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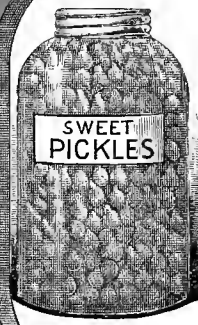
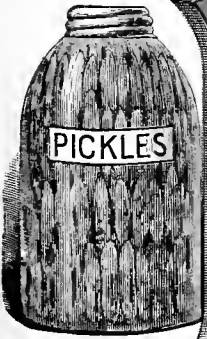
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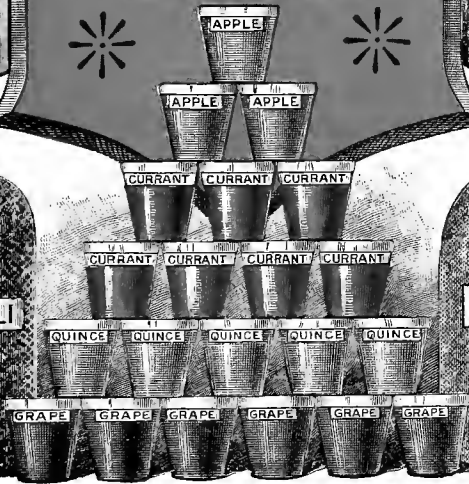
Gift of
Thomas Bass



From *Home Bakings*, by Edna Evans
San Francisco, 1912.



AYER'S PRESERVE BOOK.



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AYER'S CHERRY PECTORAL



Leads all remedies for the cure of Colds, Coughs, Asthma, Bronchitis, Croup, Sore Throat, and Whooping Cough. If taken in season, it arrests the progress of Consumption; and even in the later stages, it relieves the more distressing symptoms. To remove hoarseness and give flexibility and strength to the vocal organs, Ayer's Cherry Pectoral is favored by singers, actors, preachers, teachers, and public speakers. It is pleasant to the taste, promotes expectoration, soothes the inflamed membrane, and induces repose. No household should be without Ayer's Cherry Pectoral. Its prompt use has saved innumerable lives. It is in every sense An Emergency Medicine.

AYER'S SARSAPARILLA

Is everywhere known as the Superior Blood-purifier. It is superior in its combination of the best vegetable tonic-alteratives—superior in strength, purity, and proportion, and superior in the thoroughness with which it expels from the blood all trace of acid, poison, or impurity. For Scrofula and Scrofulous Diseases, including Catarrh and Consumption, Ayer's Sarsaparilla is the specific; also for Boils, Sores, Kidney Diseases, and Rheumatism. Being the best Spring Medicine, it removes that tired feeling, and makes the weak strong. For nearly half a century this standard blood medicine has been everywhere recommended by leading physicians. It has cured others and will cure you.



AYER'S HAIR VIGOR



Removes Dandruff, heals Itching Humors in the Scalp, and supplies nourishment and vitality to the hair-roots. It restores the color of youth to hair which has faded or become gray; it prevents the hair from falling out, promotes a new and natural growth, and is pronounced by all who use it to be the best and most economical hair-dressing ever prepared. Ayer's Hair Vigor is indispensable to all who have a due regard for their personal appearance. No other preparation of the kind has maintained such a lasting and general popularity.

AYER'S CATHARTIC PILLS

Are the best and most popular as a remedy for Constipation, Dyspepsia, Bilious Attacks, Sick Headache, Piles, and all derangements of the stomach, liver, and bowels. They cleanse the intestines of all effete and irritating substances, and are recommended by the Profession for family and general use. Every dose effective.



Prepared by Dr. J. C. AYER & CO., Lowell, Mass., U. S. A.

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AYER'S PRESERVE BOOK.

Shall we buy our canned fruits, preserves, jellies, catsups, and pickles, or prepare them ourselves? This is a question which the average housekeeper may answer without hesitation, when she finds that by good management during the fruit season, she can prepare at home a store of better things than she can buy; and the woman who is skilled in the art of canning, preserving, and jelly-making is the envy of housekeepers. In order that all may know the latest and best methods of preparing fruit, AYER'S PRESERVE BOOK has been written expressly for us by a well-known housekeeper and authority on culinary matters.

CANNING AND PRESERVING.

