

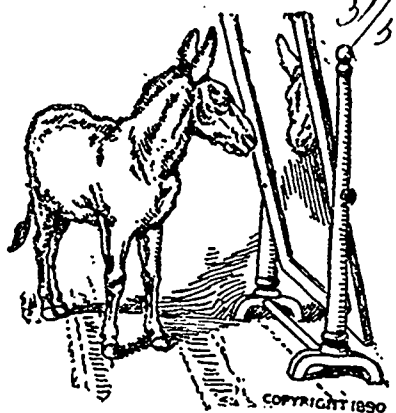
ROAST STEAK.—Take a pound and a-half of round steak, sprinkle it with salt and pepper; cut several slices of bread, and butter them, lay them on the steak and roll up the steak tightly and tie closely; put a little water in a baking pan and lay the meat in and baste often. Bake in a brisk oven an hour, making a gravy and serve hot.

In their season baked apples are "a dainty dish to set before a king," if one bake them in an earthen baking dish and not a tin one. Take round apples and core and peel them; fill the cavities with sugar and a small piece of butter. Put the apples into a hot oven, with very little water in the baking dish, and bake until a fork will pierce them easily. Eat with cream or milk after they are cold.

TO PREPARE FRUIT FOR CHILDREN.—A far more wholesome way than in pies or puddings is to put apples sliced, or currants, gooseberries and cherries, into a stone jar, and sprinkle among them as much sugar as necessary. Set the jar in an oven with a tea-cupful of water to prevent the fruit from burning, or put the jar in a saucepan of water until its contents are perfectly done. Slices of bread or some rice may be put into the jar to eat with the fruit.

SPICED CURRANTS.—To four pounds of currants picked from the stems take two pounds of sugar, one-half pint of vinegar, one teaspoonful each of all kinds of spices, and a small piece of ginger-root. Place the spices in a thin cheese-cloth bag. Put the vinegar and sugar on the fire; when it comes to a boil skim it and pour over the currants and cook gently for ten minutes. Put into a stone jar, and next day heat the syrup and pour boiling hot over the fruit. Do this for several consecutive days. The last day boil the syrup until it just covers the fruit.

SPINACH ON TOAST.—Pick to pieces and thoroughly cleanse four heads of spinach; throw the leaves into boiling salted water and cook until tender; drain and put into a chopping bowl with two hard-boiled eggs, seasoning of pepper, one tablespoonful of butter, two tablespoonfuls of cream or rich milk; chop these together and place in a saucepan over the fire for five minutes. Have ready hot buttered slices of toast; spread the spinach rapidly on them, sprinkle with lemon juice and serve very hot. The lemon may be omitted.



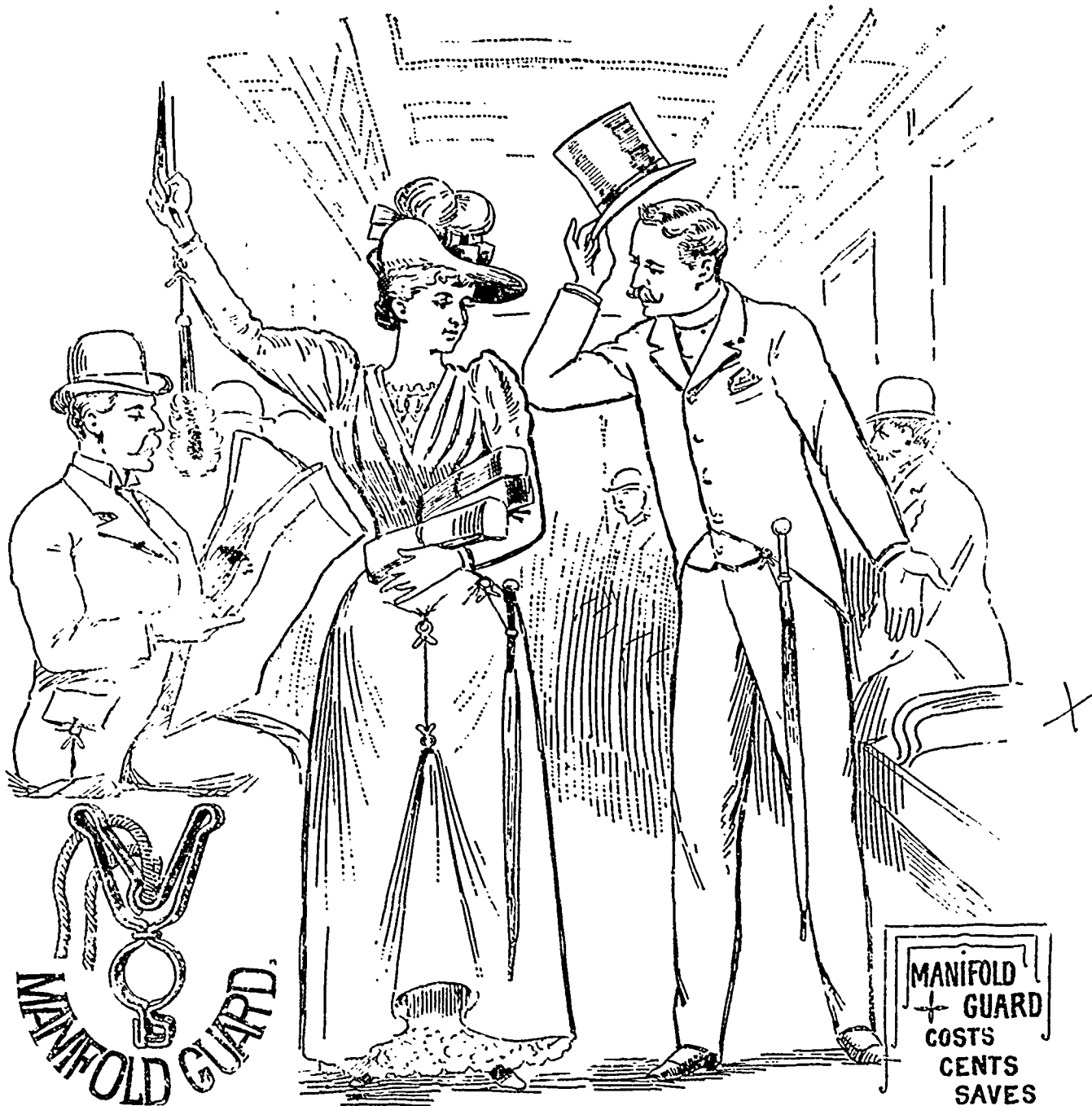
"WHAT AN ASS AM I!"

