

**KIDNEY HASH.**—Soak the kidneys one hour in ice water. Boil for several hours, changing the water several times. Leave them all night in the water they were boiled in. Next morning, chop them up, put in a stew pan with a little water, a desert spoonful of butter, pepper and salt. Let them stew till boiling hot, then add a teacupful of milk or cream.

**BUTTERED eggs** and scrambled eggs are one and the same thing. Here is the recipe: Melt one ounce of butter in a lined sauce pan; break four eggs into a basin, and then beat them up with a fork, then pour them into the butter, and stir till set (which takes about five minutes), adding seasoning of pepper and salt to taste. Have four slices of hot toast ready, spread on the mixture, and serve quickly.

**SALAD SANDWICHES.**—Take the dark chicken meat, cut into small pieces and moisten with mayonnaise or French dressing. Cut slices of bread rather thin and butter thinly. Put into a bowl some vinegar and a tarragon seed; dip into the vinegar a lettuce leaf, then shake off the vinegar and lay the leaf on a slice of bread, then spread the leaf with dressing, put on a layer of the chicken; then dip another leaf in the vinegar and lay on the chicken, lay on the second leaf another slice of bread, press together and trim the edges and cut diagonally in two.

**AN OMELET.**—Beat four eggs with a spoon until a teaspoonful can be lifted up without running off; add four tablespoonfuls of milk, one teaspoonful of salt, one saltspoonful of pepper, and a teaspoonful of fine herbs. Melt a tablespoonful of butter in the pan, pour in the omelet. As the omelet cooks around the edges, stir it back with a fork, allowing the raw egg to run down. Do this until it is nearly all cooked, then fold and turn out. Be sure to leave a little of the mixture uncooked, as this will give the desired creamy consistency. Never cook an omelet until it is tough and dry. The herbs used in making this omelet were tarragon, chives, mint, and parsley, mixed. One or two will suffice, however.

A LAYER of pulverized charcoal an inch thick placed upon the surface of the soil in flower-pots is said to render roses more gorgeous, to variegated petunias with red or purple, and to spot violets with a darker blue. It is easily tried.

Women are not slow to comprehend. They're quick. They're alive, and yet it was a man who discovered the one remedy for their peculiar ailments.

The man was Dr. Pierce. <sup>8/52</sup> The discovery was his "Favorite Prescription"—the boon to delicate women.

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We can hardly imagine a woman's not trying it. Possibly it may be true of one or two—but we doubt it.

Women are ripe for it. They must have it. Think of a prescription and nine out of ten waiting for it. Carry the news to them!

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### HOMESTESTIMONY:

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."

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Bay and Esplanade-streets, Toronto, writes August 12 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 practised 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 be better advantage."

"Yours truly, ROBERT LINN, 168 Parliament Street."

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