

CLEVELAND'S Superior Baking Powder—absolutely the best.

CRANBERRY PIES.—For pies with upper crusts the berries should be used whole and cooked in the pastry in the following proportion; four parts berries, three parts sugar, one part water.

TAPIOCA PUDDING.—Three heaping table-spoonfuls of pearl tapioca soaked in a cup of milk or water one hour. Then put one quart of milk in a double kettle, and add one-fourth teaspoonful of salt, stir in the tapioca and cook three-quarters of an hour, then stir in the yolks of four eggs, well beaten, and cook five or ten minutes longer. Pour out in a pudding-dish to cool. When cold, stir in a teaspoonful of vanilla. Before using, beat the whites of the four eggs stiff, then whip half a pint of cold sweet cream, add three tablespoonfuls of fine sugar, one-half teaspoonful of vanilla. Mix all together, and pour on top of the pudding. Serve cold. This makes enough for a family of ten.

WAYS TO COOK OYSTERS.—The following methods of cooking oysters will be found a pleasant variation upon the usual ways of preparing them: 1. Tripe and oysters is a favourite English dish. Cut some ready prepared tripe into small pieces and boil for one hour in milk and water; drain and mix with two-thirds its bulk of fricasseed oysters, cover with bread crumbs, dot with butter and brown quickly. 2. Have some large, well-cleaned oysters in their shells, lay them in a gridiron over the brightest of coals (your fire must be clear and bright) the round side down. As fast as they open transfer them to hot plates, and let each guest remove the upper shell for himself, dipping the choice morsel within into a savory condiment composed of melted butter, lemon juice, salt, and white and red pepper. Or you may place them round side down, in a baking-pan in a very hot oven. As soon as they open take them out of their shells and lay upon slices of toast which have been lightly dipped in boiling cream. Put a few drops of the above condiment on each oyster and garnish with cress and olives.

PIE CRUST MADE OF CREAM.—For one pie use a heaping cupful of flour, a little salt mixed in well, and thick sweet cream (which is very cold) enough to mix it with, stir with a knife instead of with your hand. Dyspeptics that cannot eat crust made of lard enjoy pie when the crust is made by this rule.



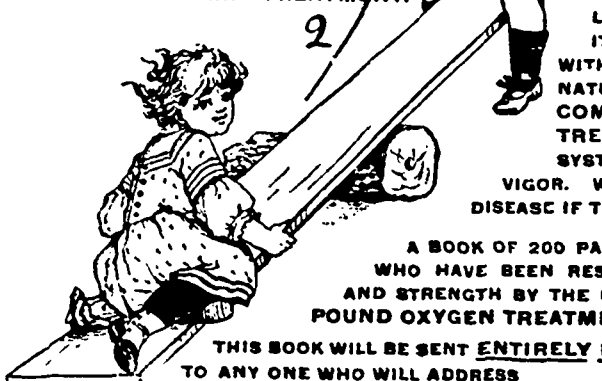
"A RACE WITH DEATH!"

Among the nameless heroes, none are more worthy of martyrdom than he who rode down the valley of the Conemaugh, warning the people ahead of the Johnstown flood. Mounted on a powerful horse, faster and faster went the rider, but the flood was swiftly gaining, until it caught the unlucky horseman and swept on, grinding, crushing, annihilating both weak and strong.

In the same way is disease lurking near, like unto the sword of Damocles, ready to fall, without warning, on its victim, who allows his system to become clogged up, and his blood poisoned, and thereby his health endangered. To eradicate these poisons from the system, no matter what their name or nature, and save yourself a spell of malarial, typhoid or bilious fever, or eruptions, swellings, tumors and kindred disfigurements, keep the liver and kidneys healthy and vigorous, by the use of Dr. Pierce's Golden Medical Discovery. It's the only blood-purifier sold on trial. Your money is returned if it doesn't do exactly as recommended. A concentrated vegetable extract. Sold by druggists, in large bottles, at \$1.00.

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THIS POWERFUL REMEDIAL AGENT IS CHARGED WITH ELECTRICITY. WHEN IT IS INHALED TO THE LUNGS IT SENDS A WARMING, REVITALIZING GLOW OVER THE SYSTEM. COLLAPSED AIR CELLS GRADUALLY OPEN TO RECEIVE IT, AND YOU BREATHE WITH BOTH LUNGS AS NATURE INTENDED. THE COMPOUND OXYGEN TREATMENT FILLS THE SYSTEM WITH ROBUST VIGOR. WHAT CHANCE HAS DISEASE IF THAT IS TRUE?

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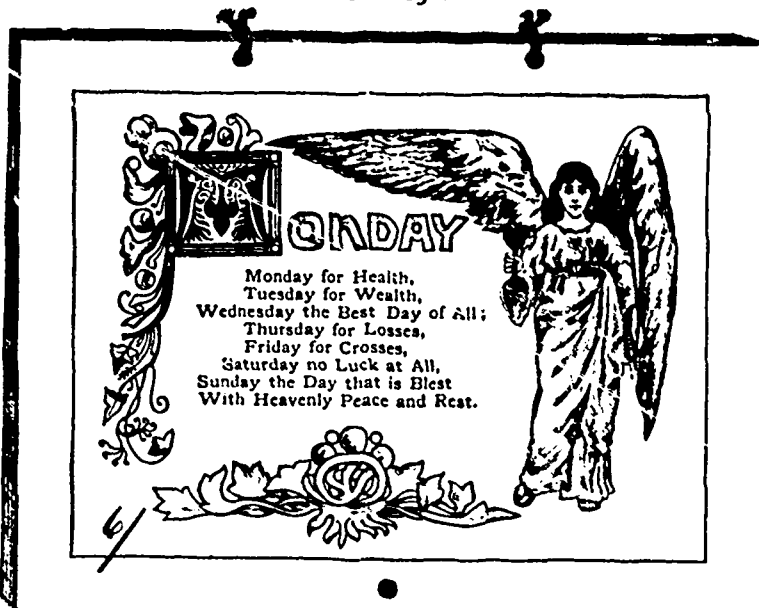
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HOME TESTIMONY:

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 fervently 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."

Yours truly, ROBERT LINN, 168 Parliament street.
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