

1882

Mary Whitcher's Shaker House-Keeper

Mary Whitcher

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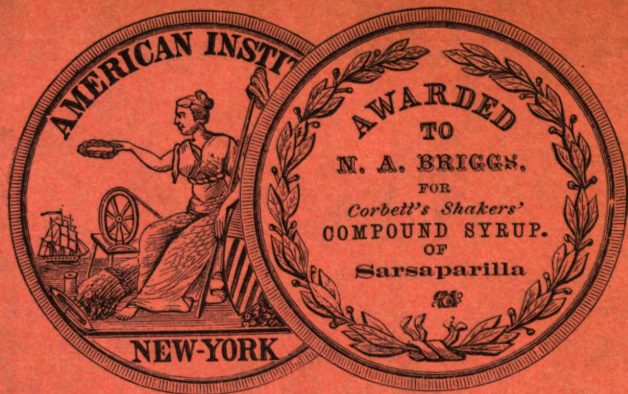
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Yours Kindly.
Mary Whiteher



Diploma awarded CORBETT'S SHAKERS' SARSAPARILLA at the Forty-Seventh Exhibition of the American Institute, November, 1878.

CORBETT'S Shakers' Sarsaparilla,

The Great Purifier of the Blood and other Fluids of the Body.

The Shakers claim that by reason of their intimate knowledge of medicinal plants they are enabled to excel in the preparation of a purely vegetable medicine.

Dr. Corbett's Shakers' Sarsaparilla is beyond all doubt the most powerful Blood Purifier, Liver and Kidney Remedy and General Tonic compounded. It is prepared from roots, herbs and berries grown, selected and discovered by the Shakers.

The ablest physicians and the oldest and most reliable druggists of New England have pronounced it THE BEST Sarsaparilla in existence.

It has succeeded in curing cases that had been given up by physicians, and which all other Sarsaparillas and blood purifiers had failed to cure.

For Diseases of the Kidneys, Liver, Bladder, Skin and Blood, Scrofula or King's Evil, Scrofulous Swellings or Sores, Cancerous Ulcers, Canker and Canker Humor, Salt Rheum, Syphilitic Humors, Erysipelas, Dropsy, Scurvy, White Swellings, Gout, Gravel, Rheumatism, Neuralgia, Palpitation of the Heart, Female Weakness, General Debility, Fever and Ague, Loss of Appetite, Nervousness and Emaciation.

CORBETT'S SHAKERS' SARSAPARILLA

Is prepared by the Society of Shakers, Shaker Village, N. H.

Price, \$1.00 per Bottle; 6 Bottles for \$5.00.

Inquire for Corbett's Shakers' Sarsaparilla and avoid imitations. Sold by all Druggists.

Wholesale Agents, WEEKS & POTTER, 360 Washington St., Boston, Mass.

MARY WHITCHER'S SHAKER HOUSE-KEEPER.

Shaker Housekeeping.

THE Shakers recognize the fact that good food, properly cooked and well digested, is the basis of sound health. The following pages therefore are designed to contribute to that object, as far as possible, in the selection and preparation of receipts which are known to be reliable and good and at the same time adapted to the majority of New England homes.

The novelty of bills of fare for the dinner of each day of the week, is here for the first time introduced. While it is possible that but a small proportion of housekeepers will see fit to follow them exactly, it is, at the same time, hoped that they may suggest something beneficial to them in the preparation of many savory and economical dishes.

Gratefully acknowledging my indebtedness to many friends for the valuable contributions herein contained, and sincerely hoping that this unpretentious book may prove generally acceptable to those who love their homes,

I remain, yours kindly,

MARY WHITCHER.

SHAKER VILLAGE, N. H., Mar. 1, 1882.

SUNDAY.

TOMATO SOUP.

PRESSED CORNED BEEF.

MASHED TURNIPS, MASHED POTATOES.

SPANISH CREAM OR CHOCOLATE PUDDING.

Tomato Soup.—Put a quart can of tomatoes and a pint of water on to boil. Mix a large tablespoonful of butter with two of flour, and gradually stir into this mixture half a cupful of boiling tomato. When perfectly

The Shakers.

About the year 1747, a few members of the Society of Quakers united in a distinct society near Manchester, England, under the leadership of James and Jane Wardley, and ultimately that of Ann Lee.

Being persecuted on account of their religious faith, eight of this little company left England to seek a home in America, arriving at New York city August 6, 1774. In the Fall of 1776, they removed to Niskeyuna (now Watervliet), N. Y., and settled in the woods about seven miles northwest of Albany.

The first duly organized society was established at New Lebanon, N. Y., about the year 1787. This is recognized as the parent or leading society in the United States. The post office address is Mt. Lebanon, Columbia Co., N. Y.

There are now sixteen other branch societies, whose post office addresses are as follows:—

Shakers, Albany Co., N. Y.

Sonyea, Livingston Co., N. Y.

West Pittsfield, Berkshire Co., Mass.

Ayer, Middlesex Co., Mass.

Shirley Village, Middlesex Co., Mass.

Shaker Station, Hartford Co., Conn.

Shaker Village, Merrimack Co., N. H.

(Manufactured by Corbett's Sarsaparilla.)

Enfield, Grafton Co., N. H.

Alfred, York Co., Maine.

West Gloucester, Cumberland Co., Me.

Cleveland, Cuyahaga Co., Ohio.

Lebanon, Warren Co., Ohio (Shakers).

Dayton, Montgomery Co., Ohio, "

Harrison, Hamilton Co., Ohio, "

Pleasant Hill, Mercer Co., Ky., "

South Union, Logan Co., Ky., "

smooth add to the greater quantity of tomato, and add, also, a teaspoonful of salt and one of sugar. Simmer fifteen minutes, and season with pepper. After straining through a fine sieve or steamer, serve with toasted bread.

Pressed Corned Beef.—The thin part of the ribs, the brisket and the flank, are the best parts to press. Wash the meat, and if it is very salt, cover with cold water; but if not thoroughly salted, cover with boiling water. Let it come to a boil, and skim; then cover and simmer six hours, unless the piece weighs more than ten or twelve pounds; in which case allow fifteen minutes for every additional pound. No matter how small the piece, it will require six hours to cook. When done, take from the fire and let it stand one hour in the water in which it was boiled; then take out the bones, place the meat on a platter or cake pan, put a tin sheet on top of it, and on the sheet a weight, and set in a cool place. In the morning trim the edges; use the trimmings for hash. — If the beef be boiled rapidly it will be dry and stringy, but if it is allowed only to bubble it will be tender and juicy. This is true of all kinds of meat.

Mashed Potatoes.—Pare and boil for thirty minutes. Mash light and fine with a wooden masher. To every twelve potatoes add one teaspoonful of butter, half a cupful of boiling milk, and salt to taste.

Mashed Turnips.—Pare, and cut into slices. If the white turnips be used and they are fresh, they will cook in forty minutes, but if they be the yellow kind they must boil for two hours in plenty of water. Mash, and season with butter, salt and pepper.

Spanish Cream.—One quart of milk, three eggs, one cupful of sugar, one-third of a box of gelatine, one generous teaspoonful of vanilla flavor. Put the gelatine in a bowl with half a cupful of cold water, and when it has stood an hour add it to a pint and a half of the milk, and then place the sauce-pan in which it is to be cooked (it should hold two quarts), into another of boiling water. Beat the yolks of the eggs with the sugar and one-fourth of a teaspoonful of salt. Beat the whites to a stiff froth. Add the half pint of cold milk reserved from the quart to the yolks and sugar, and stir all into the boiling milk. Cook five minutes, stirring all the time; then add the whites and remove from the fire. Add the vanilla, and pour into moulds. Place on ice to harden. *Mrs. J. A. Mead.*

Chocolate Pudding.—One square of Baker's chocolate, one quart of milk, six tablespoonfuls of sugar, four tablespoonfuls of corn-starch, four eggs, one generous teaspoonful of vanilla. Put the milk on to boil, reserving one cupful to mix with the corn-starch. Scrape the chocolate and add two tablespoonfuls of sugar and one of hot water to it. Place over a hot fire and stir until dissolved, which will be in about one minute. Put this in the boiling

Principles of the Society.

This society is a moral and religious institution, based upon the following primary principles:

1st—A life of *innocence*, strict temperance, and *virgin purity*, according to the example of Jesus Christ and his true followers; implying entire abstinence from all sensual and carnal gratifications.

2nd—LOVE. "By this shall all men know that ye are my disciples, if ye have love one to another." A consecrated and free people can have no other bond of union.

3d—PEACE. This requires us to abstain from war and bloodshed, from all acts of violence to our fellow-men, from all party contentions and politics of the world, and from all the pursuits of pride and worldly ambition. "My kingdom is not of this world."

4th—JUSTICE. "Render to every man his due." "Owe no man anything but love and good will." We are to be just and honest in all our dealings with mankind; to discharge all just dues, duties and equitable claims as seasonably and effectually as possible.

5th—HOLINESS,—which signifies to be consecrated, or set apart from a common to a sacred use. Hence proceed our dedication of person, services and property in the support of one *consecrated* and *united* interest by the voluntary choice of every member, so far as prepared by their own faith so to do, as a sacred privilege, and not by any under constraint or persuasion.

6th—GOODNESS. Do good to all men, so far as opportunity and ability may permit, by acts of charity and kindness, and promoting light and truth among mankind. "Whatever ye would that men should do unto you, do ye even so to them."

7th—TRUTH. Eschew every species of falsehood, lying, deceit and hypocrisy. Be faithful to every trust, earnestly sincere, and punctual to keep every promise.

milk. Mix the corn-starch with the cold milk. Beat the yolks of the eggs into this mixture, and when the milk is *boiling* stir this mixture, the sugar and about a fourth of a teaspoonful of salt into it. Cook six minutes, stirring all the time; then add the whites of the eggs, — which you must beat to a stiff froth before you add the corn-starch and eggs to the boiling milk. Remove from the fire and add the vanilla. This pudding can be eaten cold or hot, with or without sugar and cream. *Mrs. C. Powell.*

MONDAY.

BROILED BEEF STEAK.

BAKED POTATOES.

BOILED RICE.

STEAMED PUDDING, LEMON SAUCE.

Broiled Beef Steak.—Have the steak cut from three-fourths to an inch thick: Dredge it with salt and flour and cook over clear coals for ten minutes — this gives it rare — then place on a warm dish and season with salt, pepper and butter. Have the vegetables ready to serve as soon as the steak is cooked, as it spoils by standing.

Baked Potatoes.—Wash and nip good sized potatoes and bake in a moderate oven forty-five minutes. They are spoiled by being over-cooked.

Boiled Rice.—Wash in two waters one cupful of rice. Put it to boil in two quarts of *boiling* water and one tablespoonful of salt. Boil rapidly, with the cover off the sauce-pan, for twenty-five minutes. Turn into a colander to drain, and place where it will keep warm while the steak is broiling. The water in which it was boiled may be used to starch prints.

Steamed Pudding.—One cupful of molasses, one of sweet milk, one of raisins, half a cupful of butter or two-thirds of a cupful of chopped suet, one teaspoonful of mixed spice, one of soda, half a teaspoonful of salt, four cupfuls of flour. Dissolve the soda in the milk. Mix all the ingredients thoroughly and steam three hours in a buttered mould. To be eaten with lemon sauce. *Mrs. S. S. Thompson.*

Lemon Sauce.—One large cupful of sugar, nearly half a cupful of butter, one egg, the juice and a little of the grated rind of one lemon, one teaspoonful of nutmeg, half a cupful of boiling water. Beat the butter to a cream. Add the beaten egg, and also the sugar, gradually, and then beat in the lemon and nutmeg. Set the dish in another of boiling water. Add the half cupful of boiling water and stir for five minutes. *Mrs. H. E. Rankin.*

SHAKER MEDICINE.

Extract from the report of the Judges of Chemicals of the Massachusetts Charitable Mechanic Association.

"The COMPOUND SYRUP OF SARSAPARILLA as prepared by Dr. Corbett, of the Shaker Society, Canterbury, N. H., the committee have carefully examined. It comes sustained by the names of the most distinguished physicians in the country; and, from a knowledge of its component parts, the committee cannot but express their full belief as to its efficacious qualities. The ingredients entering into its composition are of such a highly useful and alternative character that the committee willingly pronounce it to be the best preparation of Sarsaparilla Syrup yet known; and, as such, think it deserving a Diploma."

The Best Sarsaparilla.

This truly great medical compound, invented by Dr. Thomas Corbett, a member of the Society, was the first as well as it is the best of all remedies called Sarsaparilla, none of which bear any comparison to it in the variety, quality, and quantity of its ingredients. Druggists warrant as genuine every bottle bearing the signature of Thos. Corbett. — *Springfield Republican.*

From Dixi Crosby, M. D., Professor of Surgery and Obstetrics, etc., at Dartmouth College, N. H.

DEAR SIR:—In answer to your inquiries concerning the COMPOUND SYRUP OF SARSAPARILLA, as prepared by the Society of Shakers in Canterbury, N. H., I would say, that I have long been familiar with the prescription, and have always recommended it from my personal knowledge of those concerned in its preparation, which to me is proof that it is just what it purports to be.

DIXI CROSBY, M. D.

Hanover, N. H.

A Great Blood Purifier.

CORBETT'S SHAKERS' SARSAPARILLA cleanses the blood of scrofula and scrofulous humors, regulates the stomach and bowels, cures disorders of the liver, kidneys and urinary organs, purifies the female system of weaknesses and debilitating humors, and eradicates the first symptoms of hereditary diseases in children and youth. It is truly a wonderful medicine for general and nervous debility, emaciation and dropsy.

TUESDAY.

ROAST LEG OF MUTTON, WITH CURRANT JELLY.

PLAIN BOILED POTATOES.

SQUASH, OR BAKED SWEET POTATOES.

APPLE TAPIOCA PUDDING.

Roast Mutton.—Wipe the mutton with a damp cloth; then dredge with salt, a little pepper, and generously with flour. Place on a meat rack in the baking-pan before dredging, see that the bottom of the pan shall be covered with flour. Place in a hot oven, and as soon as the flour in the pan is brown (which will be in about five minutes), pour in hot water enough to cover the bottom of the pan. Baste every fifteen minutes. Cook a leg weighing six pounds, one hour and a quarter, and give ten minutes for every additional pound. This cooks it rare. If it is to be well done, roast one hour and a half, with fifteen minutes for every pound over six. When the meat is done, pour all the fat from the gravy and add a cupful of boiling water to what remains in the pan. Thicken this with a smooth paste made of a tablespoonful of flour and a little cold water. Stir well, and boil two or three minutes. Season with salt and pepper. Strain and serve. All the dishes must be very warm for a mutton dinner.

Boiled Potatoes.—Pare the potatoes, cover them with boiling water, and boil thirty minutes. When they have been cooking fifteen minutes add one tablespoonful of salt for every dozen potatoes. When cooked, drain off every drop of water and place the kettle on the back part of the stove for a moment. If you are not ready for the potatoes as soon as cooked, cover with a clean towel, but do not put the cover of the kettle on. The steam must pass off, or the potatoes will be soggy and strong flavored. It takes a good cook to boil a potato.

Squash.—Pare the squash, and boil in a little water for thirty minutes; or, better, steam it for forty. Mash well, and season with salt, pepper and butter.

Sweet Potatoes.—Wash and wipe. Bake in a moderate oven, if they are of medium size, one hour, but if they are large, one hour and a quarter.

Apple Tapioca Pudding.—One large cupful of tapioca, three pints of cold water, one cupful of sugar, one teaspoonful of salt, one teaspoonful of essence of lemon, three plums of pared and quartered apples. Wash the tapioca and put it to soak in the cold water. Three hours will do, but it is better to soak it over night. Cook from twenty to thirty minutes; then add the seasoning and apples. Turn into a buttered dish and bake one hour and a quarter. Let the pudding stand in a cool room half an hour before serving. Serve with sugar and cream.

Poisoned by Vaccination, Eruptions of the Skin covered her body for more than twelve months, discharging most offensive matter. Cured by Corbett's Sarsaparilla.

GENTLEMEN:—Happy am I to inform you of the wonderful effects of CORBETT'S SARSAPARILLA upon a little daughter of ours who was poisoned when at the age of about three years by vaccination. Eruptions of the skin covered her whole body for more than twelve months, discharging the most offensive matter. We were compelled for months to oblige our little sufferer to wear mittens while in bed, and to adjust her night dress by closing the openings at the hands and feet so as to prevent her from tearing her flesh. But even with these precautions she would, at times, release her hands by gnawing her mittens about the finger ends, and then scratch and lacerate herself severely, until the blood would flow. She is now nearly restored to health, having used no other medicine for the last two years than CORBETT'S SARSAPARILLA. The effect of this powerful alterative is most signal, seeming to cleanse the whole system, and eradicate all disease. The skin of our little girl is now as fair as that of infancy, and her system rapidly changing from impurity and disease to perfect health; and this I know to be the result of the use of CORBETT'S SARSAPARILLA only.

J. P. EASTMAN.

Boston, Mass.

A Perfect Health Restorer.

For Dyspepsia, Indigestion, Pale, Thin and Watery Blood, Malaria and Liver Complaint, Weak Nerves, Lungs, Kidneys and Urinary Organs, Consumption, Emaciation, and Exhaustion of Delicate Females, Nursing Mothers, Sickly Children, and the Aged, CORBETT'S SARSAPARILLA is simply wonderful.

From the Commissioners of Pharmacy and Practical Chemistry for the State of New Hampshire.

We, the undersigned, have sold and known of the curative properties of CORBETT'S SHAKER COMPOUND SYRUP OF SARSAPARILLA for more than thirty years, and most willingly give testimonial to its value as a reliable medicinal remedy.

CHARLES S. EASTMAN, Concord.

ELIAS S. RUSSELL, Nashua.

WEDNESDAY.

