WACHUSETT GEMS.-One cupiul of sour nilk, one-half cupful of molasses, one and aquarter cupfuls of Graham flour, three-fourths of a teaspoonful of soda, one-half teaspoonful of salt, one-half teaspoonful of melted lard. Makes one dozen.

CHILI SAUCE.—One pepper, two chopped onions, six ripe tomatoes, two tablespoonfuls of sugar, one teaspoonful of ginger, one teaspoonful of cinnamon, one teaspoonful of cloves, two cupfuls of vinegar. Gently stew till well cooked; do not strain.

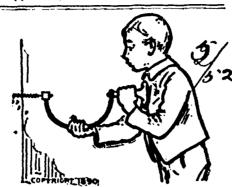
INEXPENSIVE FRUIT CAKE .- One-half cupful of butter, two cupfuls of flour, threequarters of a cupful of sugar, one-half cupful of milk, less than one-half cupful of molasses, two eggs, one-half teaspoonful of soda in molasses to foam, one cupful of chopped raisins, a little cloves and cinnamon.

BERRY PUDDING .- One pint of milk, two eggs, one saltspoonful of salt, one-quarter of a teaspoonful of soda, one-quarter of a tea spoonful of cream of tartar sifted through one cupful of flour, and enough flour added for a thick batter. One pint of berries (floured) stirred in last. Boil one hour in a buttered

SWEET POTATO CROQUETS.-Take three cupfuls of mealy, mashed, baked sweet potatoes, and, while beating with a four-pronged fork as you would whip eggs, add slowly a tablespoonful of melted butter, a teaspoonful of lemon juice, salt and pepper and a gill of cream. Mould into small cork-shaped cro quets, dip in egg and bread crumbs and fry in hot lard or drippings.

GINGER PEAR .- Two pounds of hard pears, cut in halves and cored. Make a syrup of one and a-half pounds of either white or brown sugar, one-half ounce of white ginger root, and one and a-half cupfuls of water. When it has boiled five minutes put in the fruit, and simmer at least four hours. It will resemble the foreign preserved ginger. Very common fruit is really better, and it should not be at all soft. This will fill two jars.

HICKORY NUT CAKE.—One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, two cupfuls of flour, one tea-spoonful of cream tartar, one half teaspoonful of soda, one heaping cupful of raisins, two eggs, and one large cupful of hickory nut meat chopped very fine.



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TWO SAMPLE LETTERS MUST SUFFICE-MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years laster 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 i foerseveringly 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 re 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 "Sincerely yours, C. WATSON,"

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Hay and Esplanade-streets, Toronto, writes August 13 as follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts met to write concerning DR. HALL'S "Etalth 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 paintle character. The treatment acted like acchain 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 obstinately chronic. The unique home treatment is simply of priceless value, and should be known and practised by everybody, however alightlyout of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering and lave most people many times its cost every year. I never invested \$4 to better advantage.

"Yours trult," ROBERT LINN, 168 Parliament street."

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