\frac{1}{2}$ of an hour, then pour over it the boiling water, add the sugar, coffee and vanilla. Strain through linen into a deep dish or mould. When cold, serve with sugar and cream.

OUR GUARANTEE.

After having sold drugs and all kinds of medicines for so many years, the public must give us credit for knowing something about their value. There is no one medicine that will cure everything. When we tell you, however, that we have never sold in our store a more valuable remedy than our cod liver preparation VINOL, and that if it fails to do what we say it will in this book, we will refund your money, it will show you our faith in VINOL.