BAKED FISH, TOMATO SAUCE.

ESCALOPED MUTTON.

SNOW PUDDING, WITH SAUCE.

Baked Fish.—Take a fish weighing from four to six pounds. Scrape and wash clean, and season well with salt. Make a dressing with five small crackers, rolled fine, one table-spoonful of butter, one teaspoonful of salt, a little pepper, half a tablespoonful of chopped parsley, and water enough to make very moist. Stuff the fish with this preparation, which fasten in with a skewer. Cut slits in the fish and put small strips of salt pork into them. Place the fish on a tin sheet in a baking-pan, and dredge well with flour. Bake one hour, basting often. Serve with a tomato sauce poured around it.

Tomato Sauce.—One pint of stewed tomato, one tablespoonful of butter, one of flour, four cloves, a tiny bit of onion. Cook the tomato, clove and onion together ten minutes. Heat the butter in a small pan and stir the flour into it. Cook, stirring all the time, until smooth and a light brown; then stir into the tomato. Cook two or three minutes longer. Season with salt and pepper, and strain.

Escaloped Mutton.—Chop some cold mutton rather coarse and season with salt and pepper. For one pint of meat use half a cupful of gravy and a heaping cupful of grated bread crumbs. Put a layer of the meat into an escalop dish, then some gravy, then a thin layer of crumbs. Continue in this way until the dish is full. The last layer must be a thick one of crumbs. Cook fifteen minutes in a hot oven.

Snow Pudding.—Soak half a box of Cox's gelatine for one hour in half a pint of cold water; then add two cupfuls of sugar, the juice of two lemons, and half a pint of boiling water. When cool, but not thick, add the whites of three eggs, beaten to a stiff froth. Set the dish in another of ice water and beat until thick and white. Turn into a mould and set away to harden. *Mrs. L. Parsons.*

Sauce for Snow Pudding.—The yolks of three eggs, one pint of milk, two table-spoonfuls of sugar, half a teaspoonful of vanilla. Beat the eggs and sugar together, and when the milk is warm pour it on the mixture. Put the basin into another of boiling water and stir until it begins to thicken. When cool, add the vanilla flavor.

Child Cured of Scrofulous Disease of the Blood by Corbett's Sarsaparilla.

GENTLEMEN:—A son of mine, eight years old, has been troubled with a humor, or disease of the blood, of scrofulous character. He has, within the last year, taken several bottles of **DR. CORBETT'S SARSAPARILLA SYRUP**, which apparently has removed the difficulty, for he is now enjoying good health. I have confidence in the cleansing and healing qualities of this medicine, and believe it an excellent article.

ROBERT READ.

Manchester, N. H.

Most Economical Medicine.

The most economical medicine known to druggists is the **SHAKERS' SARSAPARILLA**, because so few bottles effect a permanent cure of chronic diseases and humors, such as Rheumatism, Kidney and Urinary Affections, Liver Complaint, Constipation, Piles, Scrofula, and Skin Diseases.

"Friend Corbett."

LOWELL, MASS., Jan. 20, 1880.

DEAR SIR:—Our acquaintance with "Friend Corbett" existed many years before he put the **SYRUP** in the market, and we were accustomed to procure our supply in ten-gallon kegs. From that time to this, a period of not much less than half a century, we have kept it in stock. Our confidence in the good qualities of the **SYRUP** is in no way impaired.

CARLTON & HOVEY, *Druggists.*

Dyspepsia, Scrofulous Affections, and General Debility from Infancy, Cured by Corbett's Sarsaparilla.

This may certify that I have, for several years, been troubled with dyspepsia, scrofulous affections, general debility, &c., even from infancy. By the recommendation of my father, Dr. William Prescott, formerly of Lynn, Mass., and now of Concord, N. H., I was induced to make trial of **CORBETT'S SARSAPARILLA SYRUP**. I have taken two or three bottles, from which I have found great relief. My health and strength have very much improved, and I recommend all who are troubled with similar complaints to try this valuable medicine. I am still taking this Syrup, and feel confident it will ultimately cure. I know of others who are taking this Syrup, who are receiving great benefit from its cleansing and healing qualities.

LAURA M. PRESCOTT.

Concord, N. H.

THURSDAY.

MOCK OYSTER SOUP.

ROAST BEEF.

POTATOES.

CAULIFLOWERS.

CORN-STARCH PUDDING.

Mock Oyster Soup.—Peel twelve good-sized tomatoes, and boil in a little water until quite soft. Let two quarts of milk come to a boil, and thicken with two large crackers that have been rolled fine. Add one teaspoonful of soda to the tomatoes. When these are well broken up, season with salt, pepper and three tablespoonfuls of butter. Add to the milk, and serve immediately. The tomato may be strained if you prefer. *Mrs. A. F. Nutting.*

Roast Beef.—Prepare and roast the same as the leg of mutton.

Cauliflower.—Remove the green leaves and wash the cauliflower clean. Place in a deep saucepan, head downward, and cover with boiling water. Simmer gently one hour. Serve with a cream or butter sauce.

Corn-Starch Pudding.—One quart of milk, three eggs, two tablespoonfuls of corn-starch, twelve of sugar, half a teaspoonful of salt. Mix the corn-starch with half a cupful of the milk, and let the remainder come to a boil. Beat the sugar, salt, and the yolks of the eggs into corn-starch and milk, and stir into the boiling milk. Cook five minutes, beating well; then pour into a pudding dish. Beat the whites to a stiff froth, and beat into them a cupful of powdered sugar. Flavor to taste. Spread this over the pudding, and brown in a moderate oven. *Mrs. H. McLellan.*

FRIDAY.

FISH CHOWDER.

BEEF, WITH PUREE OF POTATOES.

COTTAGE PUDDING.

Fish Chowder.—Cut half a pound of salt pork into slices and put into the stew-pan. Fry slowly for twelve minutes; then add two onions, cut *fine*, and fry ten minutes longer. Have about four pounds of fresh fish freed of skin and bone and cut into pieces; have, also, one quart of potatoes pared and cut in *thin* slices. Put a layer of the fish and then a layer of the potatoes on top of the pork and onions. Dredge well with salt, pepper and flour. Continue this until all the fish and potato are used; then cover with boiling water, and simmer gently for fifteen minutes. Mix one pint of milk with two tablespoonfuls of flour and add this to

A Curative Host for Diseases of the Blood, Stomach, Liver, Kidneys, and Bowels.

CORBETT'S SARSAPARILLA cleanses the blood of impurities, and drives out scrofulous humors. It excites the appetite, regulates the stomach and bowels, increases the flesh, prevents weakness and degeneration of the liver, kidneys and urinary organs. It is a mother's remedy, regulating and strengthening the maternal functions. It purifies the female system of ulcerative weaknesses and debilitating humors. It expels the first symptoms of hereditary humors in children and youth. It is truly wonderful in nervous and general debility, emaciation and dropsy. It expels the cause of rheumatism and gout, and invariably relieves asthma.

Best in the Market.

Your Sarsaparilla Syrup is all you claim, and is one of the best in the market.

B. F. RACKLEY, Druggist.

Dover, N. H., Dec. 2, 1878.

Tightness of the Chest, and Affection of the Heart, brought on by Rheumatic Fever, cured by Corbett's Sarsaparilla.

GENTLEMEN:—Three years since, I was afflicted with a tightness of the chest, supposed by my physician to proceed from an affection of the heart, brought on by rheumatic fever. My blood was affected and I was greatly debilitated. Being advised to try DR. CORBETT'S SHAKER SARSAPARILLA, I did so with the most beneficial effects. After using several bottles, my health was improved, my blood renovated, and the tightness of the chest alleviated. My general health is now good, and I attribute my restoration entirely to the using of DR. CORBETT'S SARSAPARILLA SYRUP, and commend it to those who are troubled with any of the various complaints for which Sarsaparilla is recommended.

JOSEPH GERRISH.

Fisherville, N. H.

Fortify the Body.

Enrich the Blood, Solidify the Bones, Harden the Muscles, Quiet the Nerves, Cheer the Mind, Induce Sleep, Perfect Digestion, Regulate the Stomach and Bowels, Cleanse the Liver and Kidneys, and Vitalize every Fluid of the Body, with CORBETT'S SHAKER SARSAPARILLA.

the chowder, together with six Boston crackers, split. Cook ten minutes longer, and serve. The milk may be omitted if not liked. In that case, however, be a little generous with the boiling water when you begin the chowder.

Cold Beef, with Puree of Potatoes.—Pare, boil and mash twelve large potatoes. Add to them salt, pepper and two tablespoonfuls of butter; then beat in gradually one pint of boiling milk. Spread this preparation on a warm dish and then place on it handsome slices of cold roast beef. Put one tablespoonful of gravy on each slice. Place the dish in the oven for five minutes. Garnish the edge of the dish with any kind of green, like parsley, carrot, or celery. Other kinds of cold meat can be served in this manner.

Cottage Pudding.—One cupful of sugar, two of flour, one of milk, one egg, butter the size of an egg, one teaspoonful of soda, two of cream-of-tartar. Beat the sugar and butter together; then add the egg, well beaten, then the milk, and finally the flour, in which the soda and cream-of-tartar have first been well mixed. Bake in a pudding dish for half an hour in a moderate oven. To be eaten with sauce. The lemon sauce is good with it. *Mrs. Sumner S. Thompson.*

SATURDAY.

BEEF STEW.

MACARONI.

APPLE PUDDING.

Beef Stew.—Three pounds of beef—the navel piece is the best—cut into inch-square pieces. Peel and slice four or five onions. Put a layer of meat in the bottom of the stew-pan, then a layer of onions, and dredge well with salt, pepper and flour. Continue this until all the meat and onions have been used. Pour into the pan two quarts of boiling water, and simmer three hours; then add one quart of potatoes, peeled and sliced, and three tablespoonfuls of flour mixed with one cupful of cold water. Add more salt and pepper if needed; simmer thirty minutes longer. Dumpings served with the stew are an improvement.

Macaroni.—Break up a quarter of a pound of macaroni. Wash quickly in cold water and put into a saucepan with two quarts of boiling water and a teaspoonful of salt. Boil rapidly for twenty minutes. The saucepan must not be covered. Serve with butter and salt or with tomato sauce.

Another way would be to put it in a dish as soon as boiled, and pour over it one cupful of milk and a tablespoonful of butter, and then cover with grated cheese and brown in the oven. *Mrs. Stephen Jenning.*

Salt Rheum for Fifteen Years Cured in Three Months by Corbett's Sarsaparilla.

This may certify that I was afflicted with salt rheum for more than fifteen years prior to 1847. I tried different remedies without permanent relief. In the spring of the year 1847 I was induced to test the efficacy of Dr. CORBETT'S COMPOUND SYRUP OF SARSAPARILLA. During the space of three months I used about a quart of this medicine. I find myself fully relieved from said disease, and can, therefore, cheerfully recommend others who may be afflicted in a like manner, to try this cheap and valuable medicine.

MARY M. NESMITH.

Franklin, N. H.

Kind Words.

Through force of real merit the SHAKERS' SARSAPARILLA has become a part of the domestic economy of thousands of New England homes.—*N. E. Farmer.*

For Scrofulous Swellings of the Neck and Joints a Perfect Remedy.

I have used in my practice, for a few years past, the COMPOUND CONCENTRATED SYRUP OF SARSAPARILLA, prepared in the United Society of Shakers, and I consider it of great value in the treatment of diseases of the absorbent and glandular systems, and many of those depraved conditions of the general health termed morbid functions. I can recommend it to be superior to any preparation of Sarsaparilla now before the public. I would also recommend it to the profession as a perfect article, and one that will fully answer their expectations.

GEO. W. GARLAND, M. D.

Meredith Bridge, N. H.

Prescribed by Physicians.

Praised by individuals and prescribed by physicians in this place. Sells better than any other preparation of Sarsaparilla with me.

J. A. POWERS, Druggist.

Winchester, N. H., Dec. 2, 1873.

What Corbett's Sarsaparilla will do.

CORBETT'S SHAKERS' SARSAPARILLA cleanses the blood of scrofula and all other impurities, excites the appetite, regulates the stomach and bowels, and increases the flesh. It prevents weakness and degeneration of the liver, kidneys, and urinary organs. It is a mother's remedy, regulating and strengthening

Apple Pudding.—Pare and chop fine six large apples. Put in a pudding dish a layer of grated bread crumbs one inch deep, then a layer of apple. On this put bits of butter, sugar and a slight grating of nutmeg. Continue as before, and finally pour on a teacupful of cold water. Bake half an hour. Use in all two tablespoonfuls of butter and a small cupful of sugar.

MISCELLANEOUS RECIPES.

Veal Loaf.—Three pounds of veal or fresh beef, half a pound of salt pork chopped fine, two beaten eggs, one teacupful of cracker crumbs, three tablespoonfuls of salt, two teaspoonfuls of pepper. Mix and press hard into a tin. Bake one and a half hours. *Mrs. L. Parsons.*

Steamed Beef Steak Pudding.—One quart of flour, one large teaspoonful of lard, two teaspoonfuls of cream of tartar, one teaspoonful of soda, two cupfuls of milk or water, a little salt, one and a half pounds of beef steak. Roll out the crust and line a deep earthen dish; then lay in part of the steak, with a few pieces of butter, a little salt, and a few whole cloves; then lay on the rest of the steak, with seasoning as before. Turn the crust up over the whole. Steam two hours. *Contributed by "Patty," through Mrs. S. T. Hinks.*

Baked Chicken.—Split and prepare as for broiling. Dredge with salt and flour on both sides, and place in a baking pan with the split side down. Rub two tablespoonfuls of soft butter over the top and again dredge thickly with flour. Put hot water enough in the pan to just cover the bottom. Bake in a quick oven for half an hour. Take up the chicken and add one cupful of hot water to the gravy in the pan. Thicken with one tablespoonful of flour. Season with salt and pepper. *Mrs. S. C. Strout.*

Dumplings.—One pint of unsifted flour, one teaspoonful of cream-of-tartar, one-half of soda, one of sugar, one of salt, a small teacupful of milk. Run the dry ingredients through the sieve and with the milk cut into small cakes and cook just ten minutes in the soup or stew, which must boil rapidly all the while.

Shaker Fish and Egg.—In a common saucepan heat one pint of new milk, or thin cream if you have it. Season with salt, and let it simmer for a few minutes. Remove a portion of this gravy into another vessel and dissolve therein a small piece of butter. Into the saucepan slice a layer of boiled potatoes, making the slices say three-eighths of an inch thick; to this add a little salt codfish, boiled and picked very fine, then a layer of boiled eggs, each egg cut in four or five slices. Alternate

the material functions. It purifies the female system of ulcerative weaknesses and debilitating humors, and expels the first symptoms of hereditary humors in children and youth. It is truly wonderful in nervous and general debility, emaciation and dropsy, invigorating and strengthening both the mental and physical forces.—*Chicago Times.*

Bad Cough, Limbs and Joints Swollen and Lame, Strength Gone and Blood Diseased. Gained twenty-three pounds and entirely cured by Corbett's Sarsaparilla.

In the autumn I commenced taking CORBETT'S SHAKER SYRUP OF SARSAPARILLA, having been previously much debilitated and reduced in health and strength, and left with a bad cough. My blood was very much diseased, and I was troubled with a scrofulous affection. My limbs and joints were swollen and very lame. After taking six bottles my health was restored. My cough, lameness, and pain have been entirely removed, and I have gained twenty-three pounds since I commenced taking this syrup. I know that this syrup is the sole cause of my restoration, and that it is a most valuable medicine. I recommend it as a sovereign remedy for all impurities of the blood, &c.

Concord, N. H. C. H. PRESCOTT.

A Perfect Spring Medicine is Corbett's Sarsaparilla.

As a remedy for the spring, the Shaker's Sarsaparilla is of great value, cleansing the blood, regulating the stomach and bowels, and carrying away from the system many causes of disease. It is valuable as a household medicine, being adapted to children and youth and the most delicate females; and partaken at regular intervals, it preserves the health and insures a robust constitution. Mothers are its warmest friends, and females afflicted with wasting and ulcerative forms of disease, find it a truly great medicine.

Most Satisfactory.

Have found it the most saleable and satisfactory remedy of the kind in the market. My individual sales have constantly increased for twenty years. B. F. STACY, *Druggist.*

Charlestown, Mass., Dec. 2, 1873.

Corbett's Sarsaparilla is a Standard Medicine.

LAWRENCE, MASS., Jan. 20, 1880.

DEAR SIR:—In reply to your letter of the 19th, asking my opinion of Corbett's Sarsaparilla Syrup and the number of years I have sold it, I would say it is one of the first popular and

with another layer of potato, fish and egg, until the desired quantity is obtained. Now pour on the reserved gravy and cover over for a few minutes, or until ready to place upon the table. When dished up, place upon the top some of the sliced eggs. The eggs should be boiled six minutes, and then immediately immersed in cold water. This prevents them from becoming too hard, and also toughens the shell, thus rendering it more easily removed. For four persons, about eight eggs and eight medium sized potatoes are needed. This quantity will require of salt fish, about three tablespoonfuls, when nicely prepared. This is really a delectable dish.

Okra Soup—Equal to Turtle Soup.

—One leg of beef, quarter of a package of okra, two carrots, eight tomatoes, two onions, cut fine, nine quarts of water. Boil six and a half hours. Cut the meat off the bone in small pieces. Take the most glutinous parts of the leg and a little of the flesh, and mix with the soup when it is made. Cut the okra in small pieces roundwise. Boil steadily, but not hard.

