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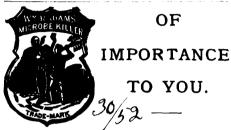
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Un severe cases where other remedies have failed.
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#### HOUSEHOLD HINTS.

CORN CAKE.—Three eggs, one-half cup of butter, one small cup of brown sugar, one teaspoonful of soda dissolved in one cup of milk two teaspoonfuls of cream tartar, one cup of Indian meal, two cups of flour mixed together.

WHITE CAKE.—The whites of six eggs, three cups of flour, two of sugar, half a cup of butter, three-fourths of a cup of sweet milk, a teaspoonful and a half of baking powder sifted with the flour; flavouring to taste. This is a nice cake and easily made.

No alum or ammonia in Cleveland's Super ior Baking Powder.

BREAD CAKE. - Into a pie of raised bread dough large enough for a loaf, work a piece of shortening the size of an egg, a cupful of sugar, a teaspoonful of ground cinnamon and cupful each of currants and raisins. Let it rise, which will take some time, and bake slowly till done. This is good cake for chil-

BIRD'S NEST PUDDING.—Have a wellbuttered pudding-dish half full of sliced or quartered tart apples. Sprinkle over the top some sugar and nutmeg or cinnamon. Make a batter with one egg, one cup of milk, two tablespoonfuls of melted butter and one and one-half cups of flour, with which has been sifted one and one-half teaspoonfuls of baking powder and a little salt. Pour this over the apples and bake in a moderate oven until the apples are cooked. Serve with cream or liquid sauce.

Snow Souffle.—Take half a small box of gelatine, dissolve it in a pint bowl half filled with cold water. When quite melted fill the bowl with boiling water and stand it on the back of the range: then add one cup of white sugar and the strained juice of two lemons. When all is dissolved and cooled, begin to beat in a large basin the whites of two eggs, and add as you do so one tablespoonful at a time of the gelatine mixture; continue this process slowly till all is mixed. A great deal depends on putting in the mixture by slow degrees and steady beating. It should be quite stiff and white like snow. Set in a mould on ice still stiff. This will make one quart of jelly.

THE leavening power of Cleveland's Super ior Baking Powder is unequalled.

Would you like to add a lot of new books to your Sabbath school library? Perhaps you say you would, but that there is no money available. This is no barrier to getting the books. Go to work and secure a list of names for THE CANADA PRESRY-TERIAN—the leading religious journal of the Dominion—and your library is at once replenished.

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### AN IMPORTANT SUBJECT.

The subject of health. Good health depends upon good food. It is not what we eat that nourishes the body, but what we digest. To study what we eat and why we eat is import ant. It was by eating the wrong food that the curse came upon mankind at first. Thousands are miserable with indigestion and dyspepsia from eating the wrong kind of food now. Some eat the same kind of food in hot weather that they do in cold weather, and consequently they suffer and are cast out of the paradise of health. It is always safe to eat Desiccated Wheat, but be sure you get the proper article with the name and trade mark of the Ireland National Food Co. (Ltd.) on the package.

