STEWED SWEETBREADS,-Parboil till tender; put in a stew pan with water or milk; work a little butter and flour together; add with pepper, salt and some chopped parsley. Stew about twenty minutes and serve.

PORK CAKE.—One pound of salt pork, chopped fine, one pint of boiling water, two cups of sugar, one cup of molasses, two teaspoonfuls of baking powder, spice to taste, onehalf cup each of citron, currants and raisins chopped fine.

POTTED SHRIMPS.—Shell a quart of shrimps freshly boiled, chop them lightly, then pound them with about two ounces of fresh butter, cayenne, a suspicion of mace, and just at the last, some finely chopped chives. Serve with hot dry toast.

KIDNEY STEW.—Fry small bits of kidney brown with a tablespoonful of butter and a teaspoonful of chopped onion; mix them with a tablespoonful of flour, a little pepper and salt and boiling water. Boil gently ten minutes and serve hot.

POTTED HERRING.—Pick the flesh from two cold boiled herrings from bone and skin, and pound it in a mortar with a little butter, cayenne pepper, salt and an atom of mace. Serve as before. Cold smoked salmon or Finnan haddies done in this way, with a dust of curry powder, are excellent.

EGGS A LA CREME. - Into a pan of boiling water strain one teaspoonful of vinegar; slip the eggs off a saucer into the water, cook for three minutes; have bread toasted; with a skimmer lay an egg on each piece; pour over all one cupful of boiling cream or milk. If milk is used, thicken with corn-starch.

KISSEL OF CURRANTS.—Three pounds of fresh currants, crushed and pressed through a sieve; as much water as currant juice, six teaspoonfuls of farina, moistened with cold water. Strain the liquid, then pour on the farina in the saucepan, set on the fire, and heat to a boil. Add loaf sugar to taste, and boil, stirring constantly until the kissel thickens.

CROQUETTES OF CHICKEN AND RICE .-Boil gently half a pound of rice in a quart of water or broth for half an hour; then add three ounces of butter. Simmer until quite dry and soft. When cold make into balls; hollow out the inside and fill with minced chicken made rather thick. Cover over with rice, dip the balls into the yelk of an egg, sprinkle over them some bread crumbs and fry a nice brown. Before the rice cools add a little cream or milk.

FUNNEL CAKES.—Separate three eggs; beat the yelks until light; add to them a cupful of milk—half a pint—and one cupful of flour. Beat until smooth; add half a teaspoonful of salt and a teaspoonful of baking powder. Put this mixture into the funnel. Have ready a smooth frying-pan containing Just enough hot lard to just cover the bottom. Begin in the middle of the pan, allowing the batter to run through the funnel, winding it around and around. When the cake is brown on one side, turn and brown the other. Serve

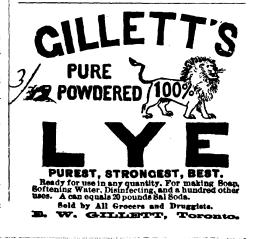
SHIRRED EGGS.—Butter earthen saucers break into each two or three eggs, set them into a bake pan in a hot oven; season when done, and serve in the saucers.

Mousse a La Russe.—One quart of very clear calves'foot jelly whipped very light, then poured into a mould, and when cold, turned out and garnished with as many varieties of preserved fruits as possible.



Help yourself if you're a suffering woman, with the medicine , that's been prepared especially to help you-Dr. Pierce's Favorite Prescription. It will do it where others fail. For all the diseases peculiar to the sex-draggingdown pains, displacements, and other weaknesses, it's a positive remedy. It means a new life, and a longer one, for every delicate woman. In every case for which it's recommended, it gives satisfaction. It's guaranteed to do so, or the money is refunded,

It improves digestion, invigorates the system, enriches the blood, dispels aches and pains, produces refreshing sleep, dispels melancholy and nervousness, and builds up both flesh and strength. It is a legitimate medicine—not a beverage.
Cortains no alcohol to inebriate;
yo syrup or sugar to syrup or sugar to sour or ferment in the stomach and cause distress. As peculiar in its marvelous, remedial results as in its composition. Therefore, don't be put off with some worthless compound easily, but dishonestly, recommended to be "just as good."