Scotch Ham.—To a round of beef of thirty pounds, from which the bones have been taken, add one ounce of saltpetre, one pint of sugar, one pint of table-salt. Pulverise the saltpetre and mix with half a teacupful of the sugar and half the salt. Rub thoroughly into the beef, so it will penetrate well, and let it lie twenty-four hours. Mix the rest of the sugar and salt and rub into the beef. Turn this each day for ten days and rub into the brine which has collected. Let it drain for twenty-four hours. Mix three large tablespoonfuls of black pepper, the same quantity of cloves, one and a half of allspice, one and a half of grated nutmeg. Rub these well into the "ham" and tie up. The meat is good to use in a week. *Mrs. Natt Head.*

A Nice Dish for Breakfast.—Beat an egg, and add a little salt. Pour in about two-thirds of a pint of water. Slice some bread, dip it, and fry in butter.

Mock Cream Toast.—This is a delicious side dish at breakfast.—Melt in one quart of morning's milk about two ounces of butter, a large teaspoonful of flour, freed from lumps, and the yolks of three eggs, beaten light. Beat these ingredients together several minutes. Strain the cream through a fine hair sieve, and when wanted, heat it slowly, beating constantly with a brisk movement. It must not boil or it will curdle and lose the appearance of cream. When hot dip the toast. If not sufficiently seasoned with butter, add salt. Send to the table hot.

Delicate Omelet.—Mix a cupful of warm milk with a tablespoonful of melted butter, a tablespoonful of flour, wet with a little cold milk, a teaspoonful of salt, a little black pepper, and the yolks of six eggs. Add the whites last, beaten to a stiff froth. Bake twenty minutes in a deep dish. *Mrs. Albert Soule.*

reliable proprietary remedies I can call to mind, as I entered upon my apprenticeship in the drug business thirty-five years ago. It has always been considered one of the standard remedies, and as important to keep in stock as paregoric or hive syrup.

H. M. WHITNEY, Druggist.

Removes the Cause.

The cause of chronic rheumatism, white swellings, and many other affections of the joints, muscles and fluids of the body is Scrofula. CORBETT'S SHAKERS' SARSAPARILLA is an infallible remedy in Scrofulous Impurities of the Blood.

Used it myself.

Have used it myself, and sold it in my store for more than twenty years.

J. L. ODELL, Druggist.

Lake Village, N. H., Dec. 2, 1878.

Erysipelas Cured by Corbett's Sarsaparilla.

GENTLEMEN:—My wife was severely afflicted with the erysipelas for a long time. She has taken several bottles of CORBETT'S SARSAPARILLA SYRUP, from which she has derived great relief and benefit, and has found this remedy more signal and potent than all others which she has tried.

CHARLES RICHARDSON.

Manchester, N. H.

Every Nursing Mother.

Every delicate female, every sickly child, should take a bottle to help them along. Don't begrudge them this little comfort, fathers and brothers.

Puny, Emaciated Child, with Alarming Sores upon his Head, Ears and Face, cured and restored to health by Corbett's Sarsaparilla.

In justice to the real merits and great efficacy of DR. CORBETT'S SHAKER SARSAPARILLA SYRUP, I willingly bear witness that it has effected one of the most remarkable and signal cures on record upon a little boy who is under my care and charge (now about one and a half years of age), and son of the late Asa Paddleford, formerly of this town. This child, in May last was in a most pitiable condition, being puny, enfeebled, emaciated, and with alarming sores upon his head, behind his ears, and upon his face. In May last he commenced taking this syrup, and immediately his health began to improve. He has taken some five or six bottles, and is now in a healthy condition, and growing finely. But for this syrup I have no doubt this child must have died ere this.

CONVERSE GOODHUE.

Enfield, Grafton Co., N. H.

To Roast Ham Through Warm Weather.—Use one or more hams. Cut off the fat and boil it out for lard. Prepare the lean meat in the ordinary way of curing ham; then slice it nicely and cook until done (but not brown). Take out into a sieve, to drain out all the moisture that may remain. Have ready jars about a third full of warmed lard, and into these closely pack the thoroughly drained meat. Be sure to have lard at least an inch above the last layer of meat. Closely cover, and set in a cool, dry place. When any is taken up for use, the lard that is removed should be warmed and strained over the remaining meat, always keeping at least one inch of lard above the meat. Ham served in this way is safely and nicely kept through the whole summer. Sausage meat can be cooked and packed in the same way. It will keep equally as good. *Mrs. C. W. King.*

Excellent Yeast.—Boil a single handful of unpressed hops a few minutes in one quart of water. Strain, and return to the kettle. Add half a teacupful of white sugar, two table-spoonfuls of salt, and four good-sized potatoes, pared and grated fine. Boil up once and set away to cool. When milk-warm add half a cupful of baker's yeast or yeast of this kind, and put in a warm place to rise. Half a teacupful is sufficient for four small loaves of bread, and the bread will need no additional salt. *Mrs. J. Gregory Smith.*

Raised Biscuit.—Two cupfuls of milk, one-half a cupful of yeast, half a cupful of shortening, half butter half lard is best, half a cupful of sweet cream, a little salt, flour enough to make a soft dough. When light add half a teaspoonful of saleratus dissolved in a little warm water. Knead very thoroughly, roll out and cut into biscuits. When light, bake. In making bread and biscuits after the dough is made use as little dry flour as possible in kneading, otherwise the loaves will crack and be one-sided.

Blueberry Cake.—One cup milk, one cup sugar, one spoonful butter, one cup of blue or other berries, one-half teaspoonful soda, three cups of flour. This is a very nice breakfast or tea cake. The fixed air in the berries makes the cake light. It is best baked in patty pans. *Mrs. J. G. Smith.*

Shaker Brown Bread.—Mix together two quarts of Indian meal, one quart of rye meal, and one pint of "canaille" (coarse flour). To one pint of this mixed meal add water and scald thoroughly, and when cool add a teaspoonful of stock yeast. Let it stand to rise. To the remainder of the meal add three quarts of sweet milk, scalding hot. Mix thoroughly with a pudding stick, and when cooled to lukewarm, add the "yeast d" portion. Put in the oven immediately and bake with a steady heat for seven or eight hours. *Mrs. J. G. Cranston.*

Most Beneficial.

Have used it in this Community, both in and out of our Society, with the most-beneficial results.

M. ROBINS.

Shaker Society, Harvard, Mass., Dec. 2, 1878.

An Old New England Friend.

Every New Englander will welcome the SHAKERS' SARSAPARILLA as an old friend, to whom he or some one of his family is indebted for help through the critical periods of sickness and debility that come to every one.

Boils, Carbuncles,

Pimples, and Black Heads are removed by a few bottles of CORBETT'S SHAKERS' SARSAPARILLA.

Scrofulous Swelling upon the Throat, Treated by the Best Physicians without Benefit, Cured by Corbett's Sarsaparilla.

Between five and six years since, a large swelling arose upon the right side of my throat, and soon increased to such a size as to alarm myself and physicians. I consulted the celebrated physicians and surgeons, Dr. March, the late Dr. Peter Wandall, and his son, Dr. H. Wandall, also Dr. Porter (all of Albany, N. Y.,) who examined the scrofulous swelling, and pronounced it a very dangerous and alarming one. None of them gave me the least encouragement that I ever could be restored to health. This swelling became very painful, and ultimately broke, discharging profuse quantities of offensive matter, and continued to discharge for nearly eighteen months. Great fears were expressed that I could not live but a short time. I tried several kinds of Sarsaparilla Syrups and various other remedies, but without the slightest benefit. Being advised by a friend who had witnessed the most wonderful cures effected by DR. CORBETT'S SYRUP OF SARSAPARILLA, I commenced taking the same. I took between one and two dozen bottles, and to my great relief and joy the swelling has entirely abated, and the sore entirely healed. I most cheerfully and truthfully say that CORBETT'S SYRUP is the cause of my restoration.

REBECCA W. CARTER.

Watervliet, N. Y.

A Cure for Scrofula.

Increasing knowledge in the wants of vegetable life, and the extraction of the medicinal essences of roots, plants and berries, have enabled the Shakers to produce an absolute cure for scrofula, scrofulous sores and humors. Such is CORBETT'S SHAKER SARSAPARILLA.

Brown Bread No. 2. — Two cupfuls of sour milk, two of Indian meal, one of graham, half a cupful of molasses, one teaspoonful of soda, one teaspoonful of salt, one-half of a teaspoon of ginger. Steam two hours and bake one.

Brown Bread No. 3. — Two cupfuls of sour milk, two-thirds of a cup of molasses, two of Indian meal, one of rye meal, one egg, one teaspoonful of soda, one of salt. Steam four hours. *Mrs. C. A. Powell.*

Steamed Brown Bread. — Two cupfuls of new milk, two of Indian meal, one and a half of flour, one of molasses, one teaspoonful of soda. Steam three hours. *Mrs. C. W. Stanley.*

Graham Gems. — One egg, beaten well, one spoonful of sugar, one cupful of sour milk, one even teaspoonful of soda, a little salt. Make a stiff batter. Bake in iron pans, well heated. *Mrs. C. W. Stanley.*

Muffins. — One pint sweet milk, two eggs, three cupfuls of flour, and three teaspoonfuls of baking powder.

Muffins made from Wheat Meal. — One quart of wheat meal, one teaspoonful of saleratus, one of salt, half a teacupful of molasses, three teacupfuls milk. Bake in muffin tins. *Mrs. S. C. Strout.*

Indian Bread, — Very Good. — One quart of Indian meal, one quart of white flour, one quart of buttermilk, half a cupful of molasses, one egg, one teaspoonful of soda. Steam three hours and bake half an hour. The above rule makes a delicious loaf of bread.

Nice Griddle Cakes. — Two quarts of flour, a handful of Indian meal, two eggs, a teaspoonful of salt, one of soda, one quart of milk.

Indian Pancakes. — One and a half cupfuls of sour milk, one teaspoonful of soda, one egg, a little salt, two tablespoonfuls of melted butter, two tablespoonfuls of flour. Stir in enough Indian meal to make a good batter. Fry on a hot griddle. *Mrs. J. G. Cramton.*

Poor Man's Cake. — One cupful sugar, one-half of butter, stirred to a cream; then add one egg and stir briskly, one cupful of milk, two of flour, with two teaspoonfuls of baking powder added to it. Flavor with lemon or fruit and spices. This is a nice cake and easily made. *Mrs. D. P. Nichols.*

Ambrosia Cake. — Two-thirds of a cupful of butter, two of sugar, half a cupful of milk, three cupfuls of flour, four eggs, one teaspoonful of soda, two of cream-of-tartar. Bake in layers. Mix together one well-beaten egg, half a pint of whipped cream, one full cup of grated cocoanut, half a cupful of sugar, the juice of one orange and half the grated rind. Place this preparation between the layers and on the top of the cake. *Mrs. John A. Mead.*

Scrofulous Humor Cured by Corbett's Sarsaparilla.

ENFIELD, N. H., Nov. 25, 1878.

Having been for years afflicted with a scrofulous humor, I was induced to try CORBETT'S SARSAPARILLA SYRUP. I have used it with the best effects. My general health has been very much improved since taking this medicine, and I consider it the best remedy extant for this class of disorders.

SIMEON CHILDS.

Mary Whitcher.

Whose portrait adorns this book, has been a conspicuous figure in Shaker history, for more than half a century, and has done more to adapt the Sarsaparilla to the wants of mothers and children, than any other person.

Skin Diseases, Scrofulous Complaints, and Impurities of the Blood, Cured by Corbett's Sarsaparilla.

DEAR SIR:—Having within the past year made use of between twenty and thirty gallons of DR. CORBETT'S SHAKER SARSAPARILLA SYRUP in my practice, with very satisfactory results, and knowing as I do the various ingredients of which it is composed, and the careful and faithful manner of its preparation, I can most cheerfully and confidently recommend it to the profession, and public generally, as a valuable alterative and purifier of the blood, and more particularly adapted to all skin diseases, scrofulous complaints, impurities of the blood, and derangement in the secretions of the various organs of the system generally.

SYLVANUS BUNTON, M. D.

Manchester, N. H.

For Women and Children.

No safer or purer medicine can be found to maintain the health of the young, or for delicate women and nursing mothers. It regulates, purifies and invigorates the female functions and is highly prized.

Perfect Satisfaction.

Gives perfect satisfaction, and the sale is increasing.

B. Y. WINGATE, Druggist.

Great Falls, N. H., Dec. 1878.

Mothers when Worn Out

With the cares of maternity, or when overworked, careworn and sleepless, will find new life and strength in the SHAKERS' SARSAPARILLA.

Marshfield Cake.—Two eggs, two cupfuls of sugar, one of butter, one of molasses, one of milk, one of chopped raisins or currants, four cupfuls of flour, one teaspoonful of soda, spice to taste. *Mrs. A. M. Coddington.*

Cream Cake.—One cupful of sugar, half a cupful of cream, two eggs, one cupful of flour, one large teaspoonful of cream-of-tartar, one level teaspoonful of soda, and the same quantity of salt.

Callie's Doughnuts.—One quart of flour, one teacupful of sugar, one teaspoonful of cream-of-tartar, three-fourths of a teaspoonful of soda dissolved in a teacupful of sour milk, one and a half teaspoonful of salt, two eggs. Add a little sweet milk, and cinnamon for spice. The above is an old and excellent New England recipe for doughnuts.

Raised Doughnuts.—Two-thirds of a cupful of yeast, one of sugar, one of warm milk, two spoonfuls butter. Sponge, and knead over night. In the morning they are ready to fry. Use as little flour as possible after they are raised. They are best twisted. *Mrs. Sumner S. Thompson.*

German Rolls.—One cupful of sugar, one of sour milk, half a cupful of butter, one egg, one teaspoonful of soda, flour enough to knead quite hard. Roll out, spread on sugar and butter, and spice to suit taste; roll up again, cut off thin, and bake quickly. *Mrs. Sumner S. Thompson.*

Ginger Snaps.—Three cupfuls of butter, six of molasses, three of hot water, three of sugar, six spoonfuls of ginger, six teaspoonfuls of soda, flour to roll.

Soft Cookies.—One teacupful of sour cream, one of sugar, two eggs, one teaspoonful of soda, one of cream-of-tartar, a little salt, nutmeg, flour to roll.

Coffee Cake.—Five cupfuls of flour, one of butter, one of coffee, one of molasses, one of rasins, and a teaspoonful of soda. *Mrs. Stephen Jennings.*

Lancaster Gingerbread.—One cupful of sugar, one of molasses, one of sour milk, two-thirds of butter, three eggs, one and a half teaspoonfuls of soda, three and a half cupfuls of flour, ginger, cloves and raisins.

Silver Cake.—Half a cupful of butter, one of powdered sugar, the whites of six eggs, half a cupful of milk, two cupfuls of flour, one teaspoonful of cream-of-tartar, one-half of soda. Beat the butter and sugar to a cream; then add the whites of six eggs, beaten to a stiff froth; then the milk, one cupful of the flour, in which is mixed one teaspoonful of cream-of-tartar, your cupful of flour, and lastly your soda, dissolved in a little of the milk. One cupful of English walnuts, broken. Very nice. *Mrs. S. I. Hinks.*

Cordially Recommend It.

Boston, Nov. 27, 1878.

FRIEND BRIGGS:—Having used the SHAKER SARSAPARILLA SYRUP in my family, and found its beneficial effects, and am so confident of its value in the house, I shall continue to use it when needed. I cordially recommend its use to others.

Sincerely, your friend,

GEO. C. BOSSON.

Physicians Endorse It.

The SHAKER SYRUP is a valuable medicine in the treatment of scrofulous and cutaneous diseases, secondary syphilis, and chronic affections of the liver; and I confidently recommend it to the profession as an article worthy of attention.

RICHARD P. J. TENNEY, M. D.

Pittsfield, N. H.

We cordially concur in the above:

JOHN S. ELIOT, M. D., Manchester, N. H.

DAVID FLANDERS, M. D., Londonderry, N. H.

JOHN CLOUGH, M. D., Enfield, N. H.

T. M. SANBORN, M. D.,

Gilford, Lake Village, N. H.

C. C. TIBBETTS, M. D.,

Sanbornton Bridge, N. H.

S. M. EMERY, M. D., Boscawen, N. H.

It succeeds where all other Sarsaparillas fail.

Those who have failed to be benefited by other sarsaparillas should know that our CORBETT'S SHAKERS' SARSAPARILLA was the first medicine to bear the name of Sarsaparilla, and differs from all others in the variety, quality, and quantity of its ingredients.

Scrofulous Humor, with Discharging Sores on the Neck, Cured by Corbett's Sarsaparilla.

GENTLEMEN:—My daughter, about three years old, was most severely afflicted with a scrofulous humor. Upon her neck were two sores, which discharged freely for a long time. She has taken about six bottles of CORBETT'S SHAKER SARSAPARILLA SYRUP; the sores are healed, and she is now in good health. Her restoration, I have no doubt, was caused by taking this syrup. I commend it to all who are troubled with any impurities of the blood.

J. F. SHORES, JR.

Portsmouth, N. H.

Very Nice. Cookies.—One cupful of butter, two of sugar, four eggs, juice of half a lemon, grated peel of one lemon, one teaspoonful of cream-of-tartar, one-half of saleratus, five cupfuls of flour. Save the white of one egg, beat it to a stiff froth, and spread upon the top of the cookies, and sprinkle also with a little sugar. Bake quickly and roll thin. Teaspoonfuls in this rule are all *even* and not *heaped*. *Mrs. Natt Head.*

Delicious Cake.—Two cupfuls of white sugar, one of butter, one of milk, three eggs, one-half teaspoonful of soda, one of cream-of-tartar, three cupfuls of flour. Beat the butter and sugar together. Add the yolks of the eggs and then the beaten whites. Dissolve the soda in milk. Rub the cream-of-tartar in flour and add last.

Circle Cake.—One egg, one cupful of sugar, two cupfuls of flour, one-third of a cupful of butter, one-half a cupful of sweet milk, one teaspoonful of cream-of-tartar, half a teaspoonful of soda. Flavor with lemon.

