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But now a word of proof to back up these assertions, and we have it from Mr. John Hawke, Coldwater, Ont., who writes "Dr. Fowler's Extract of Wild Strawberry is a wonderful cure for Diarrhoea, Cramps and pains in the stomach. I was a great sufferer until I gave it a trial, but now I have perfect comfort."

#### The Home

A Basket of Apples.

Apples are the chespest and healthiest fruit to be used in the home. They may not be so pleasing to the taste, but are far more indispensable than other products of the trees and vines. It is said that the French have four hundred different ways of cooking apples. This alone, from country noted for its fine cooks, should be enough to influence the housekeeper whose mind is often puzzled as to what to cook and how to cook it. The following are some recipes in which apples have a pro-minent part:

STUFFED APPLES.

Select six large apples, and take out the cores. Prepare a filling of grated bread crumbs, a small lump of butter, sugar to taste and a dash of cinnamon. Mash the mixture well together and stuff the hollow in the apples with it. Put them in a hot oven and let them bake untill well done.

APPLE OMELET.

To one cupful of stewed apples, that have been sweetened, add a lump of butter and some powdered bread crumbs To this add four well-beaten eggs. Fry in hot lard until a rich brown.

Put a cupful of sugar and one of water into a preserving kettle, adding the juice of one lemou. Boil five minutes, or until the scum rises, and remove it. Add six apples, pared, cored and quartered. Boil until nearly tender, and then bake in the oven. This is good either hot or cold.

FROSTED APPLES.

Select sound apples and put them on to simmer in water with a small piece of alum. Put them in cold water and when the skins will peel off with the fingers remove them and dip the apples in melted butter. Then sprinkle with granulated sugar and bake in a slow oven. This will make a sparkling dish for dessert.

APPLE SHORTCAKE.

APPLE SHORTCAKE.

Pare, core and slice four fine, large apples. Drop them into boiling syrup and cook until soft, and then mash them well. Roll a sheet of plain pie crust in two thin layers. Lay one in the pan, lightly greased with butter, then lay on the second sheet, and bake in a hot oven. When done, separate the sheets and spread the apple sauce between the crust and also on top, and serve with cream.

NEW APPLE PIE.

Pare and quarter half a dozen tart apples; put them in a porcelain lined kettle with a cup of white sugar, a teaspoonful of cinnamon or nutmeg, and a lump of butter. Over it all spread a sheet of thin dough, and cover with a quart of boiling water. Cover and let stew for forty miputes.

OLD-FASHIONED APPLE PIE.

Pare, quarter and core tart apples. Fill the pan full, sweeten, and grate cinnamou or nutmeg over the whole. Cover wi'h an upper crust and bake.

APPLE TAPIOCA.

APPLE TAPICCA.

Fill a good sized pudding dish with thick slices of sour apples. Sprinkle over them a little sugar. Take one-half a cupful of tapioca, which has soaked six hours in two cupfuls of water, add a small quantity of salt, pour on a little boiling water, and cook for twenty minutes, stirring frequently. Pour over the apples. ring frequently. Pour over the apples, cover the dish and bake until done.

## Excellent Meat Cakes-

An excellent meat cake can also be An excellent meat cake can also be made. Chop up the meat that is to be used, and add to it a quarter of its weight of any kind of fresh meat, also finely chopped, and a few onions, previously slightly parboiled and sliced; put all this into a basin, and stir in three eggs, three tablespoon fuls of good brofh, two of red wine, some salt and pepper to taste, two or three boned sardines, some parsley or any kind of favorite herbs, and a handful of white breadcrumbs, soaked and squeezed free from moisture. Mix these ingredients thoroughly, put the mixture into a shaped mould, bake it for an hour, turn it out and serve with a thick brown sauce, with mushroons.

Or, again, try this. Take about half a soupplateful of chopped ham, a couple of sardines. a few pickled gherkins and a noinon, all cut small. Mix the yolks of three hard-boiled eggs, pressed through a sieve, with a little butter beaten to a cream. some oil, vipegar white wine, salt and favorite spices; stir this mixture in with the other chopped ingredients, mixing all thoroughly. Stand this aside to get cold; even put it on ice, if possible. Serve on dry toast, over which a layer of thick mayonnaise should be spread, or in the scooped whites of hard boiled eggs. made. Chop up the meat that is to be

A Tooth and Nail Brush Case

A great convenience which every traveller will appreciate is a case for the toothbrush and nail-brush.

brush and nail-brush.

This article is very simple to make, though it is hardly necessary to say that the sewing must be done with extreme care and neatness. Its materials are a strip of gray or 'art' linen sixteen and a half inches long and three and three-quarters of an inch wide, one end of which is rounded in a curve an inch and a half at the deepest part, and a piece of white rubber cloth fifteen inches long and three inches and a quarter wide, with sufficient tape or silk braid to bind the linen.

Bind the straight end of the linen strip

first, then fold it toward the pointed end. making a case seven and three-quarter inches deep, baste the sides together, and, commencing at the top of one side, stitch the braid around the entire case. Put a

commencing at the top of one side, attenthe braid around the entire case. Put a buttouhole in the pointed end and sew a button on the case beneath.

Fold the rubber cloth together, the rubber part outside. Stitch down both sides, making a very narrow seam, then turn so that the rubber portion is iuside, and make a row of stitching an inch and a quarter from one edge from top to bottom. Slip this inside the linen case. Initials may be embroidered on the flap, or the full name wrought in outline stitch along the length one-half the case, commencing at least three inches from the pointed end. It may also be decorated with a row of feather-stitching wrought before it is turned up and bound. Very utilitarian ones are made of the red and blue plaid glass-towelling, bound with red or blue braid, to match the cases for wash-cloths in the shape of an envelope made of the same materials. A fair profit can be made by selling at twenty-five cents each, and at a recent Eastern sale the demand far exceeded the supply.

Tomatoes with Mayonnaise.—Take six or eight medium-sized tomatoes and peel them with a sharp knife. Do not pour boiling water on them to remove the skins as that destroys their flavor. After peeling them put them in a glass dish and stand them in the refrigerator. Next make the mayonnaise. Put the yolk of a raw egg in a deep soup dish, and add half a teaspoonful of dry English mustard. With a box wood fork mix the mustard and yolk of egg to a cream, then take a pint bottle of fine olive oil, gradually pour the oil in drop by drop stirring it with the fork in the o'her hand briskly so it blenda perfectly. When the mixture becomen stiff add waxy, thin it with a few drops of vinegar; continue to stir it all the time. Now resume pouring or dropping the oil in; and again, if it gets too stiff, thin it with vinegar. Repeat this process till you have the desired quantity of mayonnaise. Be sure to have it quite thick. The yolk of an egg and the amount of mustard given will absorb a whole bottle of oil. Never put sait in a mayonnaise. When the dressing is done take the tomatoes from the refrigerator, pour it over the tomatoes; dress them round with a fringe of parsley or water cress and serve.

Hope Springs Eternal.—Podsniv (meeting elderly person)—By Jove! Is it possible? My old school teacher. By the way, do you remember that you said when I was in your class that I'd die on the gallows? Elderly Person—Well, you're not dead yet.—Philadelphia North American.

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