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BROIL steak without salting, as salt draws the juices; and cook over a hot, clear fire, turning frequently with tongs.

CUCUMBER A LA CREME.—Peel and cut into slices (lengthwise) some fine cucumbers. Boil them until soft, sait to taste, and serve with delicate cream sauce.

A HANDSOME comforter or shoulder quilt is improved by tuiting both sides. Then there is no appearance of a right or wrong side, but both sides are equally well finished.

BANANA FRITIERS.—Four eggs, one punt milk, a little salt, flour enough to make a light batter. Beat the eggs into the milk, and add salt and flour. Stir in, pretty thickly, bananssaliced thin. Fry in hot lard.

CHLORIDE of lime in solution is an excelent disinfectant for clothes placed in it, or as a wash for walls and floors; but the mere sprinkling of it about a place is of little value. This last fact is not generally known.

OATMEAL BISCUIT.—Take half a pound medium oatmeal, quarter of a pound flour, one dessert-spoonful of baking powder; mix with half a gill of milk, made hot in a saucepea. Roll out quickly and bake at once in vety thin cakes.

JUMPLES.—Jumbles which will keep a months are made thus: One pound of butter, one pound of sugar, two pounds of flour, three eggs, nine teaspoonfuls of water, three of baking powder, with salt and flavouring to sait the taste. Roll them and bake in a quick gren.

quick oven.

We would recommend our readers who have not already done so to visit the handsomely fitted up and elegant ory Goods and Chatking Establishment or lettley & Petley, (Tornnto) We have the station whatever in advising our readers its that the above firm, as we consider they at thoroughly reliable and straightforward business people.

and and straightforward business people.

To make lemon toast beat the yolk of three eggs and mix with them half a pint of milk; dip sities of bread into the mixture, then fry them if delicate brown in boiling butter. Take the whites of the eggs, beat them to a froth, add to them three ounces of white sugar and the jude of a small lemon. Stir in a small teacupful of boiling water, and serve as a stuck over the toast.

To DRESS CANNED LOBSTER. To one can of obster, take two level tablespoonfuls of anmixed mustard, and blend it with half a cupful of vinegar, adding pepper and salt to tasted. Boil two eggs soft, beat them in the mustard and vinegar, together with a tablemustard and winegar, together with a choice spoonink of butter, and let it come to a boil, when stirt in your lubster. Serve hot, gainished with hard-boiled eggs cut in slices, and paraley. This dressing is very nice for

salad.

Danson Marmalade.—Take six pounds of dansons and four pounds and a half of sugar. Wet-the bottom of an enamelled kettle with cold water, put in the damsons, and boil for three-quarters of an hour very slowly. Rub the pulp through a colander, add the sugar to it, and simmer together gently until very thick. Crack the stones of the damsons, and add the keroels to the marmalade. Pour, into bowls, and cover over with papers that will exclude the arc. that will exclude the air.

that will exclude the air.

BREO AND APPLE PUDDING.—One

the bread crumbs, one and one-half
pints of milk, two eggs, eight sour apples
(medium sized), one scant teacup of white
sugar. Cut the apples in quarters, then slice
them. Butter the pudding dish; spread a
thick layer of bread crumbs on the bottom,
then a layer of apples, with little bits of butter scattered over the top, then a layer of
bread crumbs, a layer of apples and butter,
isstly a layer of bread crumbs. Beat up the bread crumbs, if layer of apples and butter, lastly a layer of bread crumbs. Beat up the eggs, mix them with the milk and sugar, and pour over the bread. Bake in a hot oven about one hour. This pudding is sufficient for each persons.

The Great Dr. Virchow

The Great Dr. Virchow
harding persons.

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harding of from the medical association of
Berlin, He won't be forced to keep "his
light under a bushel." He approves of advertising any remedy or combination that
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I shrunk t

I shrunk?

From 228 lbs. to 120! I had been doctoring for my liver, but it did me no good. I did not expect to live more shin fine months. I began to use Hop by the liver more than the rectly my appetite returned, my paint of me, my entire system seeme tenched at it by magic, and after using several content am not only as sound as a sovereign but weigh more than I did before. To liop Bitters I owe my life.

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CHAPTER II.

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No medicine or doctor could give ne relief or cure until I used Hop Bitters.

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"And I have been so to this day."
My hasband was an invalid for twenty years blake serious
"Kidney liver and urinary complaint
"Producted by Boston's best physicians—
"Inchalable!"
Saven butles of your hitters cured him see

Seven bottles of your bitters cured him and

great benefit

"They almost
Do miracles?"

-Mrs. B. D. Stack. How to GEI SICE.—Expose yoursenday and night, eat too much without exercise, work to hard without rest; doctor all the time; take all the vile nostrums advertised, and then you will want to know how to go well, which is answered in three words. Take Hop Bitters !

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Propule who read and reflect, after reading.

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such evidence are that it roots out imputities of the Blood, restores digestion, enriches the circulation, and regulates the Bowels and Liver.

Is you reached, drowny, debilitated, have treet headacter, ments tastes bad, poor appeting the country of a green suffering from torpid lives of the country of th