Pancakes for Dessert.—Take one pint sour milk, two tablespoonfuls of rich cream. Add soda sufficient to dispel the acid (about a teaspoonful), and add a little salt, and flour sufficient to make it of the consistency of common pancakes; then drop in one egg. When all is well beaten up, fry in hot lard, dropping in a spoonful at a time. These are to be eaten with white sugar and home-made wine or cider. These cakes are always relished by the family and guests. *Mrs. M. M. NeSmith.*

Floating Island.—One quart of milk and five eggs. Boil the milk and sweeten and flavor to taste. Beat the whites to a froth and add three tablespoonfuls of sugar. Flavor, and pour on the milk while boiling. Let it remain a minute or two. Beat the yolks of the eggs. Stir in one tablespoonful of corn-starch mixed with a little cold milk, and stir this mixture into the boiling milk, letting it cook a short time. *Mrs. Joseph L. Harrington.*

Swiss Cream.—Half a box of gelatine, one quart of cream, one cupful of powdered sugar, one teaspoonful of vanilla, half a cupful of boiling water. Soak the gelatine one hour in half a cupful of cold water. Whip the cream; then put half a cupful of boiling water into the gelatine and strain into the whipped cream. Add the sugar and vanilla; stir until it begins to thicken, and put into a mould and keep cold four hours before serving. Use a whip churn. *Contributed by Miss L. B. Strout.*

Wine Jelly.—Soak one box of gelatine in half a pint of cold water two hours; then pour on a pint and a half of boiling water, and stir until the gelatine is all dissolved, but do not set near the fire; now add the juice of two lemons, one pint of sugar, and one pint of wine. Wring a napkin out of hot water, and lay in a fine strainer; strain the jelly through this. Make the day before using.

Most Economical Medicine.

The great economy in using CORBETT'S SARSAPARILLA for Chronic Rheumatism, Liver and Kidney Diseases, Scrofula, and Skin Humors, which usually take so long to cure, is found in the definite and small number of bottles required to effect a permanent cure.

From the Boston Medical Journal.

"Another equally deserving medical compound, called the CONCENTRATED SYRUP OF SARSAPARILLA, is also prepared by our philanthropic friend expressly for the cure of cutaneous diseases. Were there any secret in the making of this article, or a single reason for supposing that the idea of driving a profitable trade in nostrums was entertained, we should be the last person in the world to give it notoriety. In the frankest manner possible the process of making this medicine was circumstantially described to us, and the evidence of scientific practitioners adduced to corroborate the statement of Dr. Corbett. In justice, therefore, to the doctor, we should be glad to have our friends prescribe this medicine."

Best Spring Medicine for Impurities of the Blood is Corbett's Sarsaparilla.

GENTLEMEN:—For the past year I have taken CORBETT'S SHAKER SARSAPARILLA SYRUP, and several of my family have used the same. Its invigorating and curative influence upon the system has been most salutary; and for a spring medicine, and impurities of the blood, it is superior to anything I have ever used. I most cheerfully recommend it to all as the cheapest, safest, and most valuable family medicine, for the peculiar complaints for which it is designed and recommended, within my knowledge.

JOSEPH KNOWLTON.

Manchester, N. H.

Dyspepsia, Constipation,

And all the ills that spring from an inactive condition of the liver, kidneys, and bowels, are speedily cured by the SHAKER SARSAPARILLA.

Liver Complaints, Constipation and Dizziness Cured by Corbett's Sarsaparilla.

The severe suffering of Freeman Hammond of this place was well known to me and my friends. Witnessing the wonderful cure effect-

Lemon Jelly.—Make the same as wine jelly, using the juice of eight lemons, and one pint more water instead of the wine.

Poor Man's Pudding.—One cupful of sour milk, half a cupful of molasses, two eggs, a little salt, half a teaspoonful of soda, flour enough to make a thick batter, one cupful of seeded raisins. Boil in a mould for two or three hours.

Lemon Pie No. 1.—Grate one lemon, mixing the juice with the grated rind, and take also one cupful of water, one of sugar, the yolks of two eggs, a piece of butter the size of an egg, one slice of bread, broken fine, without the crust. Bake with only an under crust. When done, beat the whites of the eggs with four tablespoonfuls of sugar and a few drops of lemon, and spread over the top; then return to the oven to brown slightly. This makes one pie, and is very nice.

Lemon Pie No. 2.—Rub together two spoonfuls of flour and one of butter, and add one cupful of sugar, one egg, one teaspoonful of water, and the juice and grated rind of one lemon. Bake in a crust of pastry, either barred across the top, or with plain cover.

Tomato Pies.—Peel and slice ripe tomatoes and sprinkle over them a little salt. Let them stand a few minutes; then pour off the juice, and add sugar, half a cupful of cream, one egg, and nutmeg, and cover with a paste. Bake in a moderate oven over half an hour. This makes an excellent and much-approved pie.

Boiled Cider.—Take four gallons of cider and boil it to one gallon.

Shaker, or Boiled Cider Apple Sauce.—For one bushel of sweet apples use one gallon of boiled cider. Put the cider into a brass or tin boiler. Wash and drain the apples, put them into the boiler, and cover tight. If the boiler will hold one bushel of apples, two hours should be given for cooking. Care should be taken that they do not cling to the boiler or scorch. Cook very slowly over a moderate but steady heat. Do not stir the apples while cooking.

Baked Apples.—Wash one dozen medium-sized sour apples. Put them in a deep baking tin, stems up, and pour over them one cupful of sugar (if very sour add more), and two cupfuls of water. Bake quickly.

To keep Small Fruits from Rising to the top of the Jar when Canned.—Screw down the cover tightly while the fruit is hot, and keep turning the cans from top to bottom until the fruit is so filled with the juice as to compel it to settle to the bottom. *Mrs. C. W. King.*

ed on him by the use of CORBETT'S CONCENTRATED SYRUP OF SARSAPARILLA, I gladly adopted its use. For a long time I had been troubled with the liver complaint, and for more than twelve years with an aggravated constipation of the bowels and dizziness of the head; but, after using one dozen bottles of CORBETT'S SHAKER SARSAPARILLA my health was fully restored me. Not for years before have I known what even health meant. This preparation of Dr. Corbett, from experience, I know to be a most *invaluable medicine*, and have no doubt it was the sole cause of my restoration, as I have taken no other medicine since commencing the use of this syrup. I knew of several others in this vicinity who have been, and now are, taking this SHAKER SYRUP, with the most beneficial results. It is highly approved of by Dr. Knight and other eminent physicians.

CALVIN GERRISH.

Franklin, N. H.

None so Pure,

So wholesome, so effective, so economical, as the SHAKERS' SARSAPARILLA. — *Congregationalist.*

Lumbago Cured by Corbett's Sarsaparilla.

CONCORD, N. H., Nov. 25, 1873.

DEAR SIR:—For two years or more I was troubled with what the doctors called lumbago—a very severe pain in my back and hips. I took many kinds of medicine, without relief. I bought two bottles of CORBETT'S SHAKER SARSAPARILLA. I took one bottle and a half, and the pain in my back left me, and has not returned.

Yours truly,

A. P. SHERBURNE.

An Open Secret.

We cheerfully submit to every invalid and his family physician, to mothers and those having the care of children, the ingredients used in the preparation of this great purifying and strengthening medicine, which are the roots of Sarsaparilla, Dandelion, Yellow Dock, Mandrake, Black Cohosh, Garget, Indian Hemp, and the Berries of Juniper and Cube, united with Iodide of Potassium made by our Society, because we know them to be the best in the vegetable kingdom, and because we carefully select every one according to its power.

Shaker Boiled Apples.—About the nicest morsel that ever tickled the palate is a boiled apple; not boiled like a potato nor steamed like a pudding, but as follows: Place a layer of fair-skinned Baldwins, or any nice varieties, in the stew-pan, with about a quarter of an inch of water. Throw on about half a cup of sugar to six good-sized apples, and boil until the apples are thoroughly cooked and the syrup nearly thick enough for jelly. After one trial no one would, for any consideration, have fair-skinned apples peeled. The skins contain a very large share of the jelly-making substance, and impart a flavor impossible to obtain otherwise. It is also said that "a wise housekeeper, instead of throwing away the skins and cores of sound pie-apples, would use them for jelly. A tumblerful of the richest sort can thus be obtained from the dozen apples. Boil the skins, etc., a few minutes and strain. Add a little sugar to the liquid, and boil until right to turn into the tumbler."

Sweet Pickle.—Seven pounds of fruit, two pounds of sugar, one quart of vinegar, two ounces of cassia buds or cloves.

Pine-Apple Jam.—Pare and weigh the pine-apples, and grate them down on a large grater. To one pound of fruit put three quarters of a pound of powdered sugar. Set over the fire, and when it comes to a boil, stir till done. Boil it half an hour or more, till clear. Put it in jars and cover carefully.

Raspberry Vinegar.—To two quarts of raspberries put one pint of cider vinegar. After two or three days mash the fruit and strain through a bag. To every pint allow a pound of sugar. Boil twenty minutes and skim. Bottle when cold.

Stewed Prunes.—Wash the prunes in warm water and rub them well between the hands. Put them in a kettle that you can cover tight, with two quarts of water to one of prunes. Stew them gently two hours. These will not keep more than two days in warm weather. If you like, you can add one cupful of sugar to a quart of prunes, and they will keep much longer.

Shells.—Put one quart of cold water and half a cupful of shells into the pot, and boil gently four or five hours; add boiling water occasionally. About twenty minutes before serving, add one pint of new milk and boiling water enough to make three pints in all; let this boil a few minutes, strain and serve. The milk may be omitted and more water used.

Chocolate.—With four spoonfuls of grated chocolate mix one of sugar, and wet with one of boiling water. Rub this smooth with the bowl of the spoon, and then stir into one quart of boiling milk. Let this boil up once and serve.

Physicians Endorse Corbett's Sarsaparilla as the Best.

We, the undersigned, having used DR. CORBETT'S SHAKERS' SARSAPARILLA in our practice, and having examined the formula by which it is prepared, would cheerfully recommend it to the community as the cheapest, safest, and most efficacious of all the preparations of Sarsaparilla in the market. Its highly-concentrated state, (there being in a given amount of syrup twice the amount of vegetable extract that any other contains,) the care, skill, and cleanliness of its manufacture, are sure guarantees of its purity and effect.

T. R. Crosby, M. D., W. D. Buck, M. D., S. Bunton, M. D., J. S. F'Hot, M. D., James Babb, M. D., Z. Colburn, M. D., M. G. J. Tewksbury, M. D., A. G. French, M. D., Josiah Crosby, M. D., A. G. Gale, M. D., Jas. A. Cregg, M. D.

Be Just to the Shakers.

The Shakers feel that they do not exceed the bounds of propriety when they claim to have originated Sarsaparilla, and request the public, as a matter of justice, to discriminate between this time-honored blood purifier and remedies called Sarsaparilla, but which bear no relation to it in the variety, quality, and quantity of its ingredients. Our SHAKERS' SARSAPARILLA is not a secret or a quack remedy, nor are its ingredients withheld from those who desire to know them. Our claim to superiority is based on the growth, curing and selection of its several roots and berries, and the care with which they are compounded.

Excellent Satisfaction.

DOVER, N. H., Dec. 4, 1878.

DEAR SIR:—CORBETT'S SARSAPARILLA has given excellent satisfaction to our customers, and we take pleasure in recommending it.

Very truly yours,

LOTHROPS & PINKHAM.

Good Appetite and Rich Blood.

To restore the appetite, enrich the blood, banish pain and nervousness, and invigorate both the mind and body, nothing known to druggists is superior to CORBETT'S SHAKERS' SARSAPARILLA. In fact, it is everywhere acknowledged to be the standard family tonic and blood purifier.

Cocoa Paste.—Cocoa paste is made the same as chocolate, omitting the sugar. Never boil chocolate or prepared cocoa more than one minute. Boiling makes it oily. The quicker it is used after making the better. Chocolate and cocoa that is made with all or part water, is never rich and smooth. After using all milk you will never go back to the water again.

Beef Tea.—Take beef of a good quality, very fresh, and guiltless of a particle of fat, cut it into pieces a quarter of an inch square, put them in an earthenware vessel; add cold water until the beef is a little more than covered. Let it soak three hours at least; for a very dainty person, five hours is better; then let it cook on a slow fire for ten minutes. Never strain it. Served up with pepper and salt to taste, and with a bit of dry toast, well browned.

To Keep Cucumbers Fresh.—When the cucumbers are in their best they should be cut and laid in a box just to fit them, and then bury the box in some dry sand, covering it over to the depth of a foot. There should not be any hay or moss put with them in the box, as it will cause them to turn yellow. If laid in a box without hay or moss, the color and bloom may be preserved for two weeks to look as fresh as the day they were cut. Melons may also be kept in the same way.

St. John's Oil.—White and yolk of an egg; oil of turpentine, six ounces; acetic acid, one ounce; water, five ounces. Mix. This is an invaluable liniment for the household and farm, applicable to every external ailment. Shake thoroughly before using.

Basilicon Ointment.—Take ten ounces resin, four ounces yellow wax, and sixteen ounces lard. Melt them together; strain through muslin, and stir constantly until cool. This is the best ointment or healing salve in existence.

Spiced Vinegar for Pickles.—Take two ounces of bruised black pepper, one ounce of bruised ginger, one-half ounce of bruised allspice, and one ounce salt. If a hotter pickle is desired, add one-half drachm of cayenne. Put these in one quart of vinegar, and simmer gently in an enameled saucepan until extracted, and pour on the pickles or other vegetables.

Pickled Onions.—Peel small silver button onions and throw them into a stewpan of boiling water; as soon as they look clear, take them out with a strainer ladle, place them on a folded cloth covered with another, and when quite dry put them into a jar and cover them with hot, spiced vinegar. When quite cold, bring them down, and cover with bladder wetted with the pickle.

Endorsed by Druggists who know the Shakers.

We, the undersigned, druggists, most willingly give testimonial to the value of CORBETT'S SHAKER SYRUP OF SARSAPARILLA as a reliable medicinal remedy:

C. H. Martin,	Concord, N. H.
W. P. Underhill & Co.,	" "
Underhill & Kittredge,	" "
William R. Preston,	Portsmouth, "
George Hill,	" "
John B. Hall,	Manchester, "
W. H. Stickney,	Epping, "
Henry Merrill,	Haverhill, "
D. S. Burnham,	Milford, "
R. C. Dickey,	Hillsboro' Bridge, "
G. J. Appleton & Co.,	Keene, "
Dort & Chandler,	" "
F. R. Woodward,	Hill, "
Wilson & Withington,	Salmon River, "
C. C. Topliff,	Fisherville, "
George A. Hatch,	Laconia, "
W. A. Bucklin, M. D.,	Belmont, "
Albert Blake, Jr., P. M.,	Bristol, "
B. A. Morgan,	Wolfboro, "
A. W. Low,	Milton Mills, "

Salt Rheum, Dyspepsia, General Debility, and Scrofula, cured by Corbett's Sarsaparilla.

For a number of years past I have been afflicted with salt rheum, dyspepsia, general debility, and scrofulous affections. About fifteen months since I commenced taking CORBETT'S SYRUP, and soon realized great benefit therefrom. It is the first medicine I ever found that permanently helped me, and I find that my health and strength are very much improved. I believe this an invaluable remedy for scrofulous disorders, and most cordially recommend it to all who are afflicted as I have been. My general health is now good, and I attribute my recovery solely to the SHAKER SYRUP.

SOPHRONIA W. BADGER.

Concord, N. H.

The foregoing commendations are given in behalf of "CORBETT'S SHAKER SARSAPARILLA SYRUP" only, and not for any other preparation called Shaker Sarsaparilla.

All purchasers are requested to observe the following in regard to the SARSAPARILLA:

The genuine article is packed in bottles, with the words "Shaker Syrup, No. 1, Canterbury, N. H.," cast thereon.

To guard against counterfeits, observe the written signature of the proprietor on the label, and on the outside wrapper this signature:

Thos Corbett.

Baking Powder.—Thoroughly dry separately by gentle heat, one-half pound pulverized tartaric acid, three-fourths of a pound of pure bicarbonate of soda, three-fourths of a pound pure pulverized potato farina. Mix them in a dry room. Pass the mixture through a sieve and at once put into dry cans and cover securely so as to exclude the air and moisture. One or two teaspoonfuls are mixed with the dry flour or other ingredients, which are then made into dough as quickly as possible with cold water, and at once baked or boiled, as the case may be.

Corn Soup.—A quart of milk, a pint of grated green corn, the same quantity of water, two tablespoonfuls of butter, a heaping tablespoonful of flour, a slice of onion, pepper and salt to taste. Cook the corn in the water for half an hour. Let the milk and onion come to a boil. Mix the butter and flour together, and add a few tablespoonfuls of the milk. When perfectly smooth stir into the remainder of the milk and cook eight minutes. Take out the onion, add the corn, season to taste, and serve.

Green Pea Soup.—Cover a quart of green peas with hot water, and boil, with an onion, until they will mash easily. (The time will depend on the age of the peas, but will be from twenty to thirty minutes.) Mash, and add a pint of soup stock or water. Cook together two tablespoonfuls of butter and one of flour until smooth, but not brown; add this to the peas, and add also a cupful of cream and one of milk. Season with salt and pepper, and let boil up once. Strain and serve. A cupful of whipped cream added the last moment is an improvement.

Black Bean Soup.—Add to a large knuckle of veal four quarts of water and one quart of black beans that have been soaked in water over night, and let them boil with the veal four or five hours; add, also, a small bit of onion, a dozen whole cloves, some salt and pepper; cut three hard-boiled eggs and two lemons into slices and put into the bottom of the tureen and strain the soup, boiling hot, upon them. If the water boils away, keep adding to it, as this receipt ought to make a gallon of soup. It should be of the consistency of pea soup. If you have no veal, the bones of salt pork make a good substitute.

