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Catarrh is a muco-purulent discharge caused by the presence and development of the vegetable parasite This parasite is only developed under favourablecir cumstances, and these are:-Morbid state of the blood, as the blighted corpuscle of tubercle, the germ poison of syphilis, mercury, toxomcea, from the reten-
tion of the effete matter of the skin, suppressed perspiration, badly ventilated sleeping apartments, anc
other poisons that are germinated in the blood. These poisons keep the internal lining membrane of the nose in a constant state of irritation, ever ready for the deposit of the seeds of these germs, which spread up the nostrils and down the fauces, or back of the throat
causing ulceration of the throat : up the eustachian tubes, causing deafness; burrowing in the vocal cords causing hoarseness; usurping the proper structure o the bronchial tubes, ending in, pulmonary consump
then discover a cure for this distressing disease by the use of inhalents and other ingenious devices, but none of these treatments can do a particle of good until the parasites tissue. Some time since a well-known physician of forty years' standing, after much experimenting, succeeded in discovering the necessary combinapermanently eradicating this horrible disease, whether permanently eradicating this horrible disease, whether
standing for one year or forty years. Those who may be suffering from the above disease, should, without delay, communicate with the business managers-
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DEHTROV THE WORDN or they Way demiroy the childrew. Une Freeman'

## 玉cientific and $\mathrm{Ul}_{\text {sefitu }}$

Apples are cheap this year, and are al ways so healthfuk that new ways of cooking them are welcomed. Baked apples served with or without flavoured milk are al ways delicious. Served in a glace made by
boiling the liquor, in which whole large boiling the liquor, in which whole large
apples have been partially cooked before beapples have been partially cooked before be
ing placed in the oven to bake and sugar ing placed in the oven to bake and sugar
(white), is an extremely delicate and attract(white), is an extremely delicate and attract-
ive way of serving apples. Let the liquor ive way of serving apples. Let the liquor
and the sugar boil until they will form a soft candy when cool. Arrange the apples on the dish from which they will be served at the table, and pour the liquor hot over them. Wher cold an amber coating of soft candy will have formed about each apple, adding to its appearance and taste.
Diseases of the Skin.-Most diseases of the skin arise from bad blood and lack of cleanliness, except when caused by grubs or insects. Erysipelas, salt rheum, tetter, pimples and all humours of the blood are curable by Burdock Blood Bitters, which purifies the blood.

Any one visiting a bakery in a part of the city where the German population predominates has seen one of their great favourites, apple kuchen. This is a very simple and at to children who are not allowed to eat pastry o children who are not allowed to eat pastry roll and place in the bottom of the pan in roll and place in the bottom of the pan in which meat is roasted. Peel and slice in
eighths cooking apples, and place them in eighths cooking apples, and place them in pressing the inner edge of the apple slightly pressing the inner edge of the apple slightly the rows; sprinkle white sugar over the apples, and a little nutmeg; place in the apples, and a little nutmeg; place in the oven to bake until the apples are cooked.
This will not only be welcomed by the little folks in the nursery, but will be enjoyed by folks in the nursery, but will be enjoyed by
the big folks who are not fond of or fear the the big folks
effects of pie.

Modern Improvements.-Among the many articles put forth in the interest of housekeepers, nothing has become more popular than James Pyle's Pearline. Five years ago it was scarcely known ; since then it has found its way to all parts of the country. Its utility is acknowledged by all who try it, and unlike most of the labour-saving compounds, experience has proved Pearline to be perfectly harmiess to the most delicate fabries, and we feel sure that no.one will be without it after a fair trial
Very delicious cakes are made if these directions are closely followed: One cup each of sweet and of sour milk, one cup of lump or loaf sugar, pounded fine, one tablespoonful of melted butter, the yolks of four eggs, and the juice and grated rind of one lemon. In mixing the cake first put the sweet and sour milk together in a basin and set it in a sauce pan of hot water; keep it there until the milk becomes curdled, then drain or strain off the milk, rub the curd through a sieve add the butter to it and the sugar and eggs, the latter to be well beaten first, then the lemon Make a little very rich pie crust and line the patty pans with it ; fill with the above mix ture and bake from ten to fifteen minutes, or until the custard is firm. These little cakes or more properly pies, are dainty for dessert.
CAUTION !-In our changeable climate coughs, colds and diseases of the throat lungs and chest will always prevail. Crue consumption will claim its victims. These s and cured. The remedy is Dr Wistar' en and cured. The rem
Balsam of Wild Cherry.
A VERY duicious and simple pudding is amber pudding, made as follows: One dozen large tart apples, one cupful of sugar, the juice and rind of three lemons, six eggs,
four tablespoonfuls of butter, enough puff or chopped paste to line a three-pint pudding chopped paste to quarter the apples. Pare
dish. Pare and qual the thin rind from the lemon, being carefu not to cut into the white part. Put the but ter, apples and lemon rind and juice in a
stewoan, with half a cupful of water; cover ightly and simmer three-quarters of an hour ub through a sieve, add the sugar, and se away to cool. Line the dish with paste. Beat the yolks of the eggs, and stir into the cooled mixture. Turn this into the lined dish. Bake slowly for half an hour. Beat the whites of the eggs to a stiff froth, and gradually beat into them three tabiespoonfuls of powdered sugar. Cover the pudding with this ; return to the oven, and cook twelv minutes with the door open. Serve either hot or cold.

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"Her sallowness, and looked as fresh a new-blown daisy. Well, the story is soon old. My wife, to-day, has gained her old me beapty with comp (if I do ow as handsome a myself)as can be round in hich is noted for pretty women. And
ave only Hop Bitters to thank for it.
The dear creatare just looked over my the dars ${ }^{\prime}$ our courtahip and that remind he days of our courtship, and that remind me there might be more pretty wives if $m$
boring you may long be spared to do Hoping you may long
good, I thankfully remain,
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