

BREAD crumbs are better than pastry in making cocoonut, potato, apple and lemon puddings. Strew crumbs over the dish to the usual depth of crust, pour in the pudding and strew another layer of crumbs over the top, then bake.

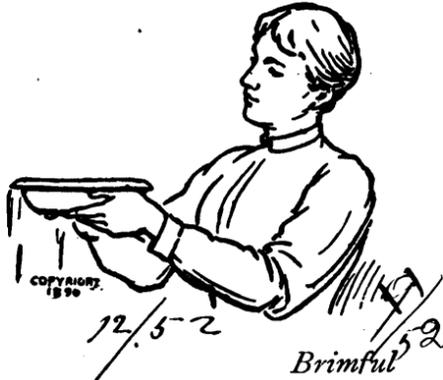
BROWN BREAD.—Sift two quarts of corn-meal and put it to soak in warm buttermilk over night. In the morning add a pint of molasses, two and a-half pints of rye-meal, salt, and buttermilk sufficient to moisten the whole; add soda to neutralize the acid of the buttermilk. Mix thoroughly. Bake three hours in a moderate oven. If the hard crust formed over the loaf is objected to, steam four or five hours. Sour milk may be used instead of buttermilk. If sweet milk or water is used, instead of the other two liquids, baking powder must be sifted with the rye meal.

BAKED APPLE PUDDING.—One quart flour, three large teaspoonfuls baking powder, one-half teaspoonful salt mixed well together. Add one large tablespoonful butter and enough sweet milk to make a soft dough. Roll out into half-inch pieces. Peel and quarter some good tart apples. Put each quarter on a square of dough, sprinkle over it sugar and press the edges firmly together. Place in a deep pan, sprinkle over sugar and a little cinnamon, and put a bit of butter on each. Fill the pan with water (boiling) just leaving top of dumplings uncovered. Serve with sweetened cream or hard sauce.

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DATE BREAD.—To each pint of very light wheat flour sponge add a level tablespoonful of salt, two heaping tablespoonfuls brown sugar, and entire wheat flour sufficient for a batter as stiff as can be stirred with a stout wooden spoon; next stir in two rounded cupfuls of dates, having first washed, dried and stoned them.



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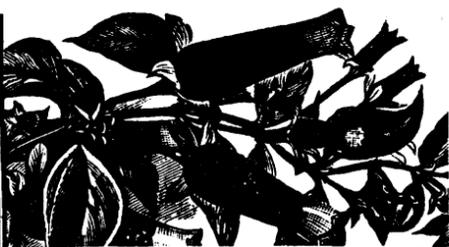
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HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE—MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years Pastor of the Central Methodist Church, Bloor-street, Toronto, but now of Victoria, B.C., writes under date of Aug. 5th inst., as follows: "Dear MR. SIMPSON—Yours of the 20th July was duly received. I can only say with respect to Dr. A. WILFORD HALL'S Hygienic treatment that I regard it as a wonderful discovery, and if perseveringly used it cannot fail to be of great service. I would advise any one to get the pamphlet, begin the use of the treatment and throw medicine to the dogs. A very clever physician said to me the other day, 'Let medicine alone and get rid of the waste materials and the organs will perform their functions.' This is precisely what this treatment does. Sincerely yours, C. WATSON."

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Bay and Esplanade-streets, Toronto, writes August 13 as follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts me to write concerning DR. HALL'S 'Health Pamphlet' purchased of you some time ago. The treatment unfolded therein, is to my mind, the greatest health discovery of the present century. It certainly has proved a great boon to me in a recent and severe attack of inflammation and hemorrhage of the kidneys, accompanied with piles of a painful character. The treatment acted like a charm in allaying the inflammation, stopping the issue of blood and causing the piles to disappear almost immediately. The rapidity with which the inflammation was arrested and healthy action restored was simply wonderful. I do not believe that any system of drug treatment in a case so critical could possibly have accomplished a cure so safely, effectively and rapidly. The treatment has also cured me of a very distressing headache, periodical in character and threatening to become obstinately chronic. The unique home treatment is simply of priceless value, and should be known and practised by everybody, however slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering and save most people many times its cost every year. I never invested \$4 to better advantage. Yours truly, ROBERT LINN, 168 Parliament street."

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