Beef Soup.—Break up the bones of a roast of beef, and lay them in the pot; dredge with salt, pepper, and flour. Cut into pot one small onion, and add two and a half quarts of cold water. Set the soup on the fire, and when it comes to a boil, skim it. Let it boil gently three hours, then add eight sliced potatoes, and boil twenty minutes more. Have ready dumplings; put them in and cover tight, and boil ten minutes longer; then dish. First take out the dumplings and place in a small platter; then turn the soup into a tureen, being careful to take out the bones, and serve.

CATARRH.



Sanford's Radical Cure.

The great American Balsamic Distillation of Witch Hazel, American Pine, Canada Fir, Marigold, Clover Blossoms, etc., for the immediate relief and permanent cure of every form of Catarrh, from a simple Head Cold or Influenza to the loss of Smell, Taste, and Hearing, Cough, Bronchitis, and Incipient Consumption.

A single dose instantly relieves the most violent sneezing or Head Colds, clears the head as by magic, stops Watery Discharges from the Nose and Eyes, prevents Ringing Noises in the Head, cures Nervous Headache, and subdues Chills and Fever.

In Chronic Catarrh, Cough, etc., it cleanses the Nasal Passage of foul mucus, restores the senses of Smell, Taste, and Hearing, when affected, frees the Head, Throat, and Laryngeal Tubes of offensive choking matter, Sweetens and Purifies the Breath, stops the Cough, and arrests the progress of Catarrh towards Consumption.

Purely Balsamic and Vegetable, sweet, wholesome, economical, safe. Indorsed by physicians, chemists, and medical journals throughout the world, as the only complete external and internal treatment. One bottle Radical Cure, one box Catarrhal Solvent, and Sanford's Improved Inhaler, with Treatise and Directions, in one package, of all chemists and druggists, for \$1.00. Ask for Sanford's Radical Cure for Catarrh. Principal Depot, WEEKS & POTTER, 360 Washington Street, Boston, U. S. A., and 8 Snowhill, London, England.

Penobscot Stew.—Use about a quarter of a pound of cold broiled or roasted meat, four potatoes, two onions, a quart of water, a quarter of a cupful of barley, a tablespoonful of flour, salt and pepper to taste. Cut the meat into small cubes; cut the onions very fine; wash the barley. Put these all in a stew-pan, and dredge them with the flour, half a tablespoonful of salt, and one-eighth of a teaspoonful of pepper. Add the water, and simmer two hours. Pare and slice the potatoes and add them to the stew, and simmer an hour longer. Add more salt and pepper if there is not already enough.

A Fine Irish Stew.—There will be needed for this dish only two pounds of the neck of mutton, six large potatoes, four onions, three pints of water, two tablespoonfuls of flour, and some salt and pepper; and then will prove an excellent one. Cut the meat into shapely pieces. Put about half the fat into the stew-pan with the onions, and stir for eight or ten minutes over a hot fire; then put in the mutton, which sprinkle with the flour, salt and pepper. Stir for ten minutes, when add the water, boiling. Set the pan where it will simmer for an hour, and at the end of that time add the potatoes, peeled, and cut in quarters. Simmer another hour before serving. Dump-lings add to the attractiveness of the dish.

Stuffed Eggs.—Cut six hard-boiled eggs in two, and removing the yolks, mash them fine; then add two teaspoonfuls of butter, one of cream, two or three drops of onion juice, salt and pepper to taste. Mix all thoroughly, and after filling the eggs with this mixture, put them together. Then there will be a little of the filling left, to which add one well-beaten egg. Cover the eggs with this mixture, and then roll in cracker crumbs. Fry a light brown in boiling fat.

Stuffed Eggs, No. 2.—Cut carefully in halves six hard-boiled eggs; take out their yolks and mash them with parsley and onion finely chopped, a teaspoonful of butter, the yolk of a raw egg, and salt and pepper; refill the white halves with the mixture and place them in a baking-dish, add white sauce, sprinkle over a little pounded cracker, and set the dish in an oven a few minutes.

Spanish Eggs.—Add to two quarts of boiling water a tablespoonful of salt, and in it cook a cupful of rice for half an hour. After draining through a colander add a tablespoonful of butter. Spread lightly on a hot platter, and on it place six dropped eggs.

Salt Cod.—First wash the fish, in the evening, and soak it over night in cold water. In the morning put it in fresh water, and put it on to cook. Just as soon as the water is at the boiling point, set back where it will keep hot but not boil. A hard, dry fish will cook in from four to six hours, and some will be done in half an hour.

Sworn Statement of a Boston Drug-gist.

GENTLEMEN:—I hereby certify that I have had Catarrh for ten years, and for the last six years have been a terrible sufferer. I was rendered partially deaf, had buzzing in the head, pains across the temple, dizzy spells, weak and painful eyes, swollen and ulcerated tonsils, hard and constant cough, severe pains across the chest, and every indication of consumption. My head ached all the time. The matter accumulated so rapidly in my head and throat that I could not keep them free. Frequently at night I would spring out of bed, it seemed to me, at the point of suffocation. I would then have recourse to every means in my power to dislodge the mucus from my throat and head before being able to sleep again. For a period of six years my tonsils were ulcerated and so much inflamed that I could with difficulty swallow. I finally consulted an eminent surgeon in regard to an operation on them, but at his request postponed it. The constant inflammation and ulceration in my throat caused by the poisonous matter dropping down from my head had so irritated and inflamed my lungs that I coughed incessantly,—a deep, hard cough. Meanwhile my system began to show the effects of this disease, so that I lost flesh, grew pale, and showed every symptom of an early death by consumption. When matters had reached this stage, or about six months ago, I began the use of **SANFORD'S RADICAL CURE FOR CATARRH**. After using the first bottle I began to improve rapidly. The first dose seemed to clear my head as I had not known it to be for years. It seemed gradually to arrest the discharges. *It stopped my cough in three days.* By using it as a gargle I soon reduced the inflammation and swelling of my tonsils, so that they soon ceased to trouble me. The soreness across my chest disappeared, the buzzing noises in my head ceased, my senses of hearing and of seeing were completely restored, and every symptom of disease that had reduced me to the verge of the grave disappeared by the use of **SANFORD'S RADICAL CURE FOR CATARRH**.

I have been thus explicit because, as a druggist, I have seen a great deal of suffering from Catarrh, and hope to convince many that this is a great remedy.

Since curing myself with **SANFORD'S RADICAL CURE**, I have recommended it in over one hundred cases without a single case of failure.

Very gratefully yours,

GEORGE F. DINSMORE.
(Now of Worcester, Mass.)

Boston, Feb. 23, 1875.

SUFFOLK, SS.

Feb. 23, 1875.

Then personally appeared the said George F. Dinsmore, and made oath that the foregoing statement by him subscribed is true,

Before me,

SETH J. THOMAS,

Justice of the Peace.

Stewed Lobster. — Open a lobster weighing two and a half pounds and cut the meat into little dice. Heat two tablespoonfuls of butter, and add the dry flour, stirring until perfectly smooth; then gradually add the water, stirring all the while. Season to taste. Add the lobster, and beat thoroughly.

Fish Balls. — Use the fish left from dinner. Put it in your chopping-tray, being careful that there are no bones in it, and chop fine. Pare and boil potatoes enough to have twice the quantity of potatoes that you have of fish; when cooked, turn them into the tray with the fish, mash fine, and make into balls about the size of an egg. Have the fat boiling hot, and fry a light brown. Have slices of pork a nice brown to serve with the fish balls.

Fish Cakes. — One pint of salt codfish, picked very fine, two pluts of whole, raw, peeled potatoes; put together in cold water and boil till the potatoes are thoroughly cooked, remove from fire and drain off all the water, mash with potato-masher, and add piece of butter the size of an egg, two well-beaten eggs, and a little pepper; mix well with a wooden spoon; have a frying-pan with boiling lard or drippings, into which drop the mixture by spoonfuls, and fry brown, do not freshen the fish before boiling with potatoes, and do not mould cakes, but drop from a spoon.

Turbot a la Creme. — Boil either bass or cod with plenty of salt; flake it, removing all skin and bones; boil a quart of milk or cream in a milk-boiler, and, while it is boiling, put in a bunch of parsley, an onion, and a little celery; stir in also three tablespoonfuls of flour, mixed perfectly smooth with a little cold milk. When boiled, take out the vegetables, add a quarter of a pound of butter to the cream. Butter a deep dish, and put in a layer of fish, and then a layer of sauce; continue this until the dish is full, making the final layer of the sauce. Cover the top with fine bread-crumbs, and a trifle of grated cheese, if liked. Bake half an hour.

Fried Sausages. — After cutting the sausages apart, wash them, and laying them in a pan pour boiling water over them. Let them boil two minutes; then turn off the water and prick the sausages with a fork, or they will burst open when they begin to fry. Put a small quantity of drippings in the pan with them, and fry twenty minutes. Turn them often, that they may be brown on all sides. Cut stale bread into fanciful shapes, fry in the sausage fat, and garnish the dish with them. Brown bread is very palatable fried in this way. Serve plain boiled potatoes, squash, mashed turnips, and apple-sauce with sausages.

Fricassee Beef. — Put a pint of clear water in a trying-pan, and when it comes to a boil, thicken with one heaping spoonful of flour, and season with salt, pepper, and a little butter. Cut cold roast beef into slices, and

Sanford's Radical Cure is prepared by Distillation.

Every plant and herb that yields its medical essence to it is placed in an improved still and there mingled with a solvent liquid, which, by heat, is made to pass over into the receiver, bearing with it the healing essence or juices of these plants and herbs, free from every contamination, pure and colorless. Thus the active, medical constituents of thousands of pounds of herbs may be condensed into a very small compass. In this way SANFORD'S RADICAL CURE is divested of the nauseating, worthless features of all other remedies, while its curative properties are increased tenfold. It is positively the greatest medical triumph of the age.

Bad Breath.

Droppings into the throat, cough, and wasting of flesh, cured by SANFORD'S RADICAL CURE FOR CATARRH. Complete treatment one dollar.

Most Satisfaction.

Your SANFORD'S RADICAL CURE sells better and gives more satisfaction than any similar preparation we have ever handled.

C. WAKEFIELD & CO.

Bloomington, Ill.

Another Young Lady Happy.

"You don't know," said a charming young lady, "how much I owe you. I was so bad with Catarrh that I could not associate with my former companions. My head was full of offensive matter, which tainted my breath and clothing, and seriously affected my hearing and taste, besides dropping into my throat and making me cough. My parents thought I was going into consumption. I was so sick and unhappy that I thought of suicide. But I am so thankful I found SANFORD'S RADICAL CURE. It has cured me of every symptom, and I am now as well as I can be." Complete treatment, one dollar.

Free the Head

And throat from offensive, choking catarrhal matter, sweeten and purify the breath with SANFORD'S RADICAL CURE and be happy.

For Ministers and Public Speakers. Sanford's Radical Cure.

Rev. Dr. Wiggin says: "One of the best remedies for Catarrh, nay, the best remedy we have found in a lifetime of suffering, is SANFORD'S RADICAL CURE. It is not unpleasant to take through the nostrils, and there comes with each bottle a small glass tube for use in

put into this gravy; let them boil five minutes. If there be any cold beef gravy, add it to the other, in which case you will not need quite as much butter. Boiled potatoes, tomatoes, boiled rice or macaroni, and squash may be served with the rice-sauce.

Fried Ham.—Cut the ham in very thin slices, and cut off the rind. Have half a spoonful of boiling drippings in the frying-pan. Lay the ham in this, and fry quickly eight minutes. It will then be brown and crisp.

Broiled Ham.—Cut the ham in thin slices, cut off the rind, and broil over clear coals ten minutes. When the ham is very salt or hard, slice, and let stand in boiling water ten minutes before frying or broiling.

Fried Chicken.—Cut the chicken into six or eight pieces, and season well with salt and pepper. Dip into beaten egg, and then in fine bread crumbs, in which there is a teaspoonful of chopped parsley for every cupful of crumbs. Dip once more in the egg and crumbs, and fry ten minutes in boiling fat.

Boiled Flank of Beef.—Wash the flank, and make a dressing as for turkey, which spread over it, first having salted and peppered it well; then roll up and tie. Wind the twine round it several times, to keep it in place; then sew into a cloth kept for that purpose. Put a small plate in the pot, and put in the meat; then pour on it boiling water enough to cover, and boil gently six hours. When done, remove the cloth, but not the twine until stone cold; then cut in thin slices, and you will have alternate layers of meat and dressing. This is a nice dish for breakfast or tea.

Meat Hash.—Dredge with salt and pepper any kind of cold meat, and chop it fine. This is always the best manner of seasoning hash, as all parts will be seasoned alike. If you have cold potatoes, chop fine and mix with the meat; if they are hot, mash. Allow one pint of meat to two of potato. Put this mixture in the frying-pan with a little water or soup stock to moisten it, and stir in a spoonful of butter; or if you have nice beef dripping, use that instead of butter. Heat slowly, stirring often, and when warmed through, cover and let it stand on a moderately hot part of the stove or range twenty minutes. When ready to serve, fold as you would an omelet.

Alamode Beef.—Cut deep gashes in a piece of the round of beef, weighing six pounds, and rub into them a handful of salt, a spoonful of cinnamon, half a spoonful of clove, half a spoonful of allspice, a spoonful of mace, one of pepper, and half a cupful of flour. Fill the gashes with dressing made as for turkey, with the addition of a little chopped onion. Sew the gashes together, and bind the beef with strips of cotton cloth. Lay the meat in a small kettle that can be covered tight; put in a whole onion, a slice of carrot, and one of turnip, and add boiling water enough to cover the piece. Simmer three

inhalation. It clears the head and throat so thoroughly that, taken each morning on rising, there are no unpleasant secretions and no disagreeable hawking during the entire day, but an unprecedented clearness of voice and respiratory organs."

From a Simple Cold

Of influenza, to the rotting, sloughing, and death of the three senses, SANFORD'S RADICAL CURE FOR CATARRH is supreme.

From the late Henry Wells, endorsing Sanford's Radical Cure.

GENTLEMEN:—I have for some months felt it a duty that I owed to suffering humanity to write you, stating the great benefit that I have derived from the use of SANFORD'S RADICAL CURE FOR CATARRH. For more than twenty years I have been afflicted with this very troublesome complaint. I have tried all the remedies I could find, but without material or permanent benefit. Last fall the disease had arrived at that state that I must have relief or die. The entire membranous system had become so inflamed, and the stomach so disordered, that it was a doubtful matter whether I could go to the Pacific coast, or if I did whether I should live to come back or not. I saw an advertisement of this medicine, and although being very incredulous about specifics or nostrums of any kind, yet in sheer desperation I tried this, and at once was benefited by it. The changes of climate, a chronic disease of the liver, and my age—over 70—may prevent my entire restoration, but the benefit I derive from its daily use is to me invaluable, and I am hoping to be completely cured, and at last arrive at a respectable old age.

If this statement of my case can be of any service to those afflicted as I have been, and enable you to bring this remedy into more general use, especially on the Pacific coast (where it is much needed), my object in writing this note will be attained.

Very truly yours.

HENRY WELLS,
of Wells, Fargo & Co.

Aurora, N. Y., June, 1876.

Relief in Five Minutes

In every case; gratifying, wholesome relief beyond a money value. Cure begins from first application, and is rapid, radical and permanent. Choking, putrid mucus dislodged, membrane cleansed and healed, breath sweetened, smell, taste, and hearing restored. Complete for \$1.00.

hours, and then make a thickening with four spoonful of flour, and stir in, and at the same time stir in two spoonful of either mushroom or walnut catsup, and simmer one hour longer. Some persons think the addition of a glass of claret or Madeira an improvement; but it is nice without.

How to Cook Salt Pork.—If only a little extra care be given to preparing it for the table, salt pork may be made very palatable. The proper way to fry it is to cut it into slices a quarter of an inch thick, and after removing the rind, pour on boiling water, in which let the slices remain for ten minutes; then turn off the water, and fry them till they are nicely browned on both sides. In those places in the country where fresh meat cannot at all times be easily obtained, it is well to study various modes of serving pork. If it is liked broiled, prepare it the same as for frying, and keep it ten minutes over a fire of clear coals. Another mode that gives a most satisfactory dish, is to fry it, then dip it in a batter, and fry again in the pork fat, to which should be added two spoonful of lard or drippings. The batter mentioned is made by mixing gradually together a cupful of milk and one of flour, and adding a well-beaten egg and a little salt.

Ham and Eggs.—Fry the ham as before directed, and when it all is cooked, turn the fat into a basin, and scrape the salt from the frying-pan. Turn back the fat, and add to it half a cupful of lard. When this comes to a boil, break in the eggs, leaving room to turn them, if you prefer them so. They look much nicer, however, when they are not turned. If they are not fried on both sides, dip up the boiling fat while they are cooking and pour over them. They will cook rare in three minutes, well done in four. Lay them on the slices of ham, and serve.

Haricot of Mutton.—Take two pounds of cold roast mutton, cut into slices, and lay in a deep sauce-pan, and then put in half an onion, half a turnip, two potatoes, and one carrot, all cut into small pieces. Dredge with flour, salt and pepper. Cover with cold water, and boil slowly one hour: then add two spoonfuls of flour mixed with cold water, and boil one hour longer. Have a dish ready with an edging of mashed potatoes (brown them or not, as you please), and into the centre of the dish turn the meat. Serve mashed potatoes and turnips and boiled rice with the haricot.

Pig's Head Cheese.—Boil a pig's head until the bones will drop out. When cold, chop fine and season highly with pepper, salt, and sage; then put it into a Kettle, and to every quart of meat add one half a pint of the liquor in which it was boiled. Simmer slowly for half an hour, and turn it into deep earthen dishes, on top of which place a plate with a weight upon it. Set in a cool place, and when cold cut in slices.

Sanford's Radical Cure Extravagantly Praised.

