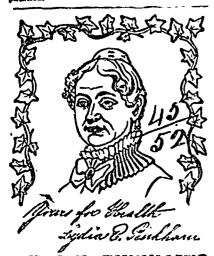
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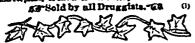
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Scientific and Aseful.

POTATO PUDDING.—Two pounds of pota-toes boiled and mashed, one-half pound sugar, one-half pound butter, six eggs, one outmeg. Line a dish with paste, and bake.

IMPROMETU MUFFINS.—Put the rings on the griddle to get hot. Mix one cup of wheat flour with one of Graham flour, a little salt, one egg beaten very light and milk enough to make a thin batter. Bake as soon as

CANNING ORANGES.—Canning oranges is growing to be one of the industries of Florida. The fruit is peeled and broken into its natural sections before canning, which is done by a process similar to that used for preserving other fruits, and when taken out is ready for

To make vinegar from cider, VINEGAR.—To make vinegar from cider, put a pound of sugar into a gallon jar, filling it up with cider. It must be well shaken, and then left for three or four months to ferment, when it will be ready for use. It must not be tightly corked, but should be covered over with a piece of writing paper pricked.

APPLE MARMALADE. - Pare and core two pounds of sour apples; put them in an en-amelled saucepan with one pint of cider and one pound crushed sugar. Cook with gentle heat for three hours, or until the fruit is quite soft, then squeeze it first through a colander, then through a sieve. Sweeten to taste and put away in iare. put away in jars.

New potatoes should be laid in cold water for an hour before cooking. Then scrape off the skin and steam them. They should never be boiled. If you have a quantity to cook, a quick way to peel them is to throw them into a bucket with a good handful of pebbles. Shake vigorously for a few moments, and the skins will all come off.

SAUCE FOR MEAT. - Mince an onion; fry it a zellow colour with butter in a stew pan; pour on a gill of vinegar; let it remain on the fire until a third of it is boiled away, then add a pint of gravy or stock, a bunch of parsley, two or three cloves, pepper and salt; let it boil a minute; thicken it with a little flour and butter; strain it and remove any particles of fat,

HOW TO COOK POTATOES .- Old potatoes How to Cook Potatoes.—Old potatoes should never be pared before cooking. The most nutritious portion of the potato lies immediately underneath the skin, and this is generally all pared away through ignorance, leaving the watery part. A small slice should be first cut from each end, as this lets the bater out, and the potatoes then put into cold water and allowed to heat slowly. They should boil as slowly as possible until done. Then throw off the water, lift the lid for a few moments and serve.

Apple "Turnovers."—The child is de-

for a few moments and serve.

APPLE "TURNOVERS."—The child is defrauded of its rights who does not know the taste of a "turnover," baked purposely for small consumers. Roll out a round of crust about the size of a dessert plate, pull it into oral shape. Put two tablespoonfuls of rich apple sauce, or else apples in the finest slices that you can cut, sprinkled with sugar and cinnamon, quite into the centre of the crust, turn it over and pinch the edges closely toturn it over and pinch the edges closely to-gether. Wet the crust with a little sweet milk food bake brown in the oven.

WALNUT CATSUR—Old English Recipe.
—Take green walnuts before the shell is formed, and pound them in a mortar, squeeze out the juice, ad to each gallon put one pound of bay salt, four onness of black peppound of bay salt, four ounces of black pep-per, two ounces of red, four chillies; of ginger, cloves and mace, each one ounce; and a root of horseradish. Boil all together till reduced to half, bottle when cold. Ready for use in three months. A very good catsup, with less trouble, is made of the vinegar from pickled walnuts, which has grown black and rich from covering them. The walnuts must be secured for pickling while you can easily put a needle through their rinds.

. The Great Dr. Virchow

has resigned from the medical association of Berlin. He won't be forced to keep this light under a bushel." He approve that will care, regardless of medical ethics, and will care, regardless of medical ethics, and Lung Insutute, head office Londard England, and branch offices Mentresl, Toronto, Winnipeg, and Detroit, Mich., using Dr. M. Souvielle's wonderful invention, the Spirometer, are curing theusands of cases of bronchitis, consumption, catarrh, asthma, and catarrhal deafness, and are making it known to physicians and sufferers all over the world. Physicians and sufferers are invited to call to physicians and sufferers all over the world-Physicians and sufferers are invited to call and try the Spirometer free. If impossible to call personally, write, enclosing stamp, for list of questions and copy of "Interna-tional News," published monthly Address Dr. M. Soavielle & Co., 173 Church street, Toronto, or 13 Philips square, Montreal.



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It has cured me of several diseases, such as nervousness, sickness at the stomach, monthly troubles, etc. I have not seen a sick day this year, since I took Hop Bitten. All my neighbours use them.

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