Since the introduction of canned goods, and the use of glass jars with air-tight covers, the old-fashioned preserves are seldom seen, and stone jars are relegated to some other purpose. Tin cans are used at canning factories, but seldom by housekeepers. All kinds of fruit, whether prepared with much or little sugar, or in sweet or sour pickle, are now sealed in glass jars, and the term "canning" is applied somewhat indiscriminately. Generally speaking, "preserving" means the cooking of fruits in an equal weight of sugar, and long enough for the fruit to keep without being air-tight; while "canning" may be done with little or no sugar, and with just enough cooking to thoroughly heat the fruit, but the air must be excluded. The preparation of the fruit for these two forms is similar, and the same general directions will apply to each process.

The first step in this business is to provide the necessary utensils, and the list given here will be equally useful in either branch of the work, preserving, pickling, or jelly-making.

Needful Articles.

These are, granite or porcelain-lined kettles, or stew-pans, with bales, or handles, and lips, for convenience in pouring. They should be broad and shallow, that considerable surface may be exposed to the heat. It is well to have one holding six or eight quarts; but, for nearly all purposes, the two-quart size is large enough; and if you can afford to have several, they will be very convenient.

Of large bowls and platters, every housekeeper usually has a sufficient number; but there are many women who never think to provide themselves with a small, sharp-pointed knife, for paring. One made of the best steel, if kept sharp and bright, answers very well; but the better way is to have a silver-plated fruit-knife ground down to a fine edge, and kept expressly for fruit-paring.

Other needful articles are, wooden spoons, some of them with slots, or perforations, a wire spoon, silver spoons large and small, a silver nut-pick, or skewer, scales for weighing, a hair sieve, a bright tin strainer, like a squash-strainer, but with finer meshes, a colander, a wooden masher, and a plentiful supply of cheese-cloth, both fine and coarse, and fine cotton-and-wool flannel. Provide yourself with two sizes of jelly-tumblers, and the best glass jars with perfect fitting covers, and an extra supply of rubbers. The pint-size jar is the best for nearly everything, but be careful to select those which have large tops. A few, holding two quarts, will be useful for large whole fruit. A large-mouthed funnel will help greatly in filling the jars.

Special Preparation.

The special preparation which each fruit needs, is given under each recipe, and the only directions equally applicable to every fruit, are these: Observe the utmost cleanliness in every part of the work, both of the hands, the utensils, and the fruit. Avoid anything which will tend to change the color

PURE BLOOD

Is as necessary to perfect health as sunshine is essential to warmth and light. With pure blood to supply and nourish the body, energy,



ambition, enthusiasm, a clear skin, a ruddy cheek, a bright eye, the flush of youth, and the courage for the duties of each day are always present. There can be no health if the blood is impure.

The common feature of impurity in the blood, the one most to be dreaded, is scrofula. This is one of the most terrible of all diseases, and, while it may not fully develop in the person with whom it originates, its ravages are appalling when transmitted to posterity.

Scrofula

usually presents itself in the form of angry and inflamed swellings, virulent sores, loathsome ulcers, and painful tumors; it causes emaciation, renders life a burden, and, in a majority of cases, unless properly treated, ends in consumption. The only proper treatment for scrofula is to thoroughly purify and invigorate the blood, eradicate every trace of poison from the system, and restore to it the element that healthfully repairs the constant and natural waste of the tissues. This treatment can be best accomplished by the use of Ayer's Sarsaparilla. This medicine acts immediately upon the blood, purifying, vitalizing, and enriching it, as no other remedy can. It expels from the

life-current all poisonous and useless matter, restores healthful action to tissues, nerves, organs, and glands, and in all that goes to invigorate and build up the system weakened by disease and pain, Ayer's Sarsaparilla is superior to all other remedies. It is superior because it has for its base, the true Honduras Sarsaparilla root; because the other ingredients which enter into its composition are of the highest grade procurable; and because each ingredient is known to have a specific value in the treatment of scrofula. It is superior in combination, proportion, appearance, taste, and effect. It has cured others and will cure you.

"For many years I was laid up with scrofula, no treatment being of any benefit. At length I was recommended to give Ayer's Sarsaparilla a trial. I did so, and after using about a dozen bottles, was restored to perfect health."—James Petsy, Mine Boss, Breckenridge Coal Co., (Lim.), Victoria, Ky.

"For several months I was troubled with scrofulous eruptions over the whole body. My appetite was poor, and my system so prostrated that I was

Unable to Work.