We believe SANFORD'S RADICAL CURE to be a genuine meritorious preparation. Some of our customers are extravagant in their praise of it.

D. DEFORD & CO.

Ottawa, Kansas.

The well-known maker of Yale's Mammoth Tent praises Sanford's Radical Cure.

GENTLEMEN:—I have suffered ten years from the worst forms of acute catarrh, or cold in the head, that ever afflicted mortal man. Whenever I took a fresh cold it would settle in my head, causing the most violent sneezing, accompanied by excessive discharges from my eyes and nose. For days and days my suffering would be intense, and finally settling in my loins and bowels, would render my life miserable for a month. Never, during all my sufferings, was I able to obtain even temporary relief from any medicine I ever tried. Three weeks ago, while suffering from the worst attack I ever had, I procured a bottle of SANFORD'S RADICAL CURE FOR CATARRH. The relief from the first dose was so gratifying that I would willingly have given one hundred dollars to obtain it. A few doses completely cured me. My head has since been perfectly free from mucous accumulations, my breathing easy, and not a symptom of trouble about my back and bowels has presented itself. Its effect in my case has been truly remarkable.

R. M. YALE, Sall and Awning Maker,
2 South Market St., Boston, Mass.

Sneeze, Sneeze, Sneeze,

Until your head seems ready to fly off; until your nose and eyes discharge excessive quantities of a thin, watery fluid; until your head aches, mouth and throat parched, and blood at fever heat. This is acute catarrh, or cold in the head, and is instantly relieved by a single dose, and permanently cured in most cases by a package of SANFORD'S RADICAL CURE FOR CATARRH. Complete for \$1.00.

Better Satisfaction.

Having sold SANFORD'S RADICAL CURE for over a year, I can state that it gives better satisfaction than any similar preparation I have ever sold.

A. H. ROBERTS.

Mt. Pleasant, Ia.

My Little Granddaughter

Has been deaf for two and a half years, caused by catarrh. Her little head was filled with corruption, which destroyed her appetite, made her cough, and have a very unwholesome breath. She has been cured of deafness and every other symptom of catarrh, and is now a fine, healthy child, thanks to SANFORD'S RADICAL CURE FOR CATARRH.—*Testimonial.*

Creamed Oysters.—A pint of oysters, one of cream, a small piece of onion and a very small piece of mace, one tablespoonful of flour, and salt and pepper to taste. Let the cream, with the mace and onion, come to a boil. Mix the flour with a little cold milk or cream and stir it into the boiling cream. Let the oysters come to a boil in their own liquor. Skim carefully, drain off all the liquor, and turn the oysters into the cream. Skim out the mace and onions, and serve.

Potato Salad.—Slice thin six or eight medium-sized boiled potatoes; mince fine two silver-skin onions, so as to get the flavor and not detect the onions in pieces; mix parsley and the potatoes with the onions, and season with salt and cayenne pepper. Moisten one-third of a teaspoonful of dry mustard with a teaspoonful of hot water; put the yolks of two eggs in same dish, beat together with an egg-beater until well mixed, then drip in sweet oil, beating it all the time until it thickens like a custard, add one and a half tablespoonfuls of vinegar. Put this dressing over the potatoes and mix all together. The dish can be garnished with celery tops and made very pretty.

Fried Parsnips.—After scraping the parsnips boil them gently for about three-quarters of an hour. When they are cold cut them into long slices about a third of an inch thick, and season with pepper and salt. Dip in melted butter and then in flour. Put two tablespoonfuls of butter in the frying-pan, and as soon as hot lay in slices enough to cover the bottom. Fry brown on both sides. Serve on a hot dish.

Saratoga Fried Potatoes.—Peel good-sized potatoes, slice them as evenly as possible, and drop them into ice-water; have a kettle of very hot lard, and, after putting a few of the slices at a time into a towel and shaking in order to get out the moisture, drop into the boiling lard. Stir them occasionally, and when of a light brown take them out with a skimmer and they will be crisp and not greasy. Sprinkle salt over them while hot.

Pemigewasset Rolls.—These are designed for breakfast. The ingredients are, a cupful of butter, one of yeast, half a cupful of white sugar, four cupfuls of boiled milk, the whites of four eggs beaten to a stiff froth, sixteen cupfuls of flour; the butter should be melted, and the milk blood warm. Mix the bread, and set in a warm place to rise over night. In the morning shape into long rolls. Let these rise for an hour; then bake half an hour.

Soda Biscuit.—Put into a sieve with a quart of unsifted flour, a teaspoonful of salt, one of saleratus, two of cream of tartar, and a tablespoonful of white sugar. Mix all thoroughly, and run through the sieve; then rub in a spoonful of lard or butter, and wet with a little more than half a pint of milk. Roll on

Another Gone.

It is useless to deny that the brightest and fairest fall easy victims to consumption, and equally fruitless to ignore the fact that decline has its origin in many cases in neglected catarrh. **SANFORD'S RADICAL CURE**, a pure, sweet, balsamic distillation, is the only natural and successful treatment yet compounded. Complete external and internal treatment, one dollar.

Universal satisfaction from Sanford's Radical Cure.

We have sold **SANFORD'S RADICAL CURE** for several years, and can say candidly that we never sold a similar preparation that gave such universal satisfaction. We have to learn the first complaint yet.

S. D. BALDWIN & CO.

Washington, Ind.

Ten Thousand Dollars

Would not put me back into the misery and suffering I endured before I used **SANFORD'S RADICAL CURE FOR CATARRH**.—*Testimonial*.

A Worthy Divine Praises Sanford's Radical Cure.

The Rev. Dr. Lothrop came to rely upon **SANFORD'S RADICAL CURE FOR CATARRH** as a means of clearing his head and throat preparatory to the delivery of his discourses. Few divines have suffered more from Catarrh, and few have more warmly praised the marvellous properties of **SANFORD'S RADICAL CURE**. Complete external and internal treatment for one dollar.

Clear Head and Voice,

Easy breathing, sweet breath, perfect smell, taste and hearing, no cough, no distress, by using **SANFORD'S RADICAL CURE FOR CATARRH**.

Thus Speaks of Sanford's Radical Cure an Old Cape Ann Druggist.

GENTLEMEN:—I am happy to inform you that **SANFORD'S RADICAL CURE** is the best remedy for catarrh I have ever sold. It gives *universal satisfaction*. I have not found a case that it did not relieve at once, and in many cases a cure is performed by the use of one bottle. It must soon lead all others in the market. Please send me another supply.

Respectfully yours,

ANDREW LEE.

Manchester, Mass., Apr. 3, 1874.

the board about an inch thick; cut with a biscuit cutter, and bake in a quick oven fifteen minutes. If you have not milk, use a little more butter, and wet with water. Handle as little and make as rapidly as possible.

Graham Bread. — Make a stiff batter of half a pint of warm water thickened with Graham, and add to it a third of a cupful of yeast. Let it rise over night, and in the morning add a little piece of butter, half a cupful of sugar, and wheat flour enough to mould. Let the bread rise in pans, and bake an hour.

Indian Cake. — One pint of Indian meal, a cupful of flour, half a cupful of sugar, one third of a cupful of butter, a teaspoonful of soda, one of cream of tartar, an egg, and some salt. Mix in enough sweet milk to make a soft batter.

Franconia Muffins. — A cupful of sugar, five of flour, a pint of milk, a teaspoonful of saleratus, two of cream of tartar, two eggs, and butter the size of an egg. Beat the butter and sugar together, and then add the eggs well beaten, and with this mix the milk. Now beat in the flour in which the saleratus and cream of tartar have been mixed. Bake in buttered muffin rings in a quick oven.

Crullers. — These dainties are easily and quickly made. A piece of butter about the size of an egg, a nutmeg, a cupful of sugar, and three eggs are to be made stiff with flour, cut in fancy shapes, and fried in boiling lard.

Griddle and Indian Cakes. — For the griddle cakes use two coffee cupfuls of sour milk or buttermilk, one teaspoonful of saleratus dissolved in a little hot water, and flour enough to pour. Grease the griddle with a piece of fat salt pork, and fry the cakes a light brown. Indian cakes are made in much the same way, save that half flour and half Indian meal is used, and also a teaspoonful of salt. They require a somewhat longer time to fry.

Doughnuts. — One and a half cupfuls of milk, the same quantity of sugar, two eggs, a scant teaspoonful of soda, a teaspoonful of salt, and half a nutmeg. Very toothsome doughnuts are made by this rule.

Pancakes. — Into a froth made by beating three eggs stir half a pint of milk, one teaspoonful of salt, and three tablespoonfuls of flour. Heat the frying-pan, and grease well with butter. Turn a third of the batter into it, and fry a light brown on one side, shaking the pan frequently to prevent burning. When brown on one side, turn and brown the other. When done, spread with jelly, fold, and serve immediately. Sugar may be substituted for jelly, if you choose.

Buns. — Half a cupful each of yeast, sugar and butter, one and a half cupfuls of milk, half a nutmeg, and a little salt. Mix together at night, and in the morning add half a cupful of sugar, and some currants.

Deep-seated Coughs Cured by Sanford's Radical Cure.

We have known people to suffer a year or more from a distressing cough, with all the symptoms of consumption, and yet be completely cured by a few bottles of the RADICAL CURE, simply because the cough was but a symptom of Catarrh, and could not be relieved until the principal disease was removed. Consumption may be traced to NEGLECTED CATARRH.

Complete Satisfaction from Sanford's Radical Cure.

We sell more of the RADICAL CURE than all other catarrh remedies put together, and I have yet to hear of a case that it has not given the most complete satisfaction.

S. W. GIFFORD.

Oskaloosa, Ia.

"Not for All the World"

Would I exchange the good SANFORD'S RADICAL CURE FOR CATARRH has done me," writes a worthy old gentleman.

What Sanford's Radical Cure Does.

It cleanses the nasal passages of foul mucus, restores the senses of taste, smell, and hearing when affected, frees the head, throat and bronchial tubes of offensive choking matter, sweetens and purifies the breath, stops the cough, and arrests the progress of catarrh towards consumption. Such is the action of SANFORD'S RADICAL CURE FOR CATARRH. Complete external and internal treatment, \$1.00.

No Complaints from Sanford's Radical Cure.

We have had an extensive sale and no complaints. It is the best selling thing in our store.

Boulder, Colorado.

WINCH & STYLES.

Noises and Pains

In the head, loss of memory, bad breath, and much terrible suffering cured by SANFORD'S RADICAL CURE FOR CATARRH.

Sanford's Radical Cure a Successful Remedy.

During the alarming prevalence of Catarrh, it is gratifying to note the success and popularity of SANFORD'S RADICAL CURE FOR CATARRH. From a very small beginning, this remedy has, in a few brief seasons, attained to the height of popular favor, in the extent of its sales and the frequency of its cures. Certainly, no remedy can boast of better references from physicians, druggists, and well-known

A Nice Pan Dowdy.—Pare and slice enough tart apples to fill a flat earthen or tin pan to the depth of two inches. To three quarts of apple add one cupful of sugar, a grated nutmeg, one cupful of cold water, and butter the size of a walnut. Cover this with plain pie-crust (have the crust about an inch thick), and bake slowly two hours and a half; then cover and set for an hour where it will keep hot. Serve with sugar and cream. When done the apple will look red.

Sally Lunn.—A generous pint of milk, a quart of flour, two eggs, two table-spoonfuls of sugar, three of butter, a teaspoonful of salt, half a cake of compressed yeast. Have the milk blood warm, and add to it the butter, melted, the eggs well beaten, and the yeast, dissolved in three table-spoonfuls of cold water. Pour on the flour, gradually, and beat into a smooth batter; then add the sugar and salt. Butter baking pans and into them pour the batter to the depth of about two inches. Let it rise for two hours in a warm place, and bake half an hour.

Hermits.—A cupful of raisins, stoned and chopped; a cupful of butter, two of sugar, a teaspoonful each of cinnamon and clove, half a teaspoonful of soda, dissolved in a little milk; one nutmeg, three eggs, flour enough to roll out. Roll the dough to the thickness of a quarter of an inch, and cut it with a round tin. Bake the cakes about twelve minutes, in a rather quick oven.

Queen's Cake.—Half a cupful of butter, two cupfuls of sugar, one of milk, three of flour, three eggs, half a teaspoonful each of cream of tartar and soda, flavor to taste. Two loaves can be made with these quantities.

Plain Fruit Cake.—Half a cupful each of milk and butter, one and a half cupfuls of sugar, two and a half cupfuls of flour, two eggs, half a teaspoonful of soda, spices and fruit.

Silver Cake.—Half a cupful of butter, a cupful of sugar, half a cupful of corn starch dissolved in nearly half a cupful of milk, the whites of three eggs, one and a fourth cupfuls of flour, half a teaspoonful of cream of tartar, one-fourth of a teaspoonful of soda, and a little vanilla or almond extract. After beating the butter to a cream beat in the sugar gradually, and add the flavor. Mix together and sift the flour, soda and cream of tartar. Beat the whites of the eggs to a stiff froth. Add the corn starch and milk to the beaten sugar and butter, then add the whites and the flour. Mix thoroughly and as quickly as possible. Have the batter in sheets about two inches thick. Bake in a moderate oven for half an hour.

Rutland Cakes.—Three cupfuls of boiling milk, one of Indian meal, two of flour, a teaspoonful of salt, a table-spoonful of sugar, two of butter, a quarter of a yeast cake or one-fourth of a cupful of liquid yeast. Pour the

citizens, who have freely given their testimony in its favor. The fact that physicians' prescriptions for it are to be found on file in many of our best drug-stores must create a warm feeling in its favor and pave the way for its universal use as a standard remedy for Catarrh.—*Boston Journal.*

Sweet, Safe, Effective. Witch-Hazel, American pine, Canada fir, marigold, and clover blossoms are what SANFORD'S RADICAL CURE FOR CATARRH is made of. Sweet, safe, effective.—*San Francisco Call.*

Catarrh.

Clear head and voice, easy breathing, sweet breath, perfect smell, taste and hearing, no cough, no distress. These are conditions brought about in catarrh by the use of SANFORD'S RADICAL CURE. One bottle RADICAL CURE, one box Catarrhal Solvent and one Improved Inhaler, in one package, for one dollar.

God Bless the Discoverer of Sanford's Radical Cure.

In September, 1876, I began the use of SANFORD'S RADICAL CURE FOR CATARRH. No sooner did I begin to use it than my symptoms changed. It cleared my throat, it cleared my head, it cleared my mind. It operated on my system in a way that nothing ever before given me by doctors had done. How rapidly I improved under the influence of this wonderful medicine those who have known me for years can testify. And now, sirs, to make a long story short, I will say I would not exchange the good it has done me for the whole world and all it contains. My memory, which was nearly all gone, has returned again, and I could tell of afflictions I have endured, too great for some people to credit. I can with a clear conscience and the strongest faith attest to this on the Holy Bible. God bless the man that found out this remedy.

SAMUEL SPINNEY.

Meadow Vale, Annapolis Co., Nova Scotia.
Nov. 23, 1877.

The only Absolute Specific

That we know of for sneezing, snuffing, and choking catarrh or head colds is SANFORD'S RADICAL CURE.—*Medical Times.*

Sanford's Radical Cure is not to be Sneezed at.

That pure, sweet, safe and effective American distillation of witch-hazel, American pine, Canada fir, marigold and clover-blossom, called SANFORD'S RADICAL CURE FOR CATARRH. A few doses instantly relieve the most violent sneezing, or head cold, stop all watery discharges from the nose and eyes, cure headache and nervousness, and banish all danger of fever.

milk upon the butter and meal, and when cool add the salt, flour, sugar and the yeast, which has been dissolved (if in cake form) in four tablespoonfuls of cold water. Let the mixture rise over night, and fry like griddle-cakes.

Union Cake. — A cupful of butter, two of sugar, one of sweet milk, three of flour, half a cupful of corn starch, four eggs, two teaspoonfuls of lemon flavor, one of cream of tartar, and half a teaspoonful of soda.

Excellent Gold Cake. — A cupful of sugar, half as much butter, half a cupful of milk, one and three-fourths cupfuls of flour, the yolks of three eggs and one whole egg, one-fourth of a teaspoonful each of soda and cream of tartar, half a teaspoonful of lemon flavor. Mix together the sugar and butter, and add the eggs, milk, lemon extract and flour, in this order. Bake for half an hour in a moderate oven.

Molasses Cookies. — A cupful of brown sugar, one of molasses, one of lard, half a cupful of boiling water, one spoonful of ginger, one of saleratus, one of salt, and flour enough to roll. Beat the sugar, lard, molasses, saleratus and ginger together; then pour on the boiling water and mix in the flour. Roll about three quarters of an inch thick and cut with a round cutter. Bake in a quick oven.

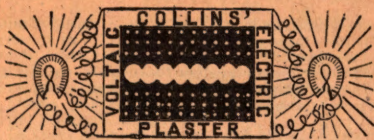
Lemon Cake. — The rind and juice of a lemon, a teaspoonful of cream of tartar, half as much saleratus, a teaspoonful of butter, one of sweet milk, three of sugar, four and a half of flour, and five eggs — the yolks and whites beaten separately. Bake in two loaves for forty-five minutes in a rather quick oven.

A Good Sponge Cake. — Into a froth made of seven eggs and two teaspoonfuls of sugar, stir two coffee-cupfuls of flour, mixed with a teaspoonful of saleratus and two of cream of tartar. Flavor with the juice and grated rind of one lemon. Bake in sheets in a moderately hot oven.

Seed Cakes. — Two cupfuls of sugar, four of flour, butter the size of an egg, half a teaspoonful of saleratus, enough milk to so wet these ingredients that they will roll easily, and seeds to taste. Roll about half an inch thick, and bake in a quick oven.

Ginger Pound Cake. — Three large loaves of excellent cake can be made of two cupfuls of butter, two of sugar, two of molasses, nine of flour, two teaspoonfuls of cinnamon, two of saleratus, two tablespoonfuls of ginger, three eggs and a nutmeg.

