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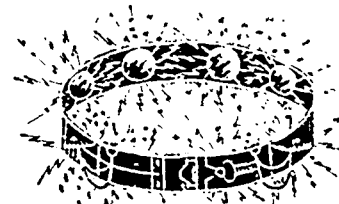


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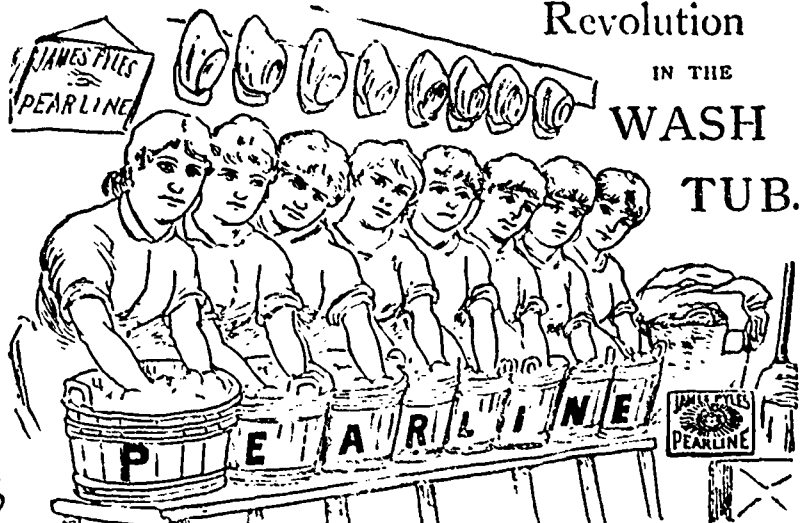
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HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE - MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years Pastor 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 perseveringly 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 me 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, Bay and Esplanade-streets, Toronto, writes August 23 as follows: "To J. J. WESLEY SIMPSON - Dear Sir, - A remarkable experience prompts me to write concerning DR. HALL'S 'Health 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 painful character. The treatment acted like a charm 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 practiced by everybody, however slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering and save most people many times its cost every year. I never invested \$4 to better advantage. Yours truly, ROBERT LINN, 168 Parliament street."

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HOUSEHOLD HINTS.

COFFEE CAKE. - One-half cup of sugar, one-half cup of but., one-half cup of molasses, one-half cup of coffee, one teaspoonful of all kinds of spice, one cup of chopped raisins, one-half teaspoonful of soda; flour to thicken.

EXCELLENT GINGERBREAD. - One-half cup of butter filled up with warm water, one cup of molasses, one-half teaspoonful of salt, one-half teaspoonful of ginger, one heaping teaspoon of best cinnamon, one-quarter teaspoonful of cloves, if liked, finely powdered; one teaspoonful of soda dissolved in one tablespoonful of water; flour to make a batter not stiffer than for muffins. This quantity makes three thin jelly cake tin sheets.

RICH SEED CAKE. - Ingredients: One and a-quarter pounds of flour, one pound each of butter and fine granulated (or pulverized) white sugar, six eggs, two tablespoonfuls of caraway seeds, a teaspoonful of cinnamon and a nutmeg. Beat the butter to a cream, add the sugar and beat. To this add the whites and yolks of the eggs, beaten separately. Add the seeds and spices alternately with handfuls of the sifted flour. Bake two hours with steady heat.

PARSNIP SOUP. - Take about one-fourth of a pound of salt pork; chop it moderately fine and fry it out; turn the fat from it into a soup kettle; add one large onion chopped fine, half a cupful of chopped celery and two good-sized parsnips, cut in small pieces; add salt and a little white pepper and one quart of water; cook slowly until the vegetables are tender; then pour the soup through a coarse sieve or colander, jamming through the pulp of the parsnips; put it on to heat again; add one pint of milk, one and one-half tablespoonfuls of butter and a little cayenne; do not allow the soup to boil hard after the milk is added, and after it is poured into the tureen add a teaspoonful of finely-cut boiled beet; cut the beet in slices, and wipe each slice dry before cutting it for the soup.

LITTLE TROUBLES.

Little troubles are proverbially the ones that cause the most worry, annoyance and vexation. But what are sometimes considered little troubles, if left to themselves, soon magnify into grave evils, producing disastrous results. This is especially true of cold in the head. The sufferer looks upon it as a trifling annoyance that needs no treatment and will speedily pass away. This is a grave mistake. There is not a case of catarrh in existence that did not have its origin in neglected cold in the head, and the longer the trouble runs the more serious the results. Cold in the head developing into catarrh, renders the breath foul, causes a loss of the senses of taste and smell, partial deafness, distressing headaches, constant hawking and spitting, and in many, many cases ends in consumption and death. No case may have all the symptoms indicated, but the more the sufferer has the greater the danger. It is obvious, therefore, that no case of cold in the head should be neglected for an instant, and that to do so is courting further disease - perhaps death. Nasal Balm, in the most aggravated case of cold in the head, will give instant relief, and speedily effect a cure, thus preventing the developing of catarrh. No other remedy has ever met with the success that Nasal Balm has, and this is simply because it does all its manufacturers claim for it. As a precautionary remedy a bottle of Nasal Balm should be kept in every house. Sold by all dealers.

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