

# WORDS OF WISDOM

## A HAND-BOOK OF USEFUL INFORMATION

IN the following pages is given much useful information, gathered from many sources, and presented in a compact form for the benefit of the careful housewife. It will be almost impossible to find the same collection of facts in any other publication, and it is suggested that this little book be hung up in a prominent place, where it can be consulted readily at any time. It will be found that the information here contained will solve many household difficulties; that following some of the simple directions will mean the saving of time, money and health.

To those who are weak or ailing we would suggest a careful reading of the testimonials appearing throughout this little book. These contain the grateful words of many who have been restored to sound health and strength through the use of Dr. Williams' Pink Pills for Pale People. They are the words of Canadian people, some of them no doubt your neighbors, whose story of renewed health may be easily verified. In any event they are plain, truthful statements of fact, pointing to other sufferers the way to health.

The attention of mothers of infants and young children is especially directed to pages 29 and 30 of this book, which contain matter of special importance to them.

### Hints for the Kitchen.

**OATMEAL GRUEL.**—Into one pint of boiling water stir three tablespoonsful of oatmeal. Salt well and boil forty minutes.

**CORN FRITTERS.**—One cup of corn, one cup of milk, one cup of cracker crumbs, three eggs, a little salt and butter. Fry on griddle same as pancakes.

**BREAKFAST PUFFS.**—One pint of milk, one pint of flour, three eggs and salt; mix well, the batter to be as thick as buttermilk. Bake in deep tins or cups.

**RUSKS.**—Three cups of bread sponge, one-half cup of lard or butter, one cup of sugar, one egg; mix hard, let it raise; then make out in tins, letting them get quite light the last time.

**OYSTER FRITTERS.**—One quart of oysters, drain off the juice and add to it one cup of milk, three eggs, salt and pepper, and flour enough to make a stiff batter; stir in oysters and drop from a spoon in hot lard to fry.

**BEEF TEA.**—Take one pound of lean beef chopped fine (at the market), pour over it one pint of cold water, let it stand one hour, then set it on the back of the range and let it simmer slowly about three-quarters of an hour. Strain and salt when used.

**RECIPE FOR MAKING COFFEE.**—Take fine ground coffee, three tablespoonsful, three pints of boiling water; keep as near the boiling point as possible (without boiling) for five minutes; settle with a teaspoonful of cold water or an egg. This will make six cups of delicious coffee.

**ORANGE PIE.**—Grate one orange all except stringy part, one large tablespoonful of flour, one-half cup of sugar, yolks of two eggs, a little salt, one cup of milk. Use the whites of eggs for frosting.

**PUDDING.**—One egg, one tablespoonful of flour, one cup of milk and a speck of salt; beat well together and bake twenty minutes in a hot oven. Serve hot with a brandy or wine sauce. This is the quantity for one person.