Bristol Cookies. — A cupful of milk, one of sugar, half a cupful of butter, half a nutmeg, two eggs, a teaspoonful of saleratus, and flour enough to roll. Beat the butter and sugar to a cream; then add the eggs, well beaten. Dissolve the saleratus in the milk, which stir into the mixture. Finally add the flour.



ELECTRICITY

AND

Healing Balsams

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This union of that grand vitalizing and restorative agent, Electricity, in a gentle and continuous current, with a highly Medicated Plaster composed of the choicest medicinal gums and balsams known to modern pharmacy, each in itself a curative marvel, is the grandest medical triumph of this century. It is *instantly* soothing, healing and strengthening. It begins its wonderful curative effect the moment it is applied. In the Annihilation of Pain and Inflammation, in the Vitalization of Weak, Paralyzed, and Painful Nervous Parts and Organs, in the Curing of Chronic Weaknesses and Inflammatory Ailments and Diseases, in the Absorption of Poisons from the Blood through the Pores, and the Prevention of Malarial and Contagious Diseases, it is wonderful. Compared with it in instantaneous and positive curative action, the ordinary porous or perforated plasters, the voltaic bands and appliances, liver belts, and other costly contrivances sink into utter insignificance. In the most positive terms we maintain that it supersedes in every respect all previous electrical appliances, at from one-tenth to one-fiftieth the cost, and challenge contradiction.

It is a speedy and certain cure for Pain and Weakness of the Lungs, Liver, Kidneys, and Urinary organs, Partial Paralysis, Rheumatism, Neuralgia, Sciatica, Hysteria, Female Weakness, Backaches, Fever and Ague, etc. Worn over the pit of the stomach it absolutely prevents Malaria, Fever and Ague, Epidemic Fevers, and Contagious Diseases.

Price, 25 cts., \$1.25 for six, or \$2.25 for twelve. Sold by all Druggists, Chemists, and Dealers in Medicine. Principal Depot, WEEKS & POTTER, 360 Washington Street, Boston, U. S. A., and 8 Snowhill, London, England.

Molasses Drop Cakes.—A cupful of molasses, three of flour, half a cupful of butter, two teaspoonfuls of ginger, one of soda. Beat the ingredients together thoroughly, and drop in spoonfuls upon a buttered tin. Bake five or six minutes.

New York Gingerbread.—One cupful of sugar, half a cupful of butter, half a cupful of milk, two eggs, a teaspoonful of cream of tartar, half a teaspoonful of soda, a tablespoonful of ginger, a pinch of mustard, and two scant cupfuls of flour. Bake about twenty minutes.

Berkshire Cookies.—One cupful of molasses, a teaspoonful of soda, dissolved in half a cupful of cold water; a dessertspoonful of salt, a like quantity of ginger, a tablespoonful of melted butter, flour enough to roll out to the thickness of half an inch. Bake in a quick oven for about ten minutes.

Lafayette Jumbles.—Nearly half a cupful of milk, half a cupful of butter, one cupful of sugar, three cupfuls of flour, two eggs, half a teaspoonful of soda, half a nutmeg. Roll out, and dust with the white of an egg. Sprinkle with sugar.

Laconia Cake.—A cupful of butter, a cupful and half of sugar, half a pint of flour, twice this quantity of flour, a teaspoonful of saleratus, six eggs, half a pound of curran, lemon extract. Bake in two loaves, in a moderate oven, for nearly an hour.

Virginia Pudding.—Put on a quart of milk, and when it is scalding hot, add a little salt and four tablespoonfuls of flour wet in a little cold milk; then add the yolks of three well-beaten eggs, with a little sugar. Bake the pudding slowly. When done, pour over the top the whites of the egg used, beaten stiff with half a cupful of sugar, and flavored with vanilla.

Boiled Tapioca Pudding.—Wash one cupful of tapioca, and soak it an hour in a pint of cold water; then stir in one quart of milk and one teaspoonful of salt. Put the basin in another of hot water, and set on the fire; cook one hour and a half. Serve with sugar and cream.

Tapioca Cream.—Cover four large spoonfuls of tapioca with one cupful of cold water, and soak over night. Set one quart of milk on the fire to boil. Beat together the yolks of four eggs, and one cupful of sugar. Stir into the boiling milk, with a pinch of salt, and then stir in the tapioca. Beat the whites to a stiff froth and stir into the custard; then turn into a dish. Flavor with lemon or vanilla.

A Ringing Testimonial for Collins' Voltaic Electric Plaster.

GENTLEMEN:—Inclosed please find \$1.25, for which please send six of your COLLINS' VOLTAIC PLASTERS by return mail. Let me add a word of praise of these plasters, for I feel thankful to you for the benefit I have received from the use of one. I have been afflicted with rheumatism in my right arm for months back, and my arm lying down by my side just as if it was paralyzed. I have tried all the remedies I could get, such as liniments and the trash they call rheumatic cures, but all of no use. So when I saw your COLLINS' VOLTAIC PLASTERS advertised I had of course very little faith in them, but I bought one for trial, and I am happy to state that its effect is wonderful, for I have had it on one week and all the pain is removed, and I can use my arm as well as the other, for which I feel very thankful. I shall do my very best to make known in this place the value of them to all afflicted, so that they may find in the use of them a sure relief. I am, gentlemen, gratefully yours,

JOHN ANDERSON.

Biddeford, Me., March 6, 1876.

A Hard Case.

"Have you given electricity a trial for your rheumatism, madam?" asked the minister, as he took tea with the old lady. "Electricity!" said she. "Well, yes, I reckon I has. I was struck by lightning last summer and hove out of the window; but it didn't seem to do me no sort of good." The good man should have recommended COLLINS' ELECTRIC PLASTER.

Painful Kidneys Cured by Collins' Voltaic Electric Plasters.

GENTLEMEN:—I have just recovered from a lame and weak back through the use of your COLLINS' VOLTAIC PLASTERS. My back was so lame and painful that I could not stoop, walk or do duty of any kind, and was placed in the hospital for 12 days without cure. I then asked permission of the surgeon to try the COLLINS' VOLTAIC PLASTERS, and in a few hours after putting one on was entirely relieved of pain and able to bend my back; am now thoroughly well. I consider them simply wonderful. Respectfully yours,

ALEXANDER JAMESON.

Co. I, First Artillery, Fort Warren.
Boston, May 3, 1876.

Collins' Voltaic Plasters are doing Wonders.

GENTLEMEN:—COLLINS' VOLTAIC PLASTERS are doing wonders. They work like magic, and those you sent last are all sold, and more wanted. Please send me three dozen as soon as you get this. Money enclosed herewith. I want them tomorrow night if possible.

In haste, yours.

T. F. PALMER, P. M.

No. Fayette, Me., May 1, 1876.

Boiled Rice Pudding.—Pick and wash one cupful of rice, and boil in one quart of boiling water for fifteen minutes; then drain dry. Wring a pudding-cloth out of boiling water, and spread in a deep dish, and turn the rice into it. Sprinkle in one cupful of raisins, and a tablespoonful of salt; tie the cloth loosely, that the rice may have room to swell, and boil two hours. Serve with lemon sauce, or sugar and cream. Or, apples may be used in place of the raisins.

Lemon Pudding.—Six eggs, butter the size of an egg, the rind and juice of two lemons, a teaspoonful of salt, a cupful of ground rice, a heaping cupful of sugar, a quart of milk. After putting aside one cupful of the milk, put the remainder in a tin pail, which set into a basin of boiling water. Wet the rice with the cupful of cold milk, and when the milk begins to boil, stir the rice into it, together with the salt; let this boil ten minutes, then take off and let it get blood warm. Beat the eggs, sugar, and lemon together, and stir into the mixture. Bake in a buttered dish half an hour. This pudding should be eaten cold.

Berry Pudding.—A pint of milk, two eggs, a saltspoonful of salt, a quarter of a teaspoonful of soda (dissolved in a little hot water), half a teaspoonful of cream of tartar, sifted through a cupful of flour. To these ingredients add flour enough to make a thick batter. Finally, stir in a pint of blackberries or raspberries, well dredged with flour. A sauce should be served with this pudding.

Boiled Indian Pudding.—A cupful of molasses, one of beef suet, chopped fine; four of Indian meal, a little salt, and enough boiling water to make a thick batter. Tie loosely in a cloth, and boil two hours or more. Put in the pot before the water quite boils. Serve with butter and syrup.

Cottage Pudding.—A cupful of milk, one of sugar, a spoonful of butter, one of saleratus, two of cream of tartar, two eggs, a pint of flour. Soften the butter, and beat to a froth with the sugar and eggs; then add the milk, and lastly the flour, in which the saleratus and cream of tartar are thoroughly mixed. Flavor with lemon, put in two shallow pudding-dishes and bake half an hour in a moderate oven. Serve with lemon sauce. The pudding is improved by sifting sugar over it before baking.

Snow Pudding.—Soak half a box of gelatine for ten minutes in a coffee-cupful of cold water; then pour on a pint of boiling water, and add two cupfuls of sugar and the juice of a lemon. Let stand until cool. Beat the whites of four eggs to a stiff froth, and, putting them with the other things, beat the whole one hour. This makes the snow. Make a soft custard of the yolks of the eggs and a quart of milk, and pour it into the dish. It may appear as if considerable time and patience are required for making this pudding, but the result ought to satisfy one.

Collins' Voltaic Electric Plasters Instantly Relieve

Rheumatism, Neuralgia, Cramps, St. Vitus' dance, Sciatica, Hip Complaints, Spinal Affections, Nervous Pains and Irritations, Epilepsy or Fits proceeding from Shocks to the Nervous System, Ruptures and Strains, Fractures, Bruises, Contusions, Weak Muscles and Joints, Nervous and Feeble Muscular Action, Great Soreness, and Pain in any Part of the Body, Weak and Painful Kidneys, Great Tenderness of the Kidneys, and Weak and Lame Back, caused by Chronic Inflammation of the Kidneys.



An Old Physician Praises Collins' Voltaic Electric Plasters.

GENTLEMEN:—I hereby certify that for several years past I have used the VOLTAIC POROUS PLASTER in my practice, and have never known them to fail in affording speedy relief in those cases for which they are recommended. They are not a quack nostrum, but a remedial agent of great value.

W. C. COLLINS, M. D.

Bucksport, Me., May 27.

Lightning

Is not quicker than COLLINS' VOLTAIC PLASTERS in relieving Pain and Weakness in the Kidneys, Liver and Lungs, Rheumatism, Neuralgia, Hysteria, Female Weakness, Malaria, and Fever and Ague.

Rheumatism Cured by Collins' Voltaic Electric Plasters.

GENTLEMEN:—I shall feel obliged by your sending me six COLLINS' VOLTAIC PLASTERS, as I enclose \$1.25 for the payment of the same. The two you sent me before I have used, and found the greatest relief from them. I have had rheumatism for the last three years, and used all kinds of liniments, but to no effect. I have got more relief from your plasters than from all other remedies I have tried. Please send them as soon as possible, and oblige.

FRANCIS BAKER.

Cherry St., East Walnut Hills, Cincinnati, O.

Lame Back Cured by Collins' Voltaic Electric Plasters.

GENTLEMEN:—I am very anxious that those who know me, and others who suffer as I have suffered, may come to know the value of COLLINS' VOLTAIC PLASTERS. I have suffered five years with lame back, so bad as to be con-

Cape Ann Pudding.—Pare, boil, and mash six good-sized potatoes, and pour over them a quart of *boiling* milk. Stir well, and let the mixture get cold; then add the yolks of five eggs and the whites of three, beaten with one large cupful of sugar, the grated rind and juice of two lemons. Bake half an hour, and frost with the whites of two eggs and one cupful of sugar beaten to a stiff froth. Set back in the oven until it is a delicate brown; then set away to cool. This should be eaten ice cold.

Bread and Butter Pudding.—Cut a small loaf into thin slices, and after buttering these, put a layer of them into a deep pudding dish, already buttered. Sprinkle with raisins, currants, and thin slices of citron: then put in another layer of bread and more of the fruit. Continue in this way until the bread is all used. Cover with a custard made with nine eggs, one cupful of sugar, three pints of milk, two spoonfuls of salt, and one nutmeg. Let this stand three hours, and then bake one hour and a half in a moderate oven. It is desirable that a rich sauce be served with this pudding.

Sliced Apple Pies.—Line the plates with a bottom crust and fill them with quartered apples. For a plate of common size allow two spoonfuls of sugar, a little nutmeg, and two spoonfuls of water. Cut the upper crust a little larger than the plate, and raise the under crust with the blade of the knife, and lay it under it. Bake one hour in a moderate oven. When molasses is preferred, use three spoonfuls, and a little cinnamon instead of nutmeg.

Meat Pie.—Rub through a quart of flour two teaspoonfuls of cream of tartar, a piece of butter or lard the size of a large egg, well beaten first, and at least a teaspoonful of salt. Dissolve one teaspoonful of soda in one cupful of milk or water, and mix with the flour, adding enough more to make the crust stiff enough to roll. Roll it half an inch thick, and use no bottom crust. Cover with cold water bits of bone, gristle, and pieces of meat which are not nice for the pie, and simmer gently for a long time; strain off the gravy so made; thicken it with a small piece of butter and a tablespoonful of flour, previously rubbed together. If you have plenty of gravy, save a part of it to serve in a tureen. Cut the cold meat into small square pieces, lay it in a baking-dish (without an under-crust), add tiny bits of butter, pepper and salt, sprinkle a little bit of flour over the top and add a cupful of gravy or hot water; then cover with crust; bake about three-quarters of an hour. A little onion, finely minced, is an improvement; or a few spoonfuls of canned tomatoes may be used.

Green Apple Pies.—Pare, quarter, core nice tart apples, and stew in water enough to prevent burning. When tender, make very sweet with white sugar. Fill the pie-plate, which has been lined and edged with paste, grate on a little nutmeg, cover and bake three-quarters of an hour.

finer to bed, and while in it unable to turn myself. From the use of a single COLLINS' VOLTAIC PLASTER I have derived more benefit than from five years' persistent use of liniments, pain curers, and other plasterers.

MRS. ELIZA YOUNG.

Cambridgeport, Mass., Oct. 16, 1876.

Collins' Voltaic Electric Plasters,

Worn over the pit of the Stomach, prevent Ague and Liver Pains, Inflammation of the Liver and Kidneys, Billious Colic, Dyspepsia. Indigestion, Cramps and Pains.

Electricity and Healing Balsams.

Collins' Electric Plasters.

The combination of a battery with a porous plaster of well-known value in so portable a form as COLLINS' VOLTAIC ELECTRIC PLASTERS enables all to avail themselves of an element in the treatment of disease which is only made possible by your admirable invention. I predict for it an unlimited popularity and sale, and can with truth say that nothing relating to medical appliances has so much pleased me as it since I have been in practice.

SAMUEL EDWARDS, M. D.

New York, May 25.

Electricity.

The value of Electricity as a curative agent in diseases and ailments that resist all other modes of treatment cannot be over-estimated. Its constant and continuous application by means of a highly medicated strengthening plaster, as in COLLINS' VOLTAIC ELECTRIC PLASTER, which is a union of two medical elements in one form at one price, is positively the greatest medical triumph of this century. Its curative action begins the moment of application and accomplishes more in ten days than the old plasters in ten months.

One Hundred Times More Effectual

Than any other plaster or electric battery for pain and weakness of the Lungs, Liver, Kidneys and Urinary organs, Partial Paralysis, Rheumatism, Neuralgia, Hysteria, Female Weakness, Nervous Pains and Weaknesses, Malaria and Fever and Ague are COLLINS' VOLTAIC ELECTRIC PLASTERS.

Pains in the Back Cured by Collins' Voltaic Plasters.

Michael Knipe, of Liberty, Tioga Co., Penn., writes that he has suffered from Weakness and Pains in the Back for forty-five years, and, although now an old man, has been able, by the use of COLLINS' VOLTAIC PLASTERS, to walk erect and do a hard day's work. No plaster in the world, we repeat, can compare with COLLINS' VOLTAIC PLASTER.

Rhubarb Pies.—Do not cut the rhubarb until the morning it is to be used; or, if you have to buy it, keep it in a cool place. Strip off the skin and cut the stalk into pieces about an inch long, and stew in just water enough to prevent burning. When cold, sweeten to taste. Cover the pie-plates and roll the upper crust about half an inch thick; cut into strips an inch wide, and after filling the plate with the rhubarb put on four cross pieces and the rim. Bake half an hour.

Lemon Fies.—These three modes of making lemon pies are all good. The first is to take the yolks of three eggs, two teaspoonfuls of corn starch dissolved in a little cold water, a cupful of boiling water, one of sugar, the juice and grated rind of a lemon. When the pie is nearly cold cover with the beaten whites, with a spoonful of powdered sugar added. Brown nicely.

Five eggs, laying aside the whites of three for frosting; a heaping teacupful of sugar, two tablespoonfuls of flour, a little extract of lemon, tartaric acid to suit the taste, two quarts of milk. Two pies can be made with these quantities.

A cupful of sugar, the yolks of two eggs, the juice of one lemon, a little extract of lemon, three tablespoonfuls of flour. Just before putting into the oven add a cupful milk. Use the whites of the eggs for frosting.

Grape Marmalade.—Put the grapes in a stone pot and put this into a kettle of cold water. Set the kettle on the fire and boil until the fruit can be easily mashed. Stir often, and press with the bowl of the spoon. Strain the grapes through a sieve, and to every quart of pulp allow a pint of sugar. Boil forty minutes.

Piccalilli.—A peck of tomatoes should be sliced and sprinkled with a handful of salt. They should stand over night, and in the morning all the liquor should be turned off. Then chop them together with a cabbage-head, seven onions and four green peppers. Mix with this mass half a pint of whole mustard, half a teacupful fine sugar, half a teacupful of horseradish and vinegar enough to cover the whole. Stew until soft.

