

WILL REMODEL ANYBODY.

NOVEMBER 3, 1890.



J. Bliss, Esq., Compton P.O., writes:—

Health seekers travel far to mountains, akes, seas and springs, but of all the famous places to have the body thoroughly cleansed of health destroying impurities, supple the joints, firm up the muscles and frame, and make one feel fresh life trickling through the veins, give me

St. Leon Mineral Water.

Have proved for fifty years. By using it heartily for a few months will remodel anyone.

THE St. LEON MINERAL WATER Co. (Limited),

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Branch Office at Tidy's Flower Depot, 164 Yonge Street.

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PURE POWDERED 100%



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PUREST, STRONGEST, BEST.

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E. W. GILLETT, Toronto.

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In the Presbyterian Church.

BY REV. DUNCAN MORRISON, D.D.

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Presbyterian Printing & Publishing Co., Limited.

5 Jordan Street Toronto

East Pittston, Me. August 28th, 1890

Dr. J. C. Ayer & Co., Lowell, Mass.

Dear Sirs:— I have used Ayer's Hair Vigor for some time, and it has done wonders for me. I was troubled with dandruff, my hair was turning gray and falling out, so that I was rapidly becoming bald, but since using the Vigor, my head is free from dandruff, the hair has ceased coming out and I now have a good growth of the same color as when I was a young woman. Very truly Lydia O. Moody.

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Mention Canada Presbyterian.



ALWAYS

USE

JOHNSTON'S FLUID BEEF

FOR IMPROVING

Soups, Sauces and Gravies.

HOUSEHOLD HINTS.

ALMOND JUMBLES.—Beat half-a-pound of butter to a cream, with half-a-pound of loaf sugar; mix this with a pound of flour and a quarter of a pound of almonds, blanched and cut very fine, the juice of one lemon; work all well together, then roll it thin, cut it into small, round cakes and bake them in a quick oven.

TEA CAKES.—One cupful of half butter and half lard, or all butter, two cupfuls of sugar, one cupful of sour milk, one half teaspoonful of soda, one half teaspoonful of salt, a little vanilla extract. After putting all the ingredients together, flour it to roll; cut out with a fine cake-cutter; sift sugar over the top of each one, and bake.

FLAN.—Mix a tablespoonful of flour with a tablespoonful of rose water, eight yolks of eggs and a little salt; when quite smooth add a quart of boiling milk, in which have been dissolved four ounces of white sugar; pour slowly to the eggs while stirring; put in a dish and bake half an hour; just before serving sift sugar over the top and put back in the oven for a few minutes to colour.

RICE PUDDING WITH FRUIT.—Put your rice in a stewpan, with very little milk, that is, to one cup of rice one gill of milk. Stand it where it will be hot, but not boil; when the rice has absorbed all the milk, add to it a-quarter of a pound of dried currants and one egg, well beaten. Boil it in a bag till the rice is tender, and serve it with sugar and cream. More fruit may be added to the rice if it should be preferred.

BRAISED SHOULDER.—Have your butcher bone a shoulder of lamb, fill the opening with any kind of a forcemeat, sew up and braise slowly for two hours. Serve on a puree of spinach. As a regular braising pan is seldom found in ordinary kitchens, it may not be amiss to say that as good a result can be obtained by skewering a few slices of very thin and fat bacon over the meat to be cooked and then simmering slowly in a close-covered saucepan, adding only enough water to keep from burning.

BOILED TOMATOES.—This is one of the nicest ways of serving this healthful fruit. Put enough water over the fire to cover the tomatoes you wish to boil, adding a tablespoonful of salt to each quart of water. When it reaches the boiling point drop in solid, not overripe, tomatoes with the stem side down and cook until they are easily pierced with a sharp-tined fork. Lift them, from the water, skin quickly, and sprinkle with sugar, pepper, and more plentifully with salt. Put a generous bit of butter on the top of each, and lay on small squares of buttered toast.

BOILED SHOULDER OF LAMB.—Many excellent dishes can be made from the cheaper parts of lamb. Take the shoulder weighing two or three pounds, and cook slowly in water till tender, lift out and press between two plates until cold. Then score the flesh to the bones in inch squares and rub well with a powder made by mixing one teaspoonful each of salt and pepper and half a teaspoonful of mustard. Broil over a clear fire but several inches above it, until hot through, place on a hot dish, dot with butter, add a few drops of lemon juice and serve.

I DISCOVERED THE VALUE

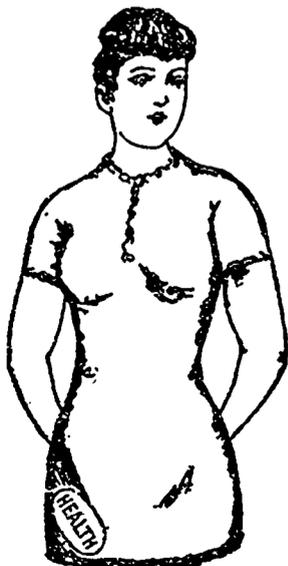
last fall and winter of the

"HEALTH BRAND"

Undervests, and intend to buy another half dozen this winter if I am in Canada, or send for them if I go South instead of coming home.

Extract from the letter of a Toronto lady now in England to friends in Montreal.

This now celebrated make can be bought at every first-class dry goods store in Canada.



Dr. Price's Cream Baking Powder.

Sold in Millions of Homes—40 Years the Standard.