

## PEOPLE WONDER



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## St. Leon Mineral Water

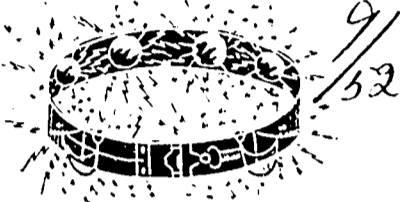
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C. H. DORENWARD, Electrician.

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## HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE—MORE ANOTHER TIME.

THE REV COVERDALE WATSON, for the last three years Pastor of the Central Methodist Church, Bloor-street, Toronto, but now of Victoria, B.C., writes under date of Aug. 5th inst. as follows: "Dear MR. SIMPSON—Yours of the 20th July was duly received. I can only say with respect to Dr. A. WILFORD HALL'S Hygienic treatment that I regard it as a wonderful discovery, and if perseveringly used it cannot fail to be of great service. I would advise any one to get the pamphlet, begin the use of the treatment and throw medicine to the dogs. A very clever physician said to me the other day, 'Let medicine alone and get rid of the waste materials and the organs will perform their functions.' This is precisely what this treatment does."

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Bay and E-planade-streets, Toronto, writes August 13 as follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts me to write concerning DR. HALL'S 'Health Pamphlet' purchased of you some time ago. The treatment unfolded therein, is to my mind, the greatest health discovery of the present century. It certainly has proved a great boon to me in a recent and severe attack of inflammation and hemorrhage of the kidneys, accompanied with piles of a painful character. The treatment acted like a charm in allaying the inflammation, stopping the issue of blood and causing the piles to disappear almost immediately. The rapidity with which the inflammation was arrested and healthy action restored was simply wonderful. I do not believe that any system of drug treatment in a case so critical could possibly have accomplished a cure so safely, effectively and rapidly. The treatment has also cured me of a very distressing headache, periodical in character and threatening to become chronic. The unique home treatment is simply of priceless value, and I should be known and practiced by every one slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and save most people many times its cost every year. I never invested \$4 to better advantage."

Yours truly, ROBERT LINN, 168 Parliament

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## HOUSEHOLD HINTS.

**SPONGE CAKE.**—Six eggs and three cups of sugar, beaten together five minutes, one cup of cold water, four cups of flour, two teaspoonfuls of baking powder, lemon or almond flavouring; bake in a dripping pan.

**POTATO PUFF.**—Two cups of mashed potato (that has been put through a sieve); season with salt and pepper; stir in two tablespoonfuls of butter, beat to a cream, add two well-beaten eggs and one cup of cream. Pour into a baking dish and bake in a hot oven.

**MILK PORRIDGE.**—Two cups of best oatmeal, two cups of water and two cups of milk. Soak the oatmeal over night in the water; strain in the morning, and boil the water half an hour. Put in the milk with a little salt, boil up well and serve. Eat warm, with or without powdered sugar.

**BUCKWHEAT MUFFINS.**—Dissolve one teaspoonful of soda (not heaping) in two cupfuls or one pint of buttermilk; add a tablespoonful of molasses and a little salt, and stir in one cupful of sifted flour and one and one-half cupfuls of buckwheat. Bake in gem pans or muffin rings.

**SNOW BALLS.**—One cup of sugar, one cup of flour, two tablespoonfuls of sweet milk, one teaspoonful of Cleveland's Superior Baking Powder, three eggs; flavour with lemon. Put one tablespoonful in a buttered cup, and steam twenty minutes. Roll in white sugar while hot.

**SPONGE CAKE.**—This inexpensive receipt makes very satisfactory sponge cake: One cupful of sugar, two eggs, one-half cupful of cold water, one pint of flour and one teaspoonful of baking powder. Beat the yolks of eggs and sugar to a cream, add the flour in which is the baking powder and water, lastly the whites of the eggs.

**RICE SNOWBALLS.**—Boil one pint of rice until done soft, put in small cups and when perfectly cold place on a dish; make a boiled custard of one pint of milk, three eggs, half-cup of sugar, one teaspoonful of corn starch, flavour with either lemon or vanilla. When cold, pour over the rice balls. This is a simple but nice dessert.

**TO COOK RICE OR GRITS.**—Take a clean can or other suitable vessel, put the rice in this with water sufficient to moisten it and allow for swelling; place the can in a kettle of boiling water, cover the latter closely and let boil without stirring until the rice is tender. There is no danger of scorching. Grits are nice cooked in the same manner. Salt to taste when putting on to cook.

**GINGER CAKE.**—Beat one egg with one heaping tablespoonful of sugar, add one teacupful of molasses, one-half teacupful of butter-milk, with one teaspoonful of soda, one-half teacupful of butter, or any good shortening, one heaping teaspoonful of ginger, one teacupful of cinnamon, one-half teaspoonful of cloves, two and one-half cupfuls of flour, bake in a gradually heated oven, for molasses burns very easily.

**GOOD WAYS TO USE COLD BISCUITS.**—First, Cut into slices about half-inch thick, put in the open and toast brown on both sides, put in a dish and pour over enough boiled sweet milk to nearly cover them, let stand a few moments, then take out of the milk and serve with sauce. They make a really nice dessert. Second, Break the biscuits into crumbs, put in a saucepan, pour over them enough warm water to soften them, set the saucepan on the fire until the crumbs are thoroughly soaked, sweeten to your taste, flavour with nutmeg or essence of any kind preferred, add a little salt, a small piece of butter and an egg, beaten together.

## OUR NATIONAL FOODS.

Every grocer and general merchant who wishes to make hay while the sun shines should see to it without delay that he has in stock an assortment of Our National Foods. They are gradually getting in popularity, and storekeepers who have not yet handled them would undoubtedly bring grist to their mills by doing so. Popular as these foods are, there is yet ground waiting for the wide awake business man to cultivate, and he who first breaks the soil will reap the first fruits. The Ireland National Food Co. (Limited) of Toronto are the manufacturers of these invigorating, health-giving and delicious foods, a partial list of which will be found in another column.