The ass thought himself as fine looking as his neighbor, the horse, until he, one day, saw himself in the looking-glass, when he said "What an ass am I!"

Are there not scores of people who cannot see themselves as others see them? They have bad blood, pimples, blotches, eruptions, and other kindred disfigurements. All these annoying things could be entirely eradicated, and the skin restored to "lily whiteness," if that world-famed remedy, Dr. Pierce's Golden Medical Discovery, were given a fair trial.

It cures all humors, from the ordinary blotch, pimple or eruption to the worst scrofula, or the most inveterate blood-taints, no matter what their nature, or whether they be inherited or acquired. The "Golden Medical Discovery" is the only blood-purifier guaranteed to do just what it is represented to, or money refunded.

WORLD'S DISPENSARY MEDICAL ASSOCIATION, PROPRIETORS, No. 633 Main Street, Buffalo, N. Y.

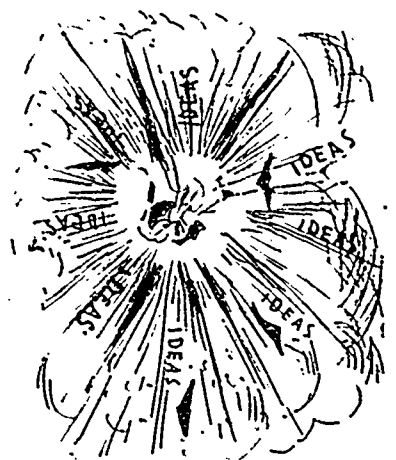


You will never lose Your Umbrella, Parasol, Fan or any small article by using this Guard. As a Dress supporter it has no equal and is a most desirable Companion.

Sent, postage paid, to any address on receipt of 10 cents in stamps, or \$1.00 per dozen

Oxford Novelty Co., - 5 Jordan St., Toronto.

EXPLODED!



It was a noiseless explosion, and came about gradually, but it exploded all the same. This is how it happened: Certain people got the idea (without having first proved its correctness) that because they couldn't buy as big an armful of "Sunlight" Soap for 25c. as they could of other soaps, that "Sunlight" was consequently dear.

This idea is now "exploded." It has been proved erroneous and misleading; and those who were once under that false impression now admit that there is in fact more real value, more pure Soap, and less water, more saving of labour, and less wear and injury to the clothes and hands, and more all-round satisfaction, in using "Sunlight" Soap than in using any other Soap in the market.



SUSTAINING, STRENGTH-GIVING, INVIGORATING.

JOHNSTON'S FLUID BEEF

IS A PERFECT FOOD FOR

INVALIDS AND CONVALESCENTS,

Supplying all the NUTRITIOUS PROPERTIES of PRIME BEEF in AN EASILY DIGESTED FORM.

DESICCATED WHEAT FOOD

Is a luxury in health; a necessity in sickness; the children's delight; a cure for impaired digestion and dyspepsia, besides being a complete general purpose food suitable for every day in the year.

DESICCATED ROLLED OATS

In ordinary cereal food there is 70 per cent. of starch, in this food the starch is mostly converted into dextrine, which renders it easy of digestion, and a boon to dyspeptics.

DESICCATED WHEAT FOOD

Is put up in neatly lithographed packages at a price within the reach of everybody. It gives force and strength to the system, and is recommended by the leading physicians.

Patented, manufactured and the trade supplied by

THE IRELAND NATIONAL FOOD Co., (Limited), TORONTO.

Ask your Grocer for it.

F. C. IRELAND, MANAGING DIRECTOR.