

STEAMED BROWN BREAD.—Our cups of corn meal, two cups of rye or graham flour; one cup of molasses, 1 teaspoonful of baking soda; mix with water to a thick batter, pour into a kettle, cover tight, then set into a pot boiling water-cover and let boil four hours; when taken from the kettle put it in a grate oven for five minutes.

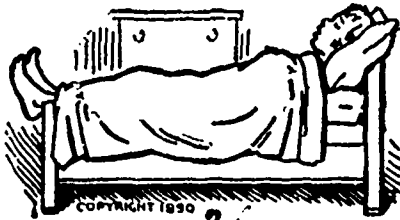
CRANBERRY JELLY.—A turkey would seem complete without an accompanying cranberry sauce, or better yet, jelly. Boil sound berries to a pulp just enough water to prevent them from burning, and then strain to remove the skins. Add an equal amount of granulated sugar and boil until by trying a little, you know it will jelly. Mould in whatever shape you prefer, either in one large dish or in small individual ones, remembering always to dip them in very cold water before using.

INNOCENT GOOSE.—An old English manuscript cook-book gives recipe for cooking this classical bird with the unpleasant odour beforehand which mars one's enjoyment of it. Pare the yellow rind from a lemon with a very sharp knife, without bruising it or letting the juice escape. Imbed this in the stuffing nearest the vent, and just before sending the bird to the table remove it. Its white, pithy skin will absorb all the gross particles that would otherwise have escaped through the house, and it will not impart the slightest flavour to the bird.

MINCE MEAT.—The "Household" says: One quart bowl of meat chopped, two and one-half quart bils of chopped apple, one pound of suet, a quart of raisins, one pound of currants, a half-pound of sliced citron, the grated rind of four lemons and the juice of one, one quart of brown sugar, one pint of molasses, one quart of meat liquor, one pint of grape juice (good without) two cupfuls of boiled cider, two tablespoonfuls of salt, one teaspoonful each of nutmeg, cloves, ginger and mace, and two tablespoonfuls of cinnamon; cook slowly four hours.

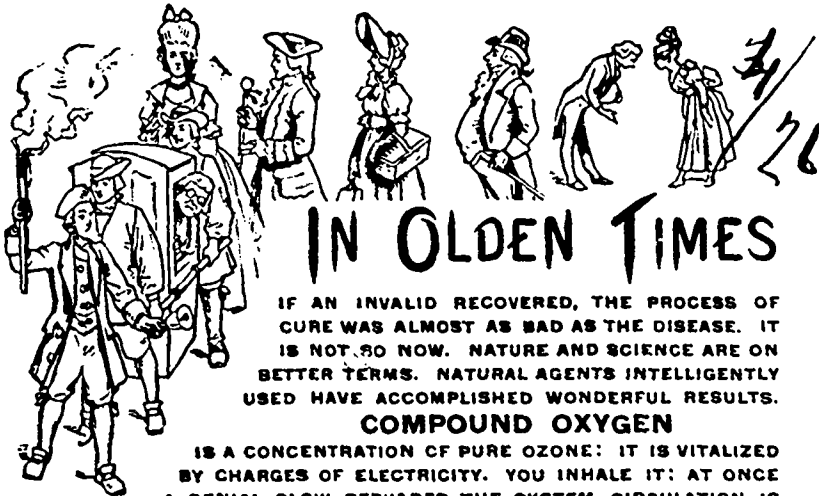
LEMON PIE.—Beat the yolks of two eggs and grate in the rind of a lemon; peel the lemon, throwing away the white part, chop

(picking out the seeds) and add with two-thirds of a cupful of white sugar, two teaspoonfuls of flour made smooth with milk and enough milk to fill the pie. Bake in a moderate oven. Beat the whites to a stiff froth and sweeten, then frost the top and let it stand in the oven to slightly brown.



3/5 2 Too long
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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 I 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 material and the organs will perform their functions.' This is precisely what this treatment does."
"Sincerely yours, C. WATSON."

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 inflammation 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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