

THE PUREST AND BEST

REMEDY EVER MADE.—IT IS COMPOUNDED FROM HOPS, MALT, RUCHU, MAN-DRAGE, AND DANDELION.

The oldest, best, most renowned and valuable medicine in the world, and in addition it contains all the best and most effective curative properties of all other remedies, being the greatest liver regulator, blood purifier, and life and health restoring agent on earth.

It gives new life and vigour to the aged and infirm. To clergymen, lawyers, literary men, ladies, and all whom sedentary employments cause irregularities of the stomach, bowels, or kidneys, or who require an appetizer, tonic, and mild stimulant, it is invaluable, being highly nutritive, tonic and stimulating, without being intoxicating.

No matter what your feelings or symptoms are, or what the disease or ailment is, use Hop Bitters. Don't wait until you are sick, but if you only feel bad or miserable use the bitters at once. It may save your life. Hundreds have been saved by so doing, at a moderate cost. Ask your druggist, or physician. Do not suffer yourself or let your friends suffer, but use and urge them to use Hop Bitters.

If you have lameness in the loins, with frequent pains and aches; numbness of the thigh; scanty, painful and frequent discharge of urine, filled with pus, and which will turn red by standing; a voracious appetite and unquenchable thirst; harsh and dry skin; clammy tongue, often darkly furred; swollen and inflamed gums; dropsical swelling of the limbs; frequent attacks of hiccough; inability to void the urine, and great fatigue in attempting it—you are suffering from some form of Kidney or Urinary Complaint, such as BRIGHT'S DISEASE of the kidneys, stone or inflammation of the bladder, gravel and renal calculi, diabetes, stranguary stricture and retention of the urine, and Hop Bitters is the only remedy that will permanently cure you.

Remember, Hop Bitters is no vile, drugged drunken nostrum, but the purest and best medicine ever made, and no person or family should be without it.

Don't risk any of the highly lauded stuff with testimonials of great cures, but ask your neighbour, druggist, pastor or physicians what Hop Bitters has and can do for you, and test it.

Scientific and Useful.

CELERY VINEGAR is made by soaking one ounce of celery seed in a half-pint of vinegar (white wine or good cider vinegar). This is much used to flavour soups and gravies.

COMMON SODA is excellent for scouring tin, as it will not scratch the tin, and will make it look like new. Apply with a piece of moistened newspaper, polish with a dry piece. Wood ashes are a very good substitute.

OLD-FASHIONED JOHNNY-CAKE.—Pour boiling water on as much corn-meal as is needed to make a stiff mixture, and let it stand until morning, then stir in a beaten egg. Mix well, and bake on a hot griddle in oval-shaped cakes or tin rings. This is the way in which our grandmother made them.

PEACH BUTTER.—Pare ripe peaches and put them in a preserving kettle, with sufficient water to boil them soft; then sift through a colander, removing the stones. To each quart of peaches put one and one-half pounds of sugar, and boil very slowly one hour. Stir often, and do not let them burn. Put in stone or glass jars and keep in cool place.

TOMATOES STUFFED WITH CORN.—Set large, smooth tomatoes in a greased pudding dish, cut a slice from the top of each, scoop out the seeds, leaving the walls thickly lined with pulp. Have ready a cupful of corn grated from the cob and seasoned with butter, pepper and salt. Fill the tomatoes with this, put on the upper slices and pour a little gravy over all. Bake, covered, one hour in a moderate oven. Serve in the dish.

INDIAN PUDDING.—One quart of milk; one large cup of sifted yellow corn-meal; one large cup of sugar; eight medium sized sour apples; or half-cup of sugar; eight medium-sized sweet apples. Put two-thirds of the milk on the stove to boil. Grease an earthen pudding dish well, one that will hold about two quarts. Put the meal into it, then add the sugar and salt, mix thoroughly. Peel and core the apples, chop them fine with a chopping knife. When the milk has boiled pour it over the meal and sugar, and mix these together well. Now stir in the apples, and lastly add the remainder of the milk cold. Mix all the components thoroughly, and bake in a quick oven for one hour and a half.

INDIAN CORN BREAD.—One quart of sour milk; one teaspoonful of bicarbonate of soda, dissolved in a little warm water and stirred in the milk; two eggs; two tablespoonfuls of granulated sugar. Stir into the milk sifted cornmeal, of average fineness, until the mixture is about as thick as for griddle-cakes (about a pint of corn meal will be found sufficient in this case). Then pour the batter into tin biscuit pans which have been greased with a little good olive oil or sweet butter, and bake in a quick oven forty minutes. Have the mix ure in the pan about an inch thick. In baking it will rise to double this thickness. Corn bread can be made in the same way by substituting butter-milk for sour milk, and adding two tablespoonfuls of butter.

CORN-MEAL MUSH.—Have the water boiling and the meal ready. The quantity of meal required to make the mush of the right consistency can only be judged by experience, as some grades absorb more water than others. For a family of five persons a pint would probably be found sufficient. Sift the meal into the boiling water with the left hand while stirring the water with a spoon or pudding stick with the right, until meal enough is in. If the meal is fine the mixture should be made as thick as wanted when done. If coarse, it may be made thinner, and will require longer cooking. Cover closely, and set the pot where it will simmer or cook very slowly—for two hours at least; longer would improve it. Serve warm. What is not eaten can be sliced when cold, and browned on a griddle slightly oiled for a breakfast dish.

Asthma, Bronchitis, Catarrh, and consumption in its first stages are treated at the International Throat and Lung Institute, 173 Church street, Toronto, where the Spirometer is used, an instrument invented by Dr. M. Souville, of Paris, and ex-aid surgeon of the French army, which conveys the medicines in the form of cold inhalations to the parts diseased. Suitable constitutional treatment is used when required. Consultations and trial of the Spirometer free. Poor people bearing certificates furnished with the instrument free. When not convenient to visit the office, write, enclosing stamp, for pamphlet giving full particulars to International Throat and Lung Institute, 173 Church street, Toronto, or 13 Philips square, Montreal.



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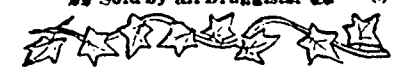
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THE MAYORALTY. 1883. 3/5

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