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#### Scientific and Useful.

CREAM CAKE. — Two cups of sugar, four eggs, one cup cream, half cup sweet milk, two teaspoonfuls cream tartar, one teaspoon soda, one teaspoon lemon; flour to make a batter. Bake in shallow pans.

ROASTING MUTTON.—When roasting a large and fat loin of mutton, cover it with a paper during the early stages of its roasting, otherwise the fat will burn, or at least will be scorched, and impart a bad flavour to the gravy.

SWEET WAFERS. —Beat six eggs, add a pint of flour, two ounces of melted butter, with as much milk as will make a thin batter; put in white sugar to your taste; pour into the wafer irons and bake quickly, with-out browning too much; roll them while hot.

A VERV remarkable mineral water has re-A VERY remarkable mineral water has re-cently been discovered in volcanic formation about 150 miles north-west of San Francisco. It is a hot spring of intense strength, very strong to the taste. F. W. Hutch, M.D., per-manent secretary to the Board of Health, San strong to the taste. F. W. Hutch, M. D., per-manent secretary to the Board of Health, San Francisco, says that it is the most remark-able mineral water ever brought to his notice, and the analysis of Professor Pryce, M. D., of the same city, shows at once sulphur, salt, carbonate, alkaline, and slightly ferruginous water. It is known as CASTALIAN. It is said to be an unfailing cure for diseases of the stomach, liver and kidneys and their attend-ant evils, diseases of the skin and mucous membranes. Nature seems to have provided this remedy at the time it is most needed. Who knows but this is the identical fountain of youth sou<sub>2</sub>ht for by Ponce de Leon, the Spanish adventurer. It is said to give extra-ordinary results in the curing of disease and restoring vitality. Mr. Meacham, of the Arcade Pharmacy, 133 Yonge Street, reports daily increasing sales and wonderful cures. It is also on sale at 230 Queen Street West, 732 Yonge Street. The trade can procure it at the Central Depot, 169 Queen Street East. East.

CLIFTON PUDDING .--- Boil a teacupful of rice for nearly an hour, in a cloth, putting it on in cold water. Have ready sweet sauce, made of half a pint of milk (or water) one tablespoonful of flour, and three lumps of sugar; pour this over just before sending to the table.

the table. SPONGE CAKE.—One pound of powdered sugar, one-half pound flour, ten eggs, juice and grated rind of lemon, a pinch of salt. Beat the yolks and sugar together; add whites (previously beaten to a froth). Beat all together ten minutes, then add flour and lemon. Stir in as lightly as possible.

DIFTHERIA.—The name strikes a chill to a mother's heart as she realizes what a dan-gerous malady it is. With a bottle of Pain-Killer in the house she feels that she has a till more powerful cure and half the terror still more powerful cure, and half the terror is destroyed.

GINGER SNAPS .- One cup of sugar, one of butter, one of molasses, two eggs, three pints of flour, one teaspoonful soda, one tablespoonful ginger. Rub the soda into one pint of the flour, and mix with the other in-gredients; then add the rest of the flour, mould into cakes the size of marbles, and bake in moderate ovens.

BREAKFAST ROLLS.—One quart of flour, BREAKFAST ROLLS.—One quart of flour, into which a little salt and two teaspoonfuls baking powder have been sifted, half a tea-spoonful each of butter and lard, one pint milk. Rub together the butter, lard and flour, then add the milk. After thoroughly mixing, put the dough on a board, roll it out about half an inch thick, and cut with a floured tumbler. Double each cake, and bake in a hot oven fifteen minutes.

bake in a not oven inteen minutes. UNKNOWN.—There is no remedy known to medical science that can excel Dr. Fow-ler's Extract of Wild Strawberry as a cure for Cholera Morbus, Diarrheea, Dys-ntery, or any form of Summer Complaint afflicting children or adults.

ICE CREAM CAKE.--Two cups of pow-ICE CREAM CAKE.—Two cups of pow-dered sugar, one cup of butter, one of sweet-milk, the whites of eight eggs, one teaspoon-ful of soda, two of cream of tartar, three and a half cups heaping full of flour. Bake in jelly tins. The icing is composed of three cups of powdered sugar, one cup of water. Boil until it makes a clear, thick syrup; pour over this the beaten whites of three eggs, stir while boiling hot; add one tea-spoonful of citric acid. Flavour with vanilal, and spread between the layers and upon the and spread between the layers and upon the top.

#### Scott's Emulsion of Pure COD LIVER OIL, WITH HYPOPHOSPHITES,

Possesses in the fullest degree the tonic and stimu-lating properties of the Hypophosphites combined with the healing, strengthening and fattening quali-ties of the Cod Liver Oil in a perfectly agreeable form, of wonderful value in Consumption, Debility and Wasting Diseases.

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which is Scrofulous Disease of the Lungs, is promptly and certainly arrested and cured by this God-given remedy, if taken before the last stages of the disease are reached. From its wonderful power over this terifoly fatal disease, when first offering this now cel-ebrated remedy to the public, Dr. PIERCE thought seriously of calling it his "Con-sumption Cure," but abandoned that name as too limited for a medicine which, from its wonderful combination of tonic, or strengthen-ing, alterative, or blood-cleansing, anti-billous pectoral, and nutritive properties, is unequaled, not only as a remedy for consumption of the lungs, but for all

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equal. For Weak Lungs, Spitting of Blood, Shortness of Breath, Brouchitie Severe Coughs, Consumption, and kindred affections, it is a sovereign remedy. Send ten cents in stamps for Dr. Pierces book on Consumption. Sold by Druggists.

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