

CAKES, ETC.

MUFFINS

Two cups flour, one cup milk, one tablespoonful butter, two eggs, half teaspoonful salt, two teaspoonfuls of CAMPBELL'S Baking Powder; mix thoroughly baking powder and salt with flour; stir the milk and beat the yolks together; add butter melted, then the flour; lastly fold in the whipped whites; turn into hot gem pans and bake at once in a very hot oven fifteen to twenty minutes. Serve at once.

GRAHAM GEM'S

Two cups Graham flour, one cup wheat flour, two teaspoons CAMPBELL'S Baking Powder, one tablespoon sugar, one of salt and one well-beaten egg.

Mix with sweet milk to make a thin batter; beat it well. Bake in gem-irons; have the irons well greased; fill two-thirds full and bake in a hot oven. Will bake in from fifteen to twenty minutes.

SALLY LUNN

Rub a piece of butter as large as an egg into one quart of flour; add a tumbler of milk, two eggs, three table-spoons sugar, three teaspoons CAMPBELL'S Baking Powder and one teaspoon of salt. Scatter the baking powder, salt and sugar into the flour; add the eggs, the butter melted, and the milk. Stir all together and bake in well-greased round pans. Eat warm with butter.

PUDDINGS, ETC.

CHOCOLATE PUDDING

One pint of milk. Boil in a double boiler. Salt and sugar to taste. 1 square of melted chocolate. Thicken milk with corn starch and stir in the chocolate. When boiled remove from fire and stir in the stiffly beaten whites of three eggs. Let come to a boil again.

McSWAIN'S

CONCENTRATED

Beef, Iron and Wine

Owing to the increased demand for this favorite prescription we have decided to have a label printed for our own convenience, and guarantee the preparation to be in accordance with the original prescription.

This very valuable preparation has too wide a reputation to require any comment relative to the virtues of its ingredient constituents. Its nutritive and stimulative properties have long been known, and its efficacy as a restorative in cases of

General Debility
Nervous Exhaustion
Loss of Vigor, etc.

will be found a good remedy, the virtues of which cannot be too highly praised.

Price \$1 per Bottle

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts. - VICTORIA, B.C.