Cranberry Sauce.—Discard the poor fruit, and wash the rest. Put in the preserving kettle, with half a pint of water to one quart of berries. Now put the sugar on top of the berries, allowing a pint of sugar to a quart of berries. Set on the fire, and stew twenty minutes. Stir often to prevent burning. They will not need straining, and will preserve their rich color, cooked in this way. Never cook cranberries before putting in the sugar. Less sugar may be used, if you choose.



"Richest, Rarest, Most Delicious,"

"And only" combination of the true Jamaica Ginger, choice Aromatics and French Brandy is SANFORD'S GINGER, the quintessence of all that is healthful, refreshing, and preventive in medicines or condiments. A guarantee of health and happiness to every family or individual. *Beware of imitations said to be as good.* Ask for SANFORD'S GINGER and take no other.

Principal depot, WEEKS & POTTER, 360 Washington St., Boston, Mass., U. S. A.

"If you have pains in the diagram," said Mrs. Partington, bringing her forefinger up to "Present!" take "SANFORD'S GINGER. There's nothing harmonious in it as there is in some things. I have seen people thrown almost into convulsions by taking wrong subscriptions; but this is warming and irrigating, and soon gives a healthy transaction to the stomach. Nothing suits Ike better."

However watched by loving care,
Home has distempers lurking there,
And human power cannot defend
From ills that constantly impend;
But SANFORD'S GINGER bids pain cease,
And home restores to health and peace.

Sanford's Ginger

Is the only combination of the true Jamaica Ginger with choice aromatics and French brandy which prevents malarial fevers, regulates the stomach and bowels, perfects digestion, and insures protection from diseases and ailments incident to travel. Put a bottle in your travelling bag. Ask for SANFORD'S.

Chocolate Cream Drops.—These are simple but delicious. Boil together for four minutes two cupfuls of sugar, and half a cupful of flour, and beat to a cream. When nearly cold, flavor to taste. Mould in little balls, and roll in chocolate that has been grated and melted.

Orange Souffle.—Five oranges, five eggs, three tablespoonfuls of powdered sugar, a quarter of a cupful of granulated sugar, a pint of milk, a speck of salt. After putting the milk on to boil, beat the yolks of five eggs, and the whites of two, with the granulated sugar. Stir into the boiling milk, and stir until it begins to thicken. It will be about two minutes. Add the salt, and set away to cool. Pare the oranges, remove the seeds, cut up the pulp fine, and put in a glass dish. Pour on the cold custard. Just before serving, beat the three remaining whites with the powdered sugar, and heap this upon the custard.

An English Stew.—Cut cold roast beef into small and rather thin slices, season these highly with salt and pepper, and dip each lightly in bread-crumbs moistened in gravy or melted butter. Dress them neatly on a dish, and lay over them a thin layer of cut pickles. Moisten the whole with a glassful of pickle vinegar, and the gravy of the beef. Heat in a Dutch oven, and garnish with fried sippets.

Quaker Omelet.—Three eggs, a tablespoonful of butter, one and a half tablespoonfuls of corn-starch, a teaspoonful of salt, half a cupful of milk. Heat the omelet-pan (a frying-pan may be used), together with a cover that will fit closely. In the meantime beat the yolks of the eggs, the corn starch, and the salt. Beat the whites to a stiff froth; add to the beaten yolks. Stir all together very thoroughly, and add the milk. Put the butter in the hot pan; when melted, pour in the mixture. Cover, and place on the stove, where it will brown but not burn. Cook about seven minutes; then fold it, turn on a hot dish, and serve immediately.

Rice Souffle.—Wash half a cupful of rice and put it on to boil with one cupful of cold water. As soon as the water is all absorbed, add a quart of milk, and cook one hour in the double boiler; then add four tablespoonfuls of sugar, one teaspoonful of salt, and the yolks of six eggs. Let the mixture cool; then add one teaspoonful of flavor, and the whites of six eggs, beaten to a stiff froth. Turn into a buttered pudding dish, and bake in a moderate oven twenty-five minutes.

Welsh Rarebit.—Half a pound of cheese, two eggs, a speck of cayenne, a tablespoonful of butter, one teaspoonful of mustard, half a teaspoonful of salt, half a cupful of cream. Break the cheese in small pieces and put it and the other ingredients in a bright saucepan, which put over boiling water. Stir until the cheese melts; then spread the mixture on slices of crisp toast, and serve immediately.

"Those who are reliable to colds and romantic affections should be sure to have it by them," said Mrs. Partington sententiously; "and even satiating a shoe with water might cause embargo in the back or neurology for the want of it." "To what do you allude?" asked Dr. Spooner, as he watched Ike, who was chalking the doctor's likeness on the door. "SANFORD'S GINGER," she replied. "Ah, yes," he answered, "very true; it is excellent. Indeed, nothing better."

FRUIT of the tropic's burning clime,
Thy wondrous virtues, fadeless still,
Exert an influence sublime,
In ministering to human ill;
And many a pang along our way
SANFORD'S GINGER doth allay.

Sanford's Ginger for Weakness and Weariness.

For weakness, weariness, and prostration of the nervous forces, inability to sleep, cold extremities, and suspended circulation, is SANFORD'S GINGER. It is a grateful boon to suffering humanity, at once soothing, strengthening, and refreshing. Ask for SANFORD'S.

DELICATE FLATTERY.—*Farmer Jones*—"Well, how do you like that SANFORD'S GINGER, Mr. O'Brady?" *Mr. O'Brady*—"Shure, now, Farmer, and isn't it many a long day since I had the felicity to welcome such a salubrious toothful."

WHERE Appetite's fierce raging fire
Tends human misery to promote,
And burning fluids feed desire,
Poured down the incandescent throat;
Then SANFORD'S GINGER quells the blaze,
And craving appetite allays.

Sanford's Ginger as a Summer Beverage.

Added to water, lemonade, Seidlitz powders, milk and other liquids, quenches thirst, opens the pores, relieves the head, regulates the stomach and bowels, prevents chills, malaria and sudden prostration, and imparts new life to the languid, nervous and sleepless. *Beware of worthless imitations said to be as good.*

"THERE'S nothing better for a replenishing drink," said Mrs. Partington, stirring the contents of the tumbler, "than SANFORD'S GINGER. It lubricates the tonsors of the throat when dry, and when one is exasperated with fatigue, it accelerates and refreshes him. Look not on the wine which is read about in the newspapers, when you can get SANFORD'S GINGER as a sutterfuge." She drank.

A WORD ON ETIQUETTE.

Composed as it is of all sorts of people, it is not strange that the world contains a few persons who appear to live solely to eat. But the majority of us eat to live; and with this fact in view, folks who have at some time been displeased by a stickler for etiquette may naturally inquire, Why should it trouble us, and how can it concern anybody else, if we do not follow those nice rules which society says should be observed at the table? Certainly, the primary object of our three daily meals is to furnish sustenance to the body. If, therefore, in partaking of them, one is satisfied in this respect, he may content himself with the knowledge that the chief purpose of sitting at his board has been reached, even though he fail of gaining any other benefit. But why waste chances for improvement of the mind? Keen observers in polite life have often discoursed at length on the manifold advantages one enjoys in meeting frequently at the table men and women of such pleasing address and impressive bearing that they are constantly—although perhaps themselves unconscious of it—teaching one the countless little things which it is essential to know in order to be at ease when moving in the upper circles. It unfortunately happens that in more than one excellent farmer's family fine manners are studiously avoided because of a foolish notion that these are peculiarly the property of residents in the city. Promptings to do what etiquette calls for are repressed simply because these things are out of the every-day path, and are—how false the idea!—considered above one's station. Nothing that is right is above one's station; and so, while the original proposition remains true,—that we eat to live,—is it not at the same time worth the while to be attentive when at the table to some of those minor things which are, in the public eye, the stamp of gentleness?

Let us suppose, for instance, that the hostess has spread a cloth that is spotless,—a white one, we will say; for this kind is better for common use than one of colors—and has arranged her tableware in a tasteful way; has, perhaps, used a few bright flowers or fresh ferns for decorating purposes. When she has been at pains to gratify your eye, is it not her due that you show appreciation by deporting yourself in a somewhat more graceful way than may have been your custom? We will be charitable enough not to assume that you have been guilty of using your knife to convey food to your mouth, or tucked in at your neck the napkin which should have been opened over your lap; nor will we say that you have taken salt from the cellar with your knife instead of the little spoon furnished for your convenience, and have deposited it on the cloth instead of your plate; nor that you have cut your bread or

WHERE pangs the mortal flesh assail,
And give a bitterness to life,
Making the cheek with anguish pale,
Amid the fierce internal strife;
Then SANFORD'S GINGER soothes the pain,
And smiling health looks up again.

Mothers when Worn Out take Sanford's Ginger.

Mothers when worn out with cares of maternity or the household, or when weak, nervous and hysterical, take a dose of that "delicious invigorant," SANFORD'S GINGER. No other remedy is so wholesome, palatable and safe for delicate women, young children and the aged. *Beware of worthless imitations said to be as good.*

"I declare," said Mrs. Partington, as she applied her nose to the SANFORD'S GINGER bottle, "if it does not smell as romantic as oh dear cologne; and one can tell that it has great virtue by its virtuous smell, which is something like the odor of sanctity." She inhaled a little more, when her admiration exploded in a vigorous sneeze. Ike had tried it in some water.

When cold and chills affect the form,
And every fibre's aching, shaking,
What antidote will meet the storm
Foreshadowed by the nervous quaking?
SANFORD'S GINGER blesses,
And cures all primitive distresses.

A Friend of Temperance.

It has helped thousands back to a life of sobriety. It is the best medicinal tonic for those addicted to the excessive use of intoxicants. It stops that morbid craving for liquor which invariably operates as a serious obstacle to reform, affords the proper stimulus to the weakened and abused system, and restores the organs of digestion to healthy activity. Thus this preparation fills a want long felt, and becomes a power for good never before equalled in the history of medicine. Such is the action of SANFORD'S GINGER.

Corbett's Shakers' Sarsaparilla,
Sanford's Radical Cure,
Collins' Voltaic Electric Plasters,
Petrocarbol, and
Sanford's Ginger

Are sold by all Druggists and Country Merchants. Wholesale depots in all the large cities of the United States and Canada. Weeks & Potter, general agents, 360 Washington Street, Boston, Mass., U. S. A.

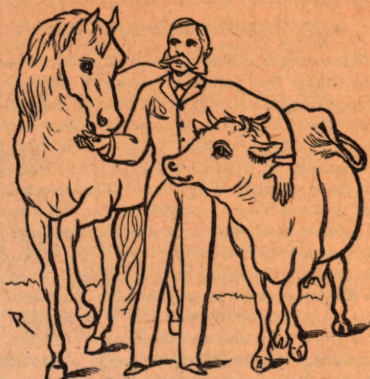
roll instead of breaking it, and have carried the full buttered slice to your mouth instead of only a portion of it. We will not charge you with the commission of a single one of these offences; and yet, have you not some faults?

Remember, in the first place, to be guarded in conversation, and talk of nothing calculated to lead to a dispute, or which will be disagreeable in the slightest degree to any body present. Do not for a moment indulge in whispering. Bear in mind that the acts of eating and drinking should be noiseless, and do both moderately; and, by all means, do not speak while there is anything in your mouth. After drinking wipe your lips with a napkin. If there is soup before you, eat with it bread that has not been buttered; and never tip the plate to get one more spoonful. Soup should be taken from the side of the spoon, not from the end.

Since a knife is not really necessary in eating fish, content yourself with a fork. If a morsel proves a bit unmanageable, this slight difficulty is to be overcome by using a piece of bread in the left hand. In case pickles have been provided, do not touch them with the fingers. On the contrary, olives, or asparagus, and corn are among the things which may properly be taken in the hand; so, too, may a fowl's "drum-stick." If invited to partake of meat, at once express your preference as to the cut. Your host should be careful not to overload your plate at any time, nor to put gravy on meat before learning whether you wish him to do so. If you have called for gravy, do not absorb it from your plate with bread. And speaking of bread, when taking a fresh slice do not break off only such a portion as you think you will eat; rather take the whole.

Opinions vary as to whether the knife and fork should be left on the plate when this is passed for a new supply of meat. It seems as if it were well to rest them on a piece of bread lying on the table; for if they are allowed to remain on the plate they may slip off and cause annoyance. To raise from the table those little dishes containing vegetables, salad, preserves, or fruit is a bad habit. When cake (or other things, for that matter), is passed, neither hesitate, as if looking for the best piece, nor be ashamed to take the last piece on the dish.

Good fruit is desirable at breakfast. It has been said that in the morning it is gold, at noon silver, and at night lead. If you wish to pare an apple or pear, hold it on a fork, and not with your fingers. A fork comes into play again when eating cheese. Sauces are not designed as receptacles for a hot drink while it cools. After sweetening your tea or coffee lay the spoon in the saucer, and drink from the cup. Many children are allowed to pick from the cloth the crumbs which have fallen beside their plates—a breach of etiquette that mothers should correct. Never toy with anything at the table. Away from home it is proper, on finishing a meal, not to re-fold one's napkin and smooth out every wrinkle as if you expected it was to be given the next guest.



PETROCARBOL.

STABLEMEN, TRAINERS, FARMERS AND GENTLEMEN WHO HAVE HORSES DISABLED BY ANY DISEASE OF THE HOOF AND SKIN CAN POSITIVELY RESTORE THEM TO FULL VALUE WITH PETROCARBOL.

Scratches, Cracked Heel, Hoof Rot, Horns, Tender Feet, Galls, Saddle Galls, Thrush, Inflammations, Swellings, Old Sores or Wounds, Sprains and all diseases of the Hoof and Skin of Horses and Cattle positively cured.

Analysis of Prof. Babcock.

Its constituents are everywhere recognized as among the best remedial agents known to science.

JAS. F. BABCOCK, Chemist, Boston.

From Jas. E. Abbott, V. S.

No composition known to veterinary surgeons, or sanctioned by veterinary colleges can compare with it.

JAS. E. ABBOTT, V. S., Charlestown.

From Jas. Golden, Esq.

No Trainer, Owner or Dealer in Horses can afford to be without it.

JAS. GOLDEN, Medford, Mass.

Price \$1 per pound can, 6 cans for \$5. Sold by all druggists, country merchants and saddlers. WEEKS & POTTER, Boston, Wholesale Agents.

PETROCARBOL M'F'G. CO., Boston.

THE STORY OF MY LIFE.

To begin at the beginning, I must begin with my great-great ancestor, Sir Ginger Root. Of this exalted personage I can say but little, as the records of our family are very meagre. It is plain, however, that Sir Ginger, centuries ago, became domesticated in China, where his virtues are still preserved and highly extolled by millions of Chinese. Traces of his migrations and those of his descendants are also to be found in Arabia, the East Indies, and nearly every civilized country on the globe.



I cannot presume to construct the genealogical tree of which Sir Ginger was the root. It is sufficient for the purposes of my history to say that my parents were of the numerous family of ginger roots, ginger beers, ginger ales, etc. My earliest recollections are associated with the island of Jamaica, upon which

I was born, and, like Bagnet's children, I was named after the island. As I look back I find my early life to have been uneventful, but my later years were severely tried by the coarseness of my father and the weakness of my mother. Truth compels me to mention the fact that our family had much declined at the period of which I write, and neither reputation nor prosperity attached to its members. Of myself I may be permitted to say I had early aspirations of conferring honor on our family, and hence as soon as I grew to manhood I bade all an affectionate adieu and took passage for Boston, United States. But my reception was not what I had anticipated. I was coldly received. My claims to the possession of great healing and restorative properties were doubted or ridiculed. I suffered many privations and much distress until I met with Dr. Sanford, to whom I told my story. He examined me carefully, and putting every one of my assertions to the test, became convinced that I was all that I claimed to be. In short, he told me I was possessed of the divine gift of healing; that I was

to be the alleviator of much suffering, and that henceforth the world would receive me at true value. I was moved beyond expression at his kind words and thanked him with tears in my eyes. It was not long after that he made me acquainted with Aromatics and French Symply, whom I soon made a part of myself. The good doctor provided me with an elegant dress, bestowed upon me his name, and introduced me to the people of the United States in a series of newspaper articles so highly laudatory that I could scarcely refrain from blushing when confronted with them. However, I worked hard to deserve what was said of me, and soon had the satisfaction of obtaining unbounded popularity. I numbered all classes, from the highest to the lowest, among my friends. I presided with dignity on the side-board of the President, and was freely closeted with his cabinet. I accompanied members of Congress to and from the capital, and was everywhere to be seen hobnobbing with the great, cheering the depressed, comforting the weak, quieting the nervous and sleepless, eradicating the curse of intemperance, and relieving pain and distress wherever I found it. It might be truly said of me that I was now in everybody's mouth. No household was satisfied to dispense with my services. The children grew up with my name on their lips; the parents blessed me, physicians prescribed me, and my praise and rewards were great. I was now rich, courted and honored, but I did not forget my benefactor, the good Dr. Sanford. The thousands of dollars he so freely advanced on me in early life, I repaid with interest. I proved that gratitude was another characteristic of mine, which has led me up to the present moment to deal generously by those who befriended me in adversity.

But I must end this long story lest I weary you. I am now in the prime of life, enjoying the fruits of my labors. One part of the world is the same to me as another. I am everywhere and anywhere at the same moment. Step into any druggist's or grocer's store, and you will see me in my neat white wrapper, sitting upon a shelf and smiling at the compliments which are every moment paid me. My equanimity is such that I enjoy every moment of life, and even the malicious stories of my rivals, and the dishonest practices of many unscrupulous counterfeiters who boldly appropriate my style and language have not been sufficient to ruffle my temper or make me other than what I always hope and strive to be,

The public's faithful servant,

SANFORD'S GINGER.

