Gerdan Salaio,-Cut up any cold, boiled ratables $; 2^{2 d}$ a chopped onion; season Gipepper and salt and two tablespoonfuls rinegar, and pour all over stewed kidneys. snali. Syongi: Cares.-Beat five eggs of light; stir with one-half a pound of 315, a quarter of a pound of hour: havour thorange and lemon, and add a little salt; at all together until it bubbles; then put in-rell-buttered small tms, and bake about rea minures. The masture should only be grea minures. inch deep) in the tins before. fiog

The brusque and fussy impulse of these clays of false impression would rate down all as worthless because one is unworthy.
As if there were no motes in sunbeams!
Or comets among stars!
Or cataracts in peaceful rivers!
Because one remedy proesses to do what it never mas adapted to do, are all emedies worthless? $\downarrow$
Because one doctor lets his patient dic, are all humbugs? It requires a fine cye and 3 finer brain to discriminate -to draw the differential line. "They say" that Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Favorite Prescription have cured thousands.
"They say" for a weak system there's nothing better than the "Discovery", and that the - Favorite Prescription" is the hope of debilitated, feeble women who need a restorative tonic and bracing nervine. And here's the proof Try one or both. If they don't help you, tell the World's Dispensary Medical Associaion so, and you get your moncy back again.

Rice Lemon Puding - Boil, a teacupful of rice until well done. Beat the yelks of four eggs with a teacupful of sugar, and pour the rice on them boiling hot. Beat the whtes of the eggs with a teacupful of sugar to a stiff froth, put them on the pudding and return it to the oven. Flavour with the juice and grated rind of a lemon.
Jelinidid Chirritas.-Soften three-quarters of a packet of gelatine in half a pint of water, remove the stones from a yuart of fine ripe chprries; put to the gelatine half a pme of red currant juice; stir without boiling until quite dissolved, then mix with the cherries and about a cup of sugar.

## THE VERDICT!



The verdict of this Court (representing millions of intelligent women throughout the world) is, that "Sunlight" Soap is beyond all doubt the best in the world for Laundry and Houschold usc, and that its many advantages over all other Soaps make it the cheapest to use ; and that those who don't use it are standing in their own light.

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