## REMEMBER THIS: IT'S IMPORTANT!

One tablet of "SUNLIGHT" SOAP will do more washing than two tablets of ordinary laundry soap.

It will make your clothes whiter.

It will not injure the most delicate lace.

It will not shrink flannels or woollens.

It will enable you to do the washing easily, without boiling the clothes or using washing powders.

It will cut down the labour of wash-day tremendously.

Millions of women use the "SUNLIGHT." If you don't you are missing a wonderful household comfort.



## HELP WANTE

YOUR BACK HURTS. YOUR CHEST PAINS. YOU DRAG ALONG WITHOUT POINT OR PURPOSE -- THAT'S DEBILITY. COMPOUND OXYGEN RELIEVES THAT PROMPTLY. CREATES NEW STRENGTH -- MAINTAINS IT. COMPOUND OXYGEN IS VITALIZED IT IS CHARGED WITH ELECTRICITY. YOU INHALE IT. AT ONCE A GENIAL GLOW PERVADES THE SYSTEM. CIRCULATION IS QUICKENED. AIR CELLS OPEN UP. THE CHEST EXPANDS. COMPOUND OXYGEN MAKES YOU TINGLE AND GLOW ALL OVER. STARTS YOU TO BREATHING FROM TOP TO BOTTOM OF BOTH LUNGS. BUT THE MAIN POINT IS THE VIGOR IT CREATES. WITH VIGOR YOU WILL NOT HAVE DISEASE. ANOTHER GOOD POINT--THIS VIGOR REMAIN WHEN YOU GUIT THE OXYGEN. YOU TAKE THE SCAFFOLDING DOWN, BUT THE BUILDING REMAINS.

A BOOK OF 200 PAGES WILL TELL YOU WHO HAVE BEEN RESTORED TO ALTH AND STRENGTH BY THE USE OF COMPOUND OXYGEN. 200 PAGES OF NAMES, ADDRESSES, AND SIGNED ENDORSEMENTS.

YOU GET THIS BOOK FREE. ADDRESS

DRS. STARKEY & PALEN, No. 1529 ARCH ST., PHILADELPHIA, PA. 66 CHURCH ST., TORONTO, CANADA.



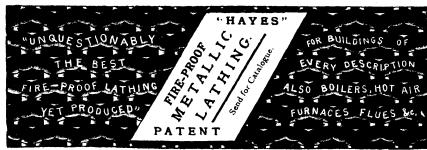
## WEDDING RINGS

10K. \$1,50. - 18K. \$5. - 18K. \$8.

We will send to any address, by registered mail, prepaid, on receipt of price, A SOLID GOLD WED-DING RING of the above quality, our own manufacture, and guaranteed. Our illustrated catalogue contains designs and size gauge for any style of rings; also designs of Watches, Clocks, Jewellery Silverware, etc., which we will furnish free of charge on application.

Kent Brothers, Wholesale and Retail Jewellers, 168 Yonge St., Toronto.

## THE METALLIC ROOFING Co. OF CANADA, Limited,



Eastlake Metallic Shingles. Mansard Shingles. Sheet Steel Bricks, Terra Cotta Tiles, Broad Rib Roofing, Tower Shingles, Elevator Siding, Corrugated Iron.

Office and Factory, Rear Nos. 84, 86, 88 and 90 Yonge Street, Toronto

ONTARIO'S GREAT SUMMER RESORT.

HOUSE S RA



Situated on the northern shore of Lake Erie, 150 feet above the Lake. The Lawn occupies 50 acres. House is First-Class in every particular Free Bus to and from Train and Boat.

WM. FRASER, PROPRIETOR.

HEALTE FOR ALL!

LIVER, STOMACH, KIDNEYS AND BOWELS.
They invigorate and restore to health Debilitated Constitutions, and are invaluable in all Complaints incidental to Females of all ages. For children and the aged they are priceles

Manufactured only at THOMAS BOLLOWAY'S Establishment, 78 New Oxford St., London; And sold by all Medicine Vendors throughout the World.

N.B.—Advice gratis, at the above address, daily, between the hours of 11 and 4, or by letter.