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Beef Jeily.-Take about one pound of lean, juicy beef, cut it 1 rto small pieces, put Then put on the fire with one pint of water seasoning with salt, pepper and a little celery seed, and let it stew unail reduced two-thirds train on a few blades of mace. Serve hot.
Grated Sandwiches.-Grate a pound and a half of cold boiled ham in a bowl with tablespononful of mustard, and a little black pepper: beat six ounces of butter to a cream add the ham. Have thin slices of bread and butter, and spread the mixture on one side of each slice.
Cream Cakr.-One cup of butter, two cups of sugar, whites of two eggs, three and a half cups of flour, one cup of sweet milk. teaspoonful of soda, teaspoonful of cream of tartar. For the cream : One pint of sweet milk sweetened to taste, yolks of three eggs tard, flavour with lemon. This amount makes two good sized cakes.
Рот Pie.-One teacup sifted flour. One teaspoonful of baking powder. One-quarter teaspoonful of salt. Mix with sweet milk slowly added until the consistency of a so batter is used that can readily be dropped from a spoon. Butter a steamer, and pour the batter in. Steam it for half an hour. When done, lightly break it apart with a fork, put it upon a heated platter, pour the gravy over and enjoy the result. For a large
supply double the supply double the quantity and steam twice as long.
Mutton Pie.-A good way of using up the remnants of cold roast mutton: Cut the meat into small thin pieces, removing most of the fat. Cover the bottom of a pudding dish with a layer of bread crumbs, then one of the mutton, and over this a teacuplul of a seasoning of salt, pepper, and bits of buta seasoning of salt, pepper, dish is full, finishing with crumbs. Bake in a good oven half an hour or more. It is well to cover the dish until nearly done, then remove the cover and brown the top.
Veal Loaf. - Three pounds of veal cut lets; one quarter of a pound of butter or at pork chopped fine; add bread crumbs till it is stiff; break in two eggs ; add one tablespoonful of salt, pepper to taste, and half a grated nutmeg. Work it all together in loaf shape, break an egg on top and rub it all over the loaf, sprinkle bread crumbs over it to absorb the egg and cover the loaf, put it hours, basting frequently. When cold, slice and serve.
To Keep Moths From Wooliens. Put them on some deserving poor or unfor tunate person and have them worn out Every kind of woollen cloth can be saved in
this way. Housewives all over the land will soon be busy putting away their winter clothing so that the moths cannot attack it Articles that they can readily spare may well be bestowed on some shivering mortal. One can always find deserving poor, and those who, having means, give as stewards and no as proprietors, rarely offend even the proud poor by giving to them.

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ing, tongue coated, bitter or bad taste in mouth, irregular appetite, dizziness, frequent, headaches, blurred eyesight," "floating specks" before the
haustion,
alternatin
biting tran with chilly sensations, sharfd feet, drowsiness after meals, wakefulness, of indescribable feeling of dread, or of impand ing calamity?
If you have all, or any considerable number that most common, you are suffering from Bilioue Dyspepsia, or Torpid Liver, associatod with Dyspepsia, or Indigestion. The mothe greater the number and diversity of sying
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