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If the oven is too hot when baking, place a dish of cold water in it.

SNOW FLAKE CAKE.—The beaten whites of five eggs, two-thirds of a tumbler of white sugar, two-thirds of a tumbler of flour, one teaspoonful of baking powder.

SPONGE CAKE.—Four eggs, the whites and yolks beaten separate, one and a half cups of white sugar, one and a half cups of flour, two teaspoonfuls of baking powder. Bake in a long bread tin.

A BAD BREAKDOWN.—It is a common thing nowadays to hear one complain of feeling all broken down with a faint, weary, restless languor, with strength and appetite nearly gone, and no well defined cause. This is general debility, which Burdock Blood Bitters promptly relieves, and most invariably cures.

WHEN your collars and cuffs come from the laundry as hard and stiff as a board don't break your studs and cuff-buttons in trying to put them on, but just dip your fingers in water and touch it to the button-holes, and see how easily they go on.

A DISINFECTANT.—A pan of sliced raw onions placed in a room where there is present a contagious disease, will absorb the poison and prevent the disease from spreading. The onions should be buried every morning and fresh ones cut up.

CREAM CANDY.—Put enough water over a pound of loaf sugar to cover it; boil slowly half an hour, then add a third of a teaspoonful of gum arabic dissolved, and a teaspoonful of vinegar; boil until it is brittle, take it off and flavour to suit. Pull until it is white, stretch it into strips and cut in lengths to suit.

POTATO PUFF.—Two cupfuls mashed potatoes, two tablespoonfuls melted butter beaten light, two eggs, whites and yolks beaten separately, added with six tablespoonfuls of cream or rich milk. Beat all together until light, turn into a buttered dish and bake in quick oven until light and brown.

JAMES PYLE'S PEARLINE for all uses in kitchen as well as the laundry in place of soap, is fast growing in favor. Be sure and take none of the dangerous imitations having the same outward appearance, or with similar sounding names. Nothing answers like Pearline.

FRENCH ROLLS.—Of light bread dough take as much as will make one loaf, work into this one egg, one tablespoonful of lard, two of white sugar, and set in a warm place to rise. When light, work down, and knead again. When very light and puffy, roll out, cut with a large biscuit cutter. When raised, bake twenty minutes in a hot oven.

FIG ROLY-POLY.—Put four ounces of bread crumbs and eight ounces of sliced figs into a basin, and pour over them half a pound of treacle made warm. When cool add to the mixture an egg, a little lemon juice and a pinch of mixed spice. Make the pudding in the ordinary way, using the fig mixture instead of jam. Boil from two to three hours, according to size. To be worth eating it must be well done.

STUFFED POTATO.—Bake potatoes of equal size; when done and still hot, cut off a small piece from the end of each potato; scoop out the inside. Mash and mix with it half the quantity of cooked meat highly seasoned and finely chopped. Fill the skin a little above the edge; set in the oven to brown the top. Or omit the meat, and fill only with the mashed and seasoned potato; replace the cover and heat again.

SWEET POTATO CROQUETTES.—Two cupfuls cold boiled and mashed sweet potatoes, three tablespoonfuls melted butter, a teaspoonful of lemon juice, one-fourth of a cup of cream or rich milk; salt, pepper, and a dust of nutmeg to taste; beat all together until light and smooth; shape into balls or ovals, dip into beaten egg and roll in bread crumbs. Fry in enough boiling fat to cover, drain when light brown and serve hot.

HAM TOAST.—Cut some cold boiled, lean ham into slices; season with the least speck of cayenne and dry mustard; make a cream dressing of a tablespoonful of butter put into a small frying-pan; when hot stir into it a tablespoonful of flour; stir until a smooth paste, when you add by degrees about two-thirds of a cupful of soup stock. Let it boil. Then add the ham and cook five minutes, stirring often. Spread on slices of buttered toast and serve hot.

**Scott's Emulsion of Pure
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Dr. ENOCH CALLOWAY, LaGrange, Ga., says: "I have used Scott's Emulsion with wonderful success in all Lung troubles, also find it has no equal in Summer Diarrhoea of children."

EXCITEMENT UNABATED.

PROOF THAT THAT PHYSICIAN'S TERRIBLE
CONFESSION IS TRUE.

Cleveland, O., Herald.

Yesterday and the day before we copied into our columns from the Rochester, N. Y., *Democrat and Chronicle*, a remarkable statement, made by J. B. Henion, M.D., a gentleman who is well known in this city. In that article Dr. Henion recounted a wonderful experience which befell him, and the next day we published from the same paper a second article, giving an account of the excitement in Rochester, and elsewhere, caused by Dr. Henion's statement. It is doubtful if any two articles were ever published which caused greater commotion both among professionals and laymen.

Since the publication of these two articles, having been besieged with letters of inquiry, we sent a communication to Dr. Henion and also to H. H. Warner & Co., asking if any additional proof could be given, and here it is.

