

"Well! Well!"

That's the way you feel after one or two of Dr. Pierce's Pleasant Pellets have done their work. You feel well, instead of bilious and constipated; your sick headache, dizziness and indigestion are gone. It's done mildly and easily, too. You don't have to feel worse before you feel better. That is the trouble with the huge, old-fashioned pill. These are small, sugar-coated, easiest to take. One little Pellet's a laxative, three to four are cathartic. They regulate and cleanse the liver, stomach and bowels—quickly, but thoroughly. They're the *cheapest* pill, sold by druggists, because you only pay for the *good* you get. They're *guaranteed* to give satisfaction, every time, or your money is returned. That's the *peculiar* plan all Dr. Pierce's medicines are sold on.

Can you ask more?

GRAHAM BREAD.—Three and a-half cups Graham flour, one even teaspoonful of salt, add equal parts of sour and sweet milk to make a batter as thick as pound cake, add two teaspoonfuls of soda to three-quarters cup of molasses, beat to a foam and add to the batter, beat all thoroughly and bake one and a-half hours in a slow oven. If the milk is very sour, use a smaller proportion of it.

RYE DROP CAKES.—Mix together two cupfuls and a-half of rye flour, half a cupful of rye meal, one cupful of wheat flour, and one teaspoonful of salt. Stir in gradually three cupfuls and a-half of milk and add four well-beaten eggs. The rye meal can be done without, but the cakes are much better with it. Fill the iron gem-pans and bake as directed for gems.

BAKED MACARONI.—Take some minced chicken or meat, then weigh half the quantity of macaroni, which must be cooked tender in broth; add two well beaten eggs, three ounces butter, cayenne pepper and salt to taste; all these ingredients must be well mixed. Put into a baking dish and cook until a yellowish brown crust is formed on top. Veal and chicken can be mixed.

FRIZZLED BEEF.—Shave very thin slices of dried beef. Put the beef in a frying-pan, cover it with cold water, and place on the fire just long enough to heat the water. Pour the water off and add a piece of butter as large as an egg. Then when the beef has become sufficiently frizzled, without burning, pour over it enough rich milk, or cream, to pretty well cover the slices. A little sifted flour added to the milk makes a richer dressing. Let this come to a boil, and then serve.

SWEET INDIAN BREAKFAST ROLLS.—Three-fourths cup of molasses, one cup sour milk, one and one-half cups flour, one cup Indian meal, one-half teaspoon salt, one teaspoon saleratus dissolved in one tablespoon cold water and well beaten in the last thing. This will make twelve rolls in a common cast iron compartment pan which must be heated and greased. Put a spoonful of the dough in each division, and then distribute the rest evenly. Bake twenty-five or thirty minutes in a moderate oven.

OUR HEALTHY CITY.—Toronto mortality is considerably lower than in other cities in the Dominion, as seen by the statistics published by the Government every month. Why? One reason is the people eat the right kind of food. The choice Breakfast cereals and hygienic foods, manufactured in this city by the Ireland National Food Co., undoubtedly contribute much to the health and longevity of the people who use them, and they are d-e-l-i-c-i-o-u-s.



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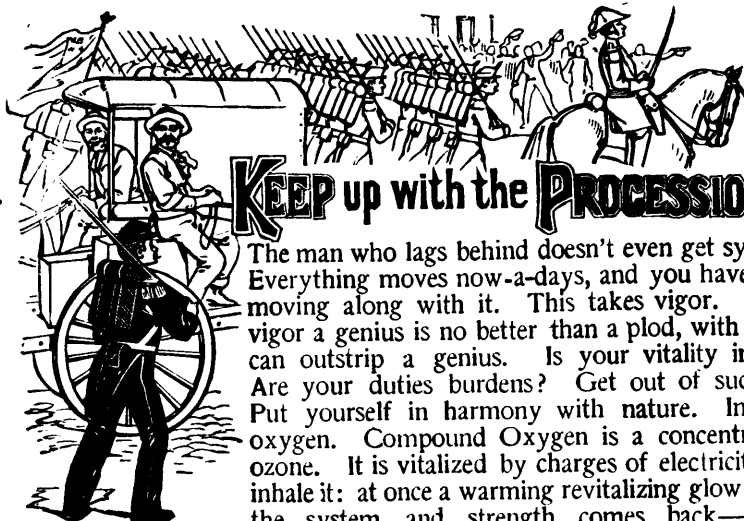


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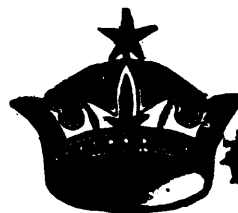
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Mr. Neil McNeil, of Leith, Ont., writes:

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