

## Household Hints.

PERFECTLY CHARMING is what the ladies say about "Lotus of the Nile" Perfume.

**CUP PUDDING.**—Break an egg in a coffee cup and beat thoroughly; then add one tablespoonful of flour and a pinch of salt; pour on milk till the cup is nearly full; then beat again, and place in the oven, and bake twenty minutes. Eat while it is hot, with a sauce made with the whites of eggs and sugar beaten together till stiff.

THE envy of her friends, a lady who uses "Lotus of the Nile" Perfume.

**BROILED KIDNEYS.**—Wash and dry the kidneys. Dip them in a seasoning made with three tablespoonfuls salad oil or melted butter, one tablespoonful vinegar, a salt-spoonful salt, and a half-salt-spoonful pepper. Run a skewer through them—when they have been well dipped in this mixture—and broil over a clear fire, but not too hot—till of a clear brown. Hold the inside first over the fire.

## Scott's Emulsion of Pure

COD LIVER OIL, WITH HYPOPHOSPHITES, For Children and Pulmonary Troubles.

Dr. W. S. Hoy, Point Pleasant, W. Va., says: "I have used a thorough test with Scott's Emulsion in Pulmonary Troubles and General Debility, and have been astonished at the good results; for children with Rickets or Marasmus it is unequalled."

**APPLE CUSTARD.**—Stew apples with the grated rind of a lemon added and till they are soft, rub them through a sieve, and to three cups of strained apples add nearly two cups of sugar. When cold, beat five eggs very light, and stir alternately into a quart of milk with the apples; pour into a pudding dish and bake. To be eaten cold.

HAVE you seen the prices in Barker & Co.'s window in the Y. M. C. A. building, 411 Yonge Street? The firm are dissolving partnership, and removing from Toronto, and before selling the stock en bloc desire to reduce it by \$1,000, before March 15. We know you will hardly credit your eyesight when you look at the low prices at which these goods are marked.

**BAKED OMELET.**—Take six eggs, three even spoonfuls of flour, a little salt, and beat them well together—the more it is beaten the lighter it will be—then add one pint of hot milk and keep on beating. Have a hot dish with some melted butter the size of an egg and put into the oven. Bake twenty minutes, and eat when it comes from the oven, for it will fall soon. This is very nice for breakfast.

**EGGLANTINE PUDDING.**—Cut thin slices of white bread, and line a pudding shape with them, putting in alternate layers of the bread and orange marmalade or any other preserve, till the mould is nearly full. Pour over all a pint of warm milk, in which four well-beaten eggs have been mixed. Cover the mould with a cloth, and boil for an hour and a half.

THE usual treatment of catarrh is very unsatisfactory, as thousands of despairing patients can testify. On this point a trustworthy medical writer says: "Proper local treatment is positively necessary to success, but many, if not most of the remedies in general use by physicians afford but temporary benefit. A cure certainly cannot be expected from snuffs, powders, douches and washes." Ely's Cream Balm is a remedy which combines the important requisites of quick action, specific curative power with perfect safety and pleasantness to the patient.

## [Live People.

get on in the world; they look out for the good chances; they go in and win. Stinson & Co., Portland, Maine, need live people everywhere to work for them. \$1 per hour and upwards easily made; many make more than double that. Either sex, all ages. You can do the work and live at home. No special ability required; all can do it. Write and see. All will be put before you free; then if you conclude not to go to work, all right. Capital not required, Stinson & Co. start you.

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## A WEIGHTY OPINION.

The British Medical Journal, the recognized organ of the medical faculty, says:—It is well-known that the usual extracts of meat, such as Liebig's, do not contain the Albumen and Fibrine of Meat. In

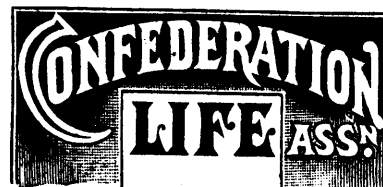
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