After trying a variety of remedies in vain, I resolved to take Ayer's Sarsaparilla, and with such good effect that less than two bottles removed the scrofulous eruptions and restored my health and strength. The rapidity of the cure astonished me, as I expected the process to be tedious."—Frederico M. Fernandez, Villa Nova de Gaya, Portugal.

"I was, for a long time, afflicted with scrofulous running sores, which at last became so bad, the doctors advised amputating one of my legs to save my life. I began taking Ayer's Sarsaparilla and soon saw an improvement. After using about two dozen bottles, the sores were healed. I continued to take a few bottles each year, for my blood, and am no longer troubled with sores. I have tried other reputed blood-purifiers, but none does so much good as Ayer's Sarsaparilla."—D. A. Robinson, Neal, Kans.

"When a boy I was troubled with a blood disease which manifested itself in sores on the legs. Ayer's Sarsaparilla being recommended, I took a number of bottles, and was cured. I have never had a recurrence of the complaint."—J. C. Thompson, Lowell, Mass.

AYER'S HAIR VIGOR—best for the Toilet.

or lessen the flavor of the fruit, such as tin, iron, or brass utensils, or any undue exposure of the pared fruit to the air. Use only sound fruit, and as soon after gathering as possible. Use pure granulated sugar, free from any bluish tinge, the purest spices, and the best cider vinegar.

Clean and scald the jars and their covers. Even if cleansed when put away, they should be scalded just before using. See that each one is in perfect condition, and that the rubbers fit perfectly. Use new rubbers every season. Stand the jars in a shallow pan of water on the back of the range, where the water will keep hot. If the fruit is to be cooked in water first, have a pan of water on boiling. Pare only enough to make one pound or fill one jar, then weigh, if necessary, and drop at once into the boiling water. Go on with the paring, covering the pared fruit with an old wet napkin to exclude the air, at the same time watching the fruit in the pan. Take out each piece as soon as soft, and put it on a large plate. Do not pile one piece on another, for the lower ones would be crushed. When all the fruit is cooked, strain this water and use it for the syrup. In that way, none of the flavor is lost. Boil the syrup and remove the scum. If the fruit is to be cooked again in the syrup, put it in carefully and boil according to directions in that special recipe. When ready to fill the jars, see that the water in the pan is hot and the jars hot. Draw the preserving kettle close to the pan of jars, put the funnel in the jar, and with a silver nut-pick, or spoon, or fork, or wire spoon, put each piece in the jars, so that the best part of it will be next to the glass. Fruit, like pears and peaches cut in halves, must be arranged so the syrup will fill the hollow places.

Small Fruit and Berries

should be taken up with a skimmer. Fill the jars nearly full, then pour in the syrup with a teacup. Run a silver knife or spoon-handle round the inside and up and down the jar, to let any bubbles of air escape; then wipe off the top, put on the rubber, fill to overflowing with boiling syrup, put on the cap and screw it down, being careful to see that the rubber bears evenly on the glass. Remove from the water and invert on the table. As the jars cool, the caps will bear

screwing down a trifle. The next morning examine the jars to see if there be leakage. If the covers are tight, label the jars with name and date, wrap each in paper, and put away in a cool, dry, dark place. Examine again after a week, and if the covers are not tight, scald, and use at once, or boil down for marmalade. A little mould or foam on the top is not always an unfavorable indication, if the cover is tight.

Canned Baked-Apple Sauce.

Fill a large bean-pot with sour apples, pared, quartered, and cored. Sprinkle over them about half a cup of sugar for a quart of apples. Add one cup of water, cover closely, and bake several hours in a moderate oven. When red, take out the apple and put it into hot glass jars, drain off the syrup and let it boil up once, then fill the jars with syrup, and seal. Hard winter pears are good, prepared in the same way.

Preserved Apples.

For six pounds of apples, use three pounds of granulated sugar. Pare, quarter, and core the apples, and boil the skins in water enough to cover. Sprinkle the sugar over the apples dry, and let them stand until the sugar is dissolved. Then strain the water from the skins and pour it boiling hot over the apples. Let them stand until cold, then heat and pour the water again over the apples to harden them. Do this several times, and then put all over the fire, add the grated rind and juice of one lemon, or orange, and cook slowly until the apple seems clear.

Barberry Sauce with Sweet Apple.

