

APPLE PIE.—Pare and core half a dozen tart apples, stew and mash; add a table-spoonful of butter, a teacupful of sugar, the beaten whites of three eggs and two teacupfuls of lemon extract. Line pie pans with rich crust, fill with the apples and bake.

PUMPKIN PIE.—One quart of stewed pumpkin pressed through a sieve, nine eggs, whites and yolks beaten separately; two quarts of milk, one teaspoonful of nutmeg, one of cinnamon and one of nutmeg, one and one-half cups of white sugar. Beat all well together, and bake in crust without cover.

LEMON PIE.—One teacupful of powdered sugar, one tablespoonful of butter, one egg, juice and grated rind of one lemon, one teacupful of boiling water, one tablespoonful of cornstarch, mixed in a little cold water; cream butter and sugar together, and pour the hot mixture over them. When cold add the lemon and beaten egg. Bake.

BEEF'S HEART.—Cut open to remove the ventricles or pipes, soak in water to free of blood, and parboil about ten minutes. Prepare a highly-seasoned stuffing and fill the heart, tying a string around to make firm. Put in the oven and roast until tender; add butter and flour to the gravy; serve hot, with jelly, or cold with slices of lemon.

CURRY POWDER.—Mix an ounce of ginger, one of mustard, one of pepper, three of coriander seed, the same quantity of tumeric, a quarter of an ounce of cayenne pepper, half an ounce of cardamoms, and the same of cummin seed and cinnamon. Pound the whole fine, sift and keep in a closely-corked bottle. This mixture will be found as warm and pungent as the curry which brought tears to the eyes of "Becky Sharp."

BEEF LOAF.—One and a-half pounds raw and lean beef chopped fine, quarter of a pound of pork, one egg, four pounded crackers, half cup of milk, one teaspoonful of salt, half teacupful of pepper, one tablespoonful of whole sage. Butter and flour the pan well. Put half a cup of water into the pan, and make a loaf; smooth the top, and place small pieces of butter on top. Bake two hours.

SWEET BREAD.—Parboil, let get cool, then cut in pieces about an inch thick, sprinkle salt, pepper and sage on them after dipping in yolk of egg and bread crumbs, and fry a light brown, making a gravy of flour and water, tomato catsup, and a little wine if liked.

It was Ben Johnson, we believe, who, when asked Mallock's question, "Is life worth living?" replied "That depends on the liver." And Ben Johnson doubtless saw the double point to the pun.

The liver active—quick—life rosy, everything bright, mountains of trouble melt like mountains of snow.

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The Queen's NATIONAL HISTORY COMPETITION.

To encourage a taste for the study of Canadian History, and to interest every intelligent girl and boy in the "Young Peoples' Department of our popular family magazine, the Publishers of THE QUEEN, offer valuable rewards to those making the best average each quarter in THE QUEEN'S National History School.

**THE REWARDS.**—The one making the best average in answering the following questions in Canadian History will be given one of THE QUEEN'S handsome purses, (Sir John) value \$125.00. The one making the second best average will be rewarded with a first-class Safety Bicycle or Tricycle, value \$75.00. The one making the third best average, will be rewarded with their choice of either a fine breech-loading English Shot Gun, or Elegant Silk Dress Pattern, value \$40.00. The one making the fourth best average, will be rewarded with a first-class Kodak Photo-graphy Camera, value \$30.00. Each of the next five making the best averages, will be rewarded with a Coin Silver watch of elegant design and first-class time-keeper value \$10.00. Each of the next fifty making the best averages, will be rewarded with either a girls or boys, A. I. Pocket Knife, containing four blades of the best Sheffield steel, value \$1.50 each. If more than one correct answer is received, the one bearing the earliest postmark will be awarded the leading prize, the others following in order of merit.

**THE QUESTIONS.**—The beautiful month of September. A deep, wide, rapid flowing river, whose bank on the North is high, steep, and rocky. Perched upon a point of this high bank, is a city surrounded by walls, and defended by a brave army under a brave general. Fleets of war-ships have for months held the river below and vainly sought to force the surrender of the city. One dark night soldiers from the ships scramble up the steep bank, and with their General, gain the plain above. The morning light reveals to the garrison of the city, its enemy ready for attack. A fierce battle ensues. The generals of both armies die from wounds received. The city is captured. 1. Give the names of the river, city and general. 2. What nations were represented by the two armies? 3. Which army formed the garrison of the city? 4. By what name is the fierce battle known? 5. In what year did these things happen? 6. What was the result of the capture of the city?

The answers to the above questions must be accompanied by \$1.00 for a year's subscription to THE QUEEN. The Young Peoples' Department of THE QUEEN, is devoted solely to entertaining and instructing the youth of Canada. The popularity of "Uncle Joe," who has charge of this Department is demonstrated by the fact that he receives daily, from sixty to one hundred letters and puzzles for publication from young people residing in all parts of the globe.

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The history of our Country should interest every loyal Canadian. If you are a little rusty on this subject, take down your old school history, study up and join THE QUEEN'S "National History School."

The distribution of rewards will be in the hands of disinterested persons, and decisions will be based on the correctness of the answers. Competitors can use their own language in wording their answers.

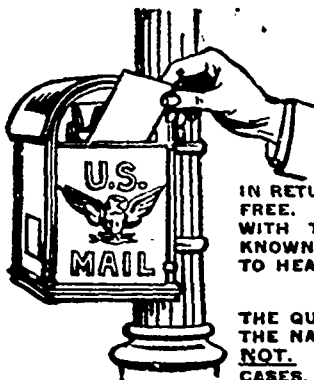
Answers may be sent in any time before April 10th, but as postmarks may count in awarding the leading prizes, it is better to send as early as possible. No correction can be made after your answers are mailed.

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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 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 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 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."

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