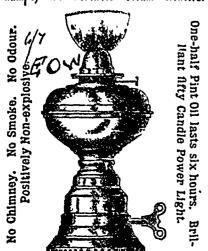
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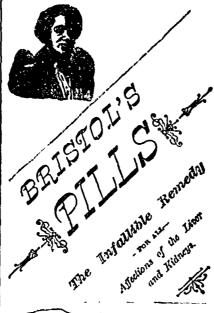
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at first.

TRN YEARS OF TORTURE.—Mrs. Thomas Acres, of Huntley, Ont., was for ten years a sufferer from liver complaint, which doctors' medicine did not relieve. After using four bottles of Burdock Blood Bitters shid was entirely cured, and states that she is like a new woman again.

Powers Park—Best together two tables.

POTATO PIE.—Beat together two table-spoonluls of sugar, one of flour and two eggs; add one cupful of mashed potatoes seasoned with salt and butter and milk enough to make two pies. Bake with one crust.

THE lowering temperatures and the short-In towering temperatures and the short-ening days warn us that winter is approach-ing. To prevent your oversleeping on cold, dark mornings, you should invest the small sum of \$1.35 on a reliable alarm clock at Barker & Co.'s, in the Y. M. C. A. building, or bring along your old one and have it re-paired by competent workmen.

MANCHESTER PUDDING. - Pare and core enough sour apples, not over acid, to fill a nappy: fill the cavity left by removing, the core with sugar, and sprinkle in a little cinnamon. Soak a cup of tapioce until a jelly, pour over the apples and bake until the fruit is soft. Serve with or without sauce.

is soft. Serve with or without sauce.

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Tongue Toast.—Mince fine coid tongue

TONGUE TOAST.—Mince fine cold tongue enough to fill a cup, add to this a cup of cream and the beaten yolk of an egg, and heat in a double boiler. Toast three slices of bread, butter them, and cover with the creamed tongue. Serve hot.

A CURE FOR DRUNKENNESS.—Opium, morphine, chloral, tobacco and kindred habits. The medicine may be given in tea or coffee without the knowledge of the person taking it, if so desired. Send 6 cents in stamps for book and testimonials from those who have been cured. Address M. V. Lubon, 47 Wellington Street East, Toronto,

BAKED OMELET.—While heating a cup and a half of milk, beat four eggs; stir smooth a spoonful of flour in a little cold milk, mix with eggs, then add the hot milk and a spoonful of butter containing the stirring; pour into a greased baking pan, and bake fitteen minutes.

CONSUMPTIVES should try Allen's Lung Balsam; it can be had of any druggist.

Sour FOR CHILDREN. -Pare the potasoor for Children.—Fare the polations, cut in thin slices, and cover with cold water an hour before boiling; cook until soft, then place the kettle on top of the stove, and stir the potatoes till mixed with the water; add a little salt and a cup of rich milk.

SIGNIFICANT FACT .- The worn out, waste and poisonous matter in the system should escape through the secretions of the Lowels, kidneys an i skin, or serious disease results. B B. B. opens these natural outlets to remove disease.

MOLASSES DROF CARES.—One cup of molasses, one-half cup of butter, one-half cup of water, three cups of flour, a teaspoonful of ginger and soda. Beat the ingredients thoroughly, and drop the mixture with a spoon upon a buttered tin. Bake in a hot over.

SAVE YOUR DOCTOR'S BILL.—When Dr. WISTAR'S BALSAM OF WILD CHERRY will CURE coughs, colds, bleeding at the lungs, and arrest the fell destroyer, consumption, it does more than most physicians can do. The use of a single bottle will satisfy the in credulous that they need look no further for the required aid.

HAM AND EGGS.—Use ham that has been cooked, mince fine and put into a frying pan, if very lean, with a little butter. Cook for a few minutes. Poach some eggs. Dish the ham on a platter and place—the eggs carefully over it.

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