Half a peck of barberries, two quarts of molasses, one peck of sweet apples. Pick over the barberries, to remove the stems and leaves; wash them, and put on to boil with water enough to float them. Add the molasses, and cook until the berries are tender. While these are cooking, pare, quarter, and core the apples. Skim out the barberries; and cook the apples in the syrup, as many as can be cooked conveniently. When tender, put them into the jar with the berries, and boil the syrup down until it is thick. Pour it over the fruit, and the next morning heat all together again, and put away in a large stone jar. Scald it occasionally, and it will keep without sealing.

THE BEST COOK

Will fail to furnish us with an acceptable dish if we have no appetite; but with a good appetite, any dish is welcome. "Hunger is



the cook's best friend." All who suffer from loss of appetite or any derangement of the digestive organs, find relief, and a radical, permanent cure in the use of Ayer's Sarsaparilla. With pure blood to move the machinery of life, every func-

tion of the body gains in tone, strength, and energy, the alimentary canal being the first to experience the benefit.

"My wife suffered severely, for a long time, from dyspepsia. Being induced to try Ayer's Sarsaparilla for the complaint, she took ten bottles, and now her

Digestion is Excellent,

and she can eat a good meal, something she had not done before for years."—G. W. Robinett, P. M., Flag Pond, Va.

"During the summer and fall of 1887 I was troubled very seriously with dyspepsia. Knowing the high standing of your medicines, I decided to try what Ayer's Sarsaparilla could do for me. It has helped me wonderfully."—J. R. Williams, Delana, Ill.

"For several years I was a great sufferer from dyspepsia. I tried all kinds of remedies, without avail, until, by the advice of a friend, I began to take Ayer's Sarsaparilla and Ayer's Pills. I soon felt the benefit of this treatment. In three months I was completely cured of the complaint that afflicted me so long, and from which I had but little hopes of recovery."—Mrs. Mary Rielle, Little Canada, Ware, Mass.

"Last spring, my little girl, five years old, was sick. She could eat nothing, and was all run down. I commenced giving Ayer's Sarsaparilla, and in three days she began to improve. We noticed that she gained steadily, and by the time she had taken one bottle she was as well as ever. I recommend Ayer's Sarsaparilla as the best of blood-purifiers."—R. S. Gage, Waterloo, N. H.

"I can say a good word for Ayer's Sarsaparilla. Some two years ago I was suffering from loss of appetite and debility, the result of liver disease. After having tried various remedies and several physicians, without receiving any benefit, I was induced to take Ayer's Sarsaparilla. The first bottle produced a marked change, and the second and third accomplished so much that I feel like

A New Man.

I have, since that time, taken about one bottle every year, and had no recurrence of the trouble."—William E. Way, East Lempster, N. H.

"For a long time I was afflicted with dyspepsia, having very little appetite and being distressed by nearly everything I ate. A druggist recommended a trial of Ayer's Sarsaparilla, of which I am now taking my fourth bottle. The medicine helped me at once, and has continued to benefit me. I can honestly recommend Ayer's Sarsaparilla as a great remedy for indigestion."—Charles G. Maxter, Farmington, Maine.

"About a year ago I was greatly troubled with indigestion, and suffered from headache, and terrible pains in my stomach. I consulted a physician, who prescribed various remedies, but all to no purpose. My afflictions seemed to multiply. I became worse instead of better, and was compelled to give up work. A friend finally advised me to try Ayer's Sarsaparilla. I purchased a bottle, took it according to directions, and soon had the satisfaction of knowing that my health was improving. After taking two bottles of this medicine, I was able to resume work. My

Appetite Returned,

my food digested well, I was free from headache, and to-day I am well and strong as ever."—Pierre Dubé, Holyoke, Mass.

"About a year ago, after carrying on my business of dressmaking for some years, I found myself in failing health. I suffered indescribably from stomach trouble, blood disorder, and various weaknesses, and almost despaired of relief. Thinking Ayer's Sarsaparilla might possibly benefit me, I began taking it, and am pleased to state that a few bottles wrought an entire change in my condition. My health has been restored by its use."—Mary A. Garland, 1407 Michigan ave., Chicago, Ill.

Canned Blackberries.

Allow one cup of sugar and one-half cup of water to each quart of blackberries. Boil and skim the syrup, then add the berries, as many as will cover the surface, cook slowly ten minutes; then skim them out, and add others until all are cooked. Put all back into the kettle, let them boil up once, then pour quickly into the jars, and seal immediately.

Canned Blueberries.

