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Noten dolivered an
Parools corrriod to an
part of the
 2 KING ST. EAST, - TORONTO

Pollche /Allon's Lung Balsam was introducod Colds, Croup. action, and imparts strength to the whole system. Such is the immediate and satisfictory effect that 'it is warranted to break up the most distressing of ugh
na fow hours' time, if not of too long standing. It contains no opium 'i any form andy is warranted to be perfectly harmless to the most delicate child. Ther is no real necessity for to many deaths by consumption when Allen's Lung Balsam wi prevent it if only taken in time. For Consumption, and all diseases that lead to it, si h as Coughs, neglected Colds, Bronchitis, Asthma and all diseases of the Lungs. AI .xN's
it is almost a specific. It is an old standard remedy, and sold universally at 50 cent and $\$ 1.00$ per bottle. The 25 -cent bottle are put out to answer the constant call
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All the ingredients used in making this Powder
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strength and efficiency to any other baking powder strength and eff.
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Food raised
Food raised with this Powder does not dry up,
as when made with baking powder containing am.
monia, but keeps moist and sweet, and is palatable monia, but keeps moist and sweet, and is palatable
and whotesome. Hot biscuit and griddte cales
made with it can be eaten by dyspeptics with im. punity.
It does not contain ammonia, alum, lime or other
adulterant. These are facts, vouched for by (Government and State Chemists, Boards of Health,
and eminent sciontists. and eminent sciontists.
BAKING Powder Co.
NEW YORE.

 Id fxitese expectoration and causes the Lhesg
 the irritated parts; gives strength to the diges-
tive organs; brings the liver to its froper

i

## ${ }^{7}$ <br> e

## Dousebold wints.


 part ot the body as
hall. Well as the tower
Walking, is
well
managed, is better in one respect than exercise in
gymasium, where you get litie
sun gimnasium, where you get hittle sum.
ligbt, and where you are likely to breathe dust and impure air

$$
\begin{aligned}
& \text { SNow Drops.-One cup of butter } \\
& \text { two cups of sugar, whites of five eggs }
\end{aligned}
$$

$$
\begin{aligned}
& \text { two cups of sugar, whites of hve eggs, } \\
& \text { one small cup of milk, three full cups } \\
& \text { of prepared fower. flavour with vanilla }
\end{aligned}
$$

$$
\begin{aligned}
& \text { of prepared flower, flavour with vanilla } \\
& \text { aud nutmeg; bake in small round tins. }
\end{aligned}
$$

Those in the shape of fluted shells are
S. E. Burwell, of Fingall, Ont.

$$
\begin{aligned}
& \text { writes : Last autumn I was suffering } \\
& \text { frotha a severe cold which seyled on my } \\
& \text { tupgs and produced a istressing cough }
\end{aligned}
$$

fit. I at last tried on boy he hy pro-
Lang Balsam, which/ a

on tin plates. Fully one-hut away food of poison from the use of canned goods is because the article was left or put earthenware and glass are the onl receptacles for "left overs."
KeEp the flour barrel raised a few
inches from the floor, so that the ait iaches from the floor, so that the air
may circulate underneath and preven dampness.

Wh
CH
ing
ing at the curefouphs, colds, bleed destroyer, Consumpyon, it does mor
than most physicia/s can do. The us of a mingle bottle will satisfy the incre
dulous that they dulous that they need
for the required aid.
Sponge Gingerbiread.-One cup
sour milk, one cup molasses, sour milk, one cup molasses, one-half
cup butter, one cup brown sugar, two eggs, two teaspoons ginger, one
soda and flour enough to thicken.
Biscorr.-Sift with one quart flour
three teaspoonsful Cleveland's Superio Baking Powder and one-half teaspoonful
salt. Rub into flow slorything (butter salt. Rab into flow Siloryming (butter
and lard mixed) th fixy of an egg and
mix together with ep mix together with gh weet milk
to make a soft dough. Rom out quickly
in sheets nearly one inch thrck; cut
the desired size in sheets nearly one inch thitik; cut
the desired size, crowd close togetner in the pan and bake twenty minutes.
Kread as little as possible.

## 


for this disorder it checks the vomitic
ing, restores the appetite, and, at the same time, allays the tear of impending
dissolution, that is so common to heavy
drinkers."
Syrop.-Excellent syrup that will one pound maple sugar, three pound granulated sugar ; add one quart
water and boil gently till it thicken The time of boiling is uncertain, but sugaf does not form on the top it
apout-right.

## Deserving

article so richly of Confidence.-N
fidence of the entire con
munity as Brown' Bronchial 4 nugity as Brown well-know
remedy for g and throat trouble
res

Baked Onions.-This vegetable is excellent when scalded and baked whole.
Sprinkle with a little salt and crumbs bread. Again, onions may be scalloped
in a buttered dish with in a buttered dish with alternate layers of bread crumbs,
with new milk.
To Cook A Chicken.-Cut open through the breast and boil till nearly half done, then lay in a dripp
and bake.
broiled and there is the relish


## grocers. Powder grocers.

sugar and Candy. - Two cups until and one-half cup of water ; b lemon; stir in our with extract and turn into a large flat dish ; whe cold cut in squares.
To Make Pastry Brown.-Swe milk rubbed on the surface of any pas gems, short-cakes, or even pastry tof fruit pies, will make them brown nice and give them a flaky appearance.
 reliable and frfeot oug ndisine in
the market. For gle everywhere.
 bay Yivam st.

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