GENTLEMEN: I owe my life and present health wholly to the power of Warner's Safe Cure, which snatched me from the very brink of the grave. It is not surprising that people should question the statement I made (which is true in every respect) for my recovery was as great a marvel to myself, as to my physicians and friends.

J. B. HENION, M.D.

ROCHESTER, N. Y., Jan. 21.

SIRS: The best proof we can give you that the statements made by Dr. Henion are entirely true, and would not have been published unless strictly so, is the following testimonial from the best citizens of Rochester, and a card published by Rev. Dr. Foote.

H. H. WARNER & Co.

To whom it may concern:

We are personally or by reputation acquainted with Dr. Henion, and we believe he would publish no statement not literally true. We are also personally or by reputation well acquainted with H. H. Warner & Co., proprietors of Warner's Safe Cure (by which Dr. Henion says he was cured), whose commercial and personal standing in this community are of the highest order, and we believe that they would not publish any statements which were not literally and strictly true in every particular.

C. R. Parsons (*Mayor of Rochester*).
Wm. Purcell (*Editor Union and Advertiser*).

W. D. Shuart (*ex-Surrogate Monroe County*).

Edward A. Frost (*ex-Clerk Monroe County*).

E. B. Feener (*ex-District Attorney, Monroe County*).

J. M. Davy (*ex-Member Congress, Rochester*).

John S. Morgan (*County Judge, Monroe County*).

Hiram Sibley (*Capitalist and Seedsman*).

John Van Voorhis (*ex-Member of Congress*).

To the Editor of the *Living Church, Chicago, Ill.*:

There was published in the Rochester (N. Y.) *Democrat and Chronicle* of the 31st of December, a statement made by J. B. Henion, M.D., narrating how he had been cured of Bright's disease of the kidneys, almost in its last stages, by the use of Warner's Safe Cure. I was referred to in that statement, as having recommended and urged Dr. Henion to try the remedy, which he did and was cured. The statement of Dr. Henion is true, so far as it concerns myself, and I believe it to be true in all other respects. He was a parishioner of mine and I visited him in his sickness. I urged him to take the medicine and would do the same again to any one who was troubled with a disease of the kidneys and liver.

ISRAEL FOOTE, (D.D.)
(Late) Rector of St. Paul's Episcopal Church.

Rochester, N. Y.

It seems impossible to doubt further in the face of such conclusive proof.

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DESTROY THE WORMS or they may destroy the children. Use Freeman's Worm Powders, they expel all kinds of worms.



WELLAND CANAL.

NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Lock Gate Timber," will be received at this Office until the arrival of the Eastern and Western Mails, on TUESDAY, the 9th day of FEBRUARY next, for the furnishing and delivering, on or before the 22nd day of June next, 1886, of Oak and Pine Timber, sawn to the dimensions required for increasing the height of the Lock Gates on the WELLAND CANAL.

The timber must be of the quality described and of the dimensions stated in a printed bill which will be supplied on application, personally or by letter, at this office, where forms of tender can also be obtained.

No payment will be made on the timber until it has been delivered at the place required on the Canal, nor until it has been examined and approved by an officer detailed to that service.

Contractors are requested to bear in mind that an accepted bank cheque for the sum of \$600 must accompany each tender, which shall be forfeited if the party tendering declines to enter into a contract for supplying the timber at the rates and on the terms stated in the offer submitted.

The cheque thus sent in will be returned to the respective parties whose tenders are not accepted.

This Department does not, however, bind itself to accept the lowest or any tender.

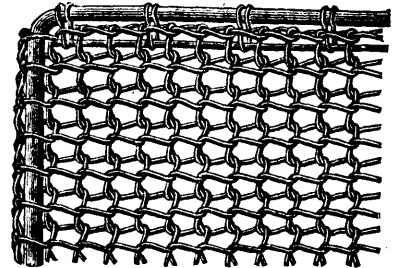
By order,

A. P. BRADLEY,
Secretary.

Department of Railways and Canals,
Ottawa, 22nd January, 1886.

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ASK YOUR GROCER FOR IT.

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A NEW TREATMENT.

Perhaps the most extraordinary success that has been achieved in modern medicine has been attained by the Dixon treatment for Catarrh. Out of 2,000 patients treated during the past six months, fully ninety per cent. have been cured of this stubborn malady. This is none the less startling when it is remembered that not five per cent. of the patients presenting themselves to the regular practitioner are benefited, while the patent medicines and other advertised cures never record a cure at all. Starting from the claim now generally believed by the most scientific men that the disease is due to the presence of living parasites in the tissues, Mr. Dixon at once adapted his cure to their extermination; this accomplished, the Catarrh is practically cured, and the permanency is unquestioned, as cures effected by him four years ago are cures still. No one else has attempted to cure Catarrh in this manner, and no other treatment has ever cured Catarrh. The application of the remedy is simple and can be done at home, and the present season of the year is the most favourable for a speedy and permanent cure, the majority of cases being cured at one treatment. Sufferers should correspond with MESSRS. A. H. DIXON & SON, 305 King Street, west, Toronto, Canada and enclose stamp for their treatise on Catarrh.—*Montreal Star*

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