Pick over and wash the berries, stew them in their own juice with, perhaps, a little water at first, to keep the lower ones from sticking. When all are swollen and well cooked, turn them at once into the hot jars, and seal. They will keep without sugar, and are nice for pies. If preferred sweet, add half a cup of sugar to a quart of berries. Swampberries will require a cupful of sugar to a quart.

Canned Cherries.

* Pick over the cherries carefully, to make sure there are no wormy ones. Allow one cup of sugar to each jar of fruit. Put the cherries and sugar in layers in the jars until nearly full. Arrange the jars in a boiler, with straw or sticks in the bottom. Put in water enough to come nearly to the top of the jars. Cover the jars, but do not put on the rubbers. Let the water boil until the sugar in the jars has melted and formed a clear syrup. Meanwhile, have more syrup boiling in another pan, and when the fruit is ready, take out the jars, one at a time, fill with this syrup, and seal quickly.

Preserved Cherries.

Stone the cherries, saving all the juice. Weigh, and to each pound allow three-quarters of a pound of sugar, unless the cherries are very sour, when a pound will be required. Put the cherries into the preserving kettle, covering with the sugar, and stand aside for three or four hours. Then bring to a boil, skim, and simmer till the cherries are clear. Pour into the jars, and seal.

Currants and Berries Canned without Cooking.

Allow one quart of granulated sugar to one of fruit. Mash them together, a few at a time, taking care that every berry is mashed, or they will not keep. Fill the jars to overflowing, shaking down each layer

firmly; screw the covers on tightly as possible. They will keep indefinitely. Currants prepared in this way are delicious eaten with meat, and the seeds are not hardened as in stewed currants.

Grape Preserve.

Pick over and wash the grapes. Slip the pulp from the skin, cook the skins in water to cover, in one kettle, and the pulp in its own juice in another, until soft and free from seeds. Then rub the pulp through a hair sieve, or puree-strainer, and when the skins have boiled nearly dry, add them to the pulp. Measure, and allow an equal measure of sugar. Put the fruit on to boil, and cook twenty minutes, stirring often; then add one-fourth of the sugar, boil five minutes, add another portion, boil again, and, when all the sugar is used, cook until the skins are soft. Turn into small jars.

Canned Peaches. No. 1.

Pare the peaches, and cut in halves, or leave them whole, as you prefer. Allow one cup of sugar to one pint of water. Boil, and skim. Put in as many peaches as will cover the bottom of the kettle, and let them boil up once. Take out with a silver fork, or wire spoon, and pack them neatly in the jars. Fill up with the boiling syrup, and seal. If the peaches are hard, drop them as you pare them into boiling water, and cook carefully until nearly tender, then take out onto large plates, being careful to keep the pieces separate; then, when all are cooked, put them into the syrup, for a few minutes.

Canned Peaches. No. 2.

Select peaches that are ripe and not too soft. Pare, halve, and weigh the fruit, and allow six ounces of sugar to each pound of fruit. Put the sugar, with just water enough to dissolve it, over the fire. Skim as it boils, then put in the peaches, a few at a time, and as soon as they are well scalded, take out carefully, drain, and pack in the jars, filling nearly full. Strain the syrup, boil again, and then fill the jars. Run the handle of a silver spoon down the inside of the jar to let any bubbles escape, and then seal quickly.

Preserved Peaches. No. 1.

Take the skins from the peaches (which should be not quite ripe), by putting them in-

THROAT AND LUNG TROUBLES

Are always more or less prevalent. No person is exempt—all being liable to attack. The most common of these com-



plaints are coughs, sore throat, croup, and bronchitis. A cough is simply Nature's effort to remove something that irritates the lungs or throat. When the cough arises from mucus, or phlegm, obstructing the air-

passages, assistance should be given the effort by the use of an expectorant. When, on the other hand, the cough results from soreness, or inflammation of the throat or bronchial tubes, the inclination should be checked by the use of an anodyne. The medicine which best answers either purpose is Ayer's Cherry Pectoral, the smaller doses being anodyne and the larger ones expectorant. With this remedy, therefore, any ordinary cough can be speedily controlled, relieved, and finally

Cured.

As a household medicine, Ayer's Cherry Pectoral is indispensable, its prompt use in cases of croup and bronchitis having saved innumerable lives. It is pleasant to the taste, and children take it readily. If used in the early stages of consumption, this medicine checks the progress of the disease, relieves coughing, soothes the irritated membrane, and induces repose.

