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Possess properties the most extraordinary in restoring health. They stimulate to healthy action the various organs, the natural conditions of which are so necessary for health, grapple with and neutralize the impurities, driving them completely out of the system. out of the system.

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Have long been acknowledged as the Best Cure for

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No Alkalies Other Chemicals are used in the preparation of W. BAKER & CO.'S BreakfastCocoa which is absolutely pure and soluble.

It has more than three times the strength of Cocoa mixed with Starch, Arrowroot or Sugar, and is far more ecomical, costing less than one cent a cup. is delicious, nourishing, and EASILY GESSED. DIGESTED.
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Manufactured from the Best Canada Grapes without the use of either artificial coloring or distilled spirits in any form.

After repeated chemical analyses of the Wines made y Robert Bradford of No. 555 Parliament St., Toronto, do not hesitate to pronounce them to be unsurpassed y any of the native Wines that have come under my

observation.

Analyses show them to contain liberal amounts of the othereal and saline elements, sugarand tannic acid etc., characteristic of true Wine and which modify materially the effects which would be produced by alcoholatione.

Retaining to a high degree the natural flavor of the graps, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

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HEALTH AND HOUSEHOLD HINTS.

Clothing should never be brushed in the house. Physicians distinctly assert that the dust of the street may and does contain the most dangerous germs of contagious diseases, and the greatest care should be exercised that the dust is not scattered through the house, to find its way into the lungs, and possibly to carry the seeds of disease. Garments should be either shaken from a window or carried into the yard and beaten and brushed on a

A physician maintains that it is not poverty of diet so much as monotony of diet that exercises an unhealthy influence on the poor. As a matter of fact, they eat "stronger" food than the rich, more bread, meat and simple vegetables, but their cooking is rude, and they eat the same things the whole year through. People who are well to do, or who are better cooks, get more variety with fewer things and always have something to tempt the appetite. Soup can be made to resemble greasy dishwater, or it can be made a really savory and nutritious thing, and there are a hundred different ways of serving potatoes. The phy-sician thinks that free cooking schools would be a first rate thing in the tenement districts. -Med. Journal.

Simple things are often of much benefit, and lemons and common table salt have much that is useful about them. Lemon juice and water without sugar will oftentimes relieve one of a sick headache in a short time, and a half gill of lemon juice three times a day in a little water is said to be good for rheumatism. Nothing is so acceptable to a feverish person as lemonade, and for a lough that refuses to be quieted I have tried the following preparation with success: Take the white of an egg beaten stiff; then add the juice of a lemon in which two or three lumps of sugar have been dissolved, and keeping it near at hand take a teaspoonful of it at a time until relieved. A very good way of preparing lemons when they are plenty is to put them in cold water, letting them boil until they are soft, then squeeze the juice from them, getting more than in any other way, and adding the sugar to taste, or to every half pint put one pound of loaf sugar, and bottle. Another comfortable use for lemon is to bind a thin slice upon a corn that is troublesome at night and repeat once or twice. It will greatly relieve the soreness. Then if the hands are stained from medicine, or any other cause, rubbing them with lemon after the juice is extracted will restore them .-Good Housekeeping.

FRITTERS.

Put a cup of milk over the fire with two tablespoonfuls of butter. When the mixture boils add half a cup of sifted flour and stir thoroughly. Then add a teaspoonful of salt, and when the batter has cooled a little add the yolks of four eggs, and finally the whites of two eggs. The batter should be stiff enough to roll out on a board. Cut it in fritters the size of an English walnut and fry. They rise to an immense size, as they are merely shells.

FRUIT FRITTERS.

Mix the yolks of two eggs with a tablespoonful of sweet oil, an even saltspoonful of salt and a tablespoonful of lemon juice. After mixing these ingredients add a cup of flour, and little by little a gill of cold water. The batter may now be set aside or the whites of two eggs beaten to a stiff froth may be stirred into it at once. If it seems too thick add another white of egg. It must be just the proper consistency to coat the fruit thoroughly. To make an apple fritter, cut the apple (peeled) in slices across the core about a quarter of an inch thick. Remove the core from the centre of each circle and dip the slices, one by one, in the batter, being careful that they are thoroughly coated. Lemon juice may be used with these fritters. Pineapple fritters are prepared in the same way with slices of the pine-apple, peeled and cored. Lemon juice is better for flavoring the batter for pineapple fritters. With the lobes of oranges from which the seeds have been carefully removed, orange fritters may be made. The yellow rind of half an orange, grated, must be added with the lemon juice to flavor the fritter batter.

CUSTARD FRITTERS.

Measure out a cup of milk, add it to ball a cup of flour, pouring the milk over it very gradually to make a smooth batter. Then add a well-beaten egg and cook the batter in a double boiler for twenty minutes. At the end of this time add two yolks of eggs, a pinch of salt and a tablespoonful of sugar. Let the mixture boil up over the stove for a minute or two longer, beating it carefully to thoroughly mix it, Pour it into a long greased pan of proper size to spread it to the depths of one inch. Let it become thoroughly chilled. It is just as well to stand over night. The next day cut it in long pieces, about two inches by three; dip it in beaten egg, then in fine breadcrumbs, handling it very gently, as it is soft-Fry it in hot fat until it is a delicate golden brown, and serve at once. These are delicious fritters when flavored with a very little bitter almonds or some grated orange peel. They may be made into an excellent savory fritter | already visited the principal capitals of Europe.



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by omitting the sugar and adding a table-spoonful of Parmesan cheese and a pinch of cayenne pepper. Serve with a little grated Parmesan cheese.

AN ODD COLLECTION.

A man in Colorado has a quaint collection: of buttles. It is divided into two sections. Section one is large. Section two is not. Sec tion one contains hundreds of bottles, the contents of which his wife swallowed hoping to find relief from her physical sufferings. Section two contains a few bottles that once were filled with Dr. Pierce's Favorite Prescription: It was this potent remedy that gave the suffering wife her health again. It cures all irregularities, internal inflammation and piccration, displacements and kindred troubles. It has done more to relieve the sufferings of women than any other medicine known to science.

Pile tumors, rupture and fistulæ, radically cured by improved methods. Book, 10 cents in stamps. World's Dispensary Medical Association, Buffalo, N.Y.

Mr. Jackson, the traveller, is now at Kem, on his way through Russian and Norwegian Lapland. When asked what he had found most useful of all his kit he roplied, "A sack of Scotch oatmeal and a spirit lamp."

M. Michel Debernoff, a Russian journalist, and son of General Debernoff, who started some time ago on a walking tour round the world, has arrived at Gibraltar from Cadiz. He has