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Catarrh is a muco-purulent discharge caused by the presence and development of the vegetable parasite *ameba* in the internal lining membrane of the nose. This parasite is only developed under favourable circumstances, and these are:—Morbid state of the blood, as the blighted corpuscle of tubercle, the germ poison of syphilis, mercury, toxomoea, from the retention of the effete matter of the skin, suppressed perspiration, badly ventilated sleeping apartments, and 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 of the bronchial tubes, ending in pulmonary consumption and death. Many attempts have been made to discover a cure for this distressing disease by the use of inhalants and other ingenious devices, but none of these treatments can do a particle of good until the parasites are either destroyed or removed from the mucous tissue. Some time since a well-known physician of forty years' standing, after much experimenting, succeeded in discovering the necessary combination of ingredients which never fail in absolutely and 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—*Toronto Mail*. MESSRS. A. H. DIXON & SON, 305 King St. West, Toronto, Canada. Inclose stamp for their treatise on Catarrh.

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TO CHOP AN ONION.—To chop an onion without crying, drop it into a bowl or pan of water, and cut it up while under water.

MIXED MUSTARD.—Try this way; Take three tablespoonfuls of mustard; mix with this one teaspoonful of flour and one tablespoonful of white sugar; stir these well together and add vinegar sufficient to make a thin paste. Cook a few minutes, stirring all the time.

PRESERVING EGGS.—The methods "very highly commended" at a recent dairy exhibition in England were rubbing with clarified suet, or with a mixture of boiled olive oil and beeswax. Eggs treated in either way were found to be in excellent condition after considerable periods.

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NICE GRIDDLE CAKES.—Two cupfuls of cold boiled rice, one pint flour, one teaspoonful sugar, one-half teaspoonful salt, one and one-half teaspoonfuls baking powder, one egg, little more than one-half pint milk. Sift together flour, sugar, salt and powder; add rice free from lumps, diluted with beaten egg and milk; mix into smooth batter. Have griddle well heated, make cakes large, bake nicely brown, serve with maple syrup.

REFORM TEA.—This is a favourite German beverage. Put a quart of milk to boil; throw in one or two teaspoonfuls of fine green tea and an inch of cinnamon stick; take them out after two or three minutes and sweeten the milk with lumps of sugar on which the yellow rind of a lemon has been rasped off; beat the yolks of four eggs in a large vessel and stir in the boiling milk until it presents a creamy froth; serve in teacups after dinner.

An English chemist writes: "Brown's Bronchial Troches are most useful, and I never knew an article so universally well spoken of and gain such rapid notoriety before." Those who are suffering from Coughs, Colds, Hoarseness, Sore Throat, etc., should try them. Price 25 cts. a box.

BROWN APPLE SAUCE.—Brown apple sauce, to serve on the platter, with pork chops, is made by taking a little soup stock, or if you have some roast-beef gravy it is still nicer; into this put the apples which are peeled and cored and sliced, let them cook until tender in this, season with salt and a little red pepper. When the apples are done beat them until light and soft.

BOSTON COOKING SCHOOL RULES.—Never mix butter and sugar in a tin. Keep the barrel of flour in a warm place, for if it is in a cold place it becomes damp and heavy. If eggs for cake are not quite fresh, and no better ones can be obtained, a couple of drops of ammonia will take away any musty taste. Pittsburgh taste would say: Do without the eggs, or try the egg-powder.

FOR CHICKEN SALAD.—Boil one chicken until very tender; when cold, chop it fine. Chop one head of cabbage and one large handful of cucumber pickles very fine. Boil one-dozen eggs hard. Mash the yolks only with the chicken. One tablespoonful of celery seed, one of black pepper, one teaspoonful of ground mustard, one tablespoonful of salt, and two of butter. One-half teacup of strong vinegar.

"WHAT is good for a cold?" is a question often asked, but seldom satisfactorily answered. We can answer to the satisfaction of all, if they will follow our advice and try Hagyard's Pectoral Balsam, a safe, pleasant and certain throat and lung healer. Sold by all druggists.

GLOSSY STARCH.—This very desirable article may be secured in this way: Take two ounces of white gum arabic powder, put into a pitcher, and pour on it a pint of boiling water, according to the degree of strength you desire, and then, having covered it, let it stand all night. In the morning pour it carefully from the dregs into a clean bottle—keep it for use. A tablespoonful of gum water stirred into a pint of starch that has been made in the usual manner will give lawns, either black or printed, a look of newness, when nothing else can restore them after washing. It is also good, much diluted, for thin white muslin and bobbinet.

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