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Doughnuts. - One cup sugar, one spoon. ful thick cream, a large cup sweet milk, two eggs, salt, nutmeg, spoonful cream-tartar, one-half spoonful soda.
Plain Jumbles.-One cup butter, one one half cup sugar, one egg, one teaspoonful soda in one cup sour milk, spice to taste, flour sufficient to roll in strips.
Roast Ducks. - Wash and dredge with flour. Make a bread dressing, stuff and sew up. Put into the oven and baste every five or ten minutes. Make a gravy of browned flour and water and add the giblets, which have been chopped fine and stewed; season and add to the duck when roasted.
Snow Pyramid.-Beat to a stiff foam the whites of half-a-dozen eggs, add a small teacupful of currant jelly, and whip all together again. Fill as many saucers as you have guests, hall full of cream, dropping in the entre of each saucer ${ }^{2}$ tablesponntul of the beaten eggs and jelly in the shape of a
pyramid.
Delmonico Pudding.-Threepints milk, ve eggs, four tablespoons corn starch free minutes beat the egtar, lean the milk five minutes, beat the eggs, leaving out the whites of three, pour them into the starch. Whour to tase. Put isto a dish, bake. froth, spreetened and flavoured, over the top of the pudding the pudding.
Excellent Sauce for Fish is made by putting one cup of water on the fire to heat When it is hot stir in a heaping teaspoonfu of flour that you have mixed with a little cold water, so that there are no lumps left in . Beat and then strain three eggs, and stir them in with two tablespoonfuls of butter, and pepper and salt to suit your taste. Pour this over the fish.
Much in a Little. - Many proprietary medicines, if they cure at all, require spch a large quantity to produce effect that hakes
them very uncertain and expensive refaedies them very uncertain and expensive remedies
Not so with Burdock Blood Bittersm i highly concentrated, and for all dis ase o blood, liver and kidneys, one or the bexle will cure more than gallons of the weak mix tures usually sold. Send for facts and figures.
Chrese Sourfle -Two tablespoonfuls of butter, one tablespoonful of flour, half a cupful of milk, one cupful of grated cheese three eggs, half a teaspoonful of salt, a speck f cayenne. Put the butter in a saucepan and when hot, add the flour, and stir until mooth, but not browned. Add the mill and seasoning. Cook two minutes, then add heese Set a ray to coll When, cold the whites, beaten to a siff froth Turn int buttered dish to a bake from Tura int buttred din and bake rom twenty to wents from the oven. The dish mhicht s bated should hold a quart. An baked should hold a quart. dish is best

Mrs. D. Morrison, Farnham Centre P. Q., writing about Dr. Thomas' Eolectric Oil, says: George Bell used if on his son, and it cured him of rheumatis. With only a ew applications. The balanoe of the bottle was used by an old gentleman for A thma with the best results. It acts like a Chrm.
Iee Cream Cake.-The whites of eight eggs, four cupfuls flour, two cupfuls sugar, one cupful butter, one cupful sweet milk, wo teaspoonfuls of cream of tartar, one tea entil very light, then add flour and milk, then add four and milk then the eggs Sift sod add four and milk, then the eggs. Sift soda times. Filling for Same.-Whites of four eggs beaten very light, four cups sugar. Pour one-half pint boiling water on sugar and boi until hard candy. Pour the boiling mixtur on the beaten eggs and beat hard until cold and stif, When, orange or lemon for ha The cakes are nicest to be quite thick but of not more than three layers.
Miss Mary CaMPBELI
Miss Mary Campbell, Elm, writes After taking four bottles of Northrop yman's Vegetable Discovery and Dy yeptic had 1 feel as number of years, and tried many renedes but of no avail, until I used this cebrated Blood Sick Headeche, Tiver and Kidney Complaints, Costiveness, etc., it is the best medicine kno edicine known

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