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Sufferers from catarrhal troubles should carefully read the above.

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PERRY DAVIS' PAIN-KILLER. 4-to-effects are almost instantaneous, affording ackel from the most intense

SAGO PUDDING.—Boil five tablespoonsful of sago, well-picked and wa hed, in one quart of milk till quite soft, with a stick of cinnamon; stir in one teacup of butter and two of white sugar; when cold, add six eggs well beaten and nutmeg to taste. Mix all well together

and bake in a butter-dish three quarters of an hour.

FOR BRONCHIAL and Three Affections Allen's Lung
Balsin is unequalled. Balsam is unequalled.

FRUIT CAKE.—Two cups of molasses, two cups of brown sugar, two cups of butter, one cup of milk, five cups of flour, five eggs, one pound of raisins, one pound of currants, one-half pound of citron, one teaspoonful of ginger, and one teaspoonful of nutmeg, one and a half teaspoonsful of allspice, add one and a half of cloves.

CAMPRELL'S CATHARTIC CONTOUR is pleasant to the taste, and more satisfactory than pills.

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hours in enough water to cover it. Drain and put in a double boiler with one quart of warm water and a little

double boiler with one quart of warm water and a little salt. Cook one-half hour after it reaches the boil. It all the water is not soaked into the hominy pour it off, turn in a cup of milk, bring it to a boil and serve.

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BAKED OMELET.—Take six leggs three even spoonsful of flour, a little salt, and beat them well together—the morboit is beaten the lighter it will be—then add one pint of hot milk and keep on beating. Have a hot dish with some melted butter the size of an egg, and put into the oven. Bake twenty minutes, and eat when it comes from the oven, for it will fall soon. This is very nice for breakfast.

And all diseases of the Throat and Lungs can be cured by the use of Scott's Emulsion, it it contains the healing virtues of Cod Liver Oil and Hypophosphites in their fullest form. See what Ov. B. Aug. The L. R. C. P., etc., Truro, N.S., says: "After three cars experience I consider Scott's Emulsion one of the very best in the market. Very excellent in Throat affections." Put up in Scot and St. size. market. Very ex 50c. and \$1 size.

NUT CAKES.—Half cup of sugar, scant half cup of butter, two eggs, half cup of water, one and a half cups of flout, with a teaspoonful of cream of tartar sifted in it. Cream the butter and sugar, add the yelks of eggs, the water, with half a teaspoonful of soda dissolved in it, and the flour, add the whites well beaten last. Flour one cup of hickory nuts and add them the last thing. Bake in small cake tins and frost.

WHAT Ductors, Ministers and Professors think of BROWN'S BRONCHIAL Theorites.—"I recommend their use to public speakers."—Rev. E. H. Chapin.
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WASHINGTON OMELET.—One cup milk, six eggs, tablespoonful butter, salt and pepper, one teacupful bread crumbs. Let the milk come to a boil, pour it over the crumbs, and let stand a few minutes. Break open the eggs and stir till well mixed; add the bread and milk and season. Melt the butter on a hot skiller, pour in the omelet and let it cook slowly; cut in squares, turn, frylit a delicate brown, and serve immediately.

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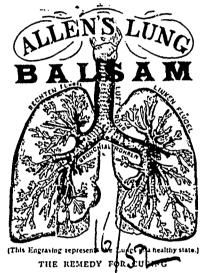
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