"For years a confirmed skeptic as to the merits of proprietary medicines, I was at last converted by the use of Ayer's Cherry Pectoral. For months a bottle of this medicine, of which I had come into possession through the kindness of a friend, remained unopened in my closet, till one night I was seized with a violent cold accompanied by a racking cough. Having none of my usual remedies at hand, I thought of the Cherry Pectoral, and determined to give it a trial. The result was truly magical. Relief came almost instantly, and after repeating the dose, certainly not more than half a dozen times, I found myself thoroughly cured. Subsequently my daughter was cured of a

severe cough by the use of the Cherry Pectoral; since which I have recommended this preparation to all sufferers who come under my notice."—J. H. Ritchie, Commission Agent, Kingston, South Australia.

C. J. Wooldridge, Wortham, Texas, says: "One of my children had croup. The case was attended by our physician, and was supposed to be well under control. One night I was startled by the child's hard breathing, and on going to it found it strangling. It had nearly ceased to breathe. Realizing that the little sufferer's

Alarming Condition

had become possible in spite of the medicines it had taken, I reasoned that such remedies would be of no avail. Having part of a bottle of Ayer's Cherry Pectoral in the house, I gave the child three doses, at short intervals, and anxiously waited results. From the moment the Pectoral was given, the child's breathing grew easier. In a short time it was sleeping quietly and breathing naturally. The child is alive and well to-day, and I do not hesitate to say that Ayer's Cherry Pectoral saved its life."

"In the winter of 1885 I took a severe cold while teaching school; my voice became so weak at one time that it almost failed me. Feeling very uneasy about myself, I consulted two good physicians; but nothing they prescribed was of any benefit. On the recommendation of Mr. J. J. Perry, who always keeps your medicines on hand, I tried Ayer's Cherry Pectoral. It gave immediate relief, and one bottle cured me."—C. H. Chenning, Spottsylvania C. H., Va.

"Some years ago I took a violent cold which settled

On My Lungs.

I sought the aid of physicians for a long time, but kept growing worse. My case was thought to be hopeless. Finally I bought a bottle of Ayer's Cherry Pectoral and it brought me out of my difficulty. I consider that Ayer's Cherry Pectoral saved my life."—C. N. Davis, Dealer in Hardware, &c., Unadilla, Nebr.

"For three years I was troubled with hoarseness, and could find no remedy until I took Ayer's Cherry Pectoral, which cured me in a few days."—S. José dos Campos, Rio, Brazil.

AYER'S SARSAPARILLA cures Liver Complaints.

to hot lye made from wood ashes; after being in the lye for a few minutes, throw them into cold water, when the skins will slip off easily. If the peaches are to be left whole, allow three-quarters of a pound of sngar to each pound of fruit; but if cut in halves before weighing, then allow pound for pound. Make a syrup of the sugar, and as little water as possible. Boil the peaches in it until they are tender and transparent; then take out and put into the jars, and boil the syrup down until thick and clear. Strain, and pour it over the fruit, and seal at once.

Preserved Peaches. No. 2.

After paring, take the weight of the peaches in sngar, and put them together in a covered bowl, and let them remain over night. In the morning, put them on to boil; simmer until tender and transparent. Then skim, and seal as usual.

Canned Pineapple.

Pare the pineapple, and carefully remove the eyes with a sharp-pointed silver knife. Either chop or grate the pineapple, or shred it with a fork, rejecting the core. Weigh, and to every pound of fruit allow half a pound of sugar, put all together in the preserving kettle, bring quickly to boiling, skim, and remove at once. Put into jars, and seal.

Preserved Pineapple.

Pare the pineapple, and carefully pick out every particle of the eyes. A small, pointed, silver knife is the best for this work. Either pick off with a fork, or grate off, the soft part, rejecting the hard core. Weigh, and allow three-quarters of a pound of sugar to each pound of fruit. Put all together in the preserving kettle, stir well, stand aside over night. In the morning, bring to a boil, skim, and cook slowly half an hour. Pour it into jars, and seal.

Canned Plums.

Sweet plums require about half a pound of sugar, and sour plums from twelve to fourteen ounces, to a pound of fruit. Wash the plums, and, if large, prick each one in several places, to keep the skin from bursting. If the plums are not very soft, and the skins are tough, put them in a wire basket, a few at a time, and plunge it into boiling water, and then into cold water. The skins may then be peeled off easily. Make the syrup

according to the acidity of your plums, using as little water as possible. Boil and skim it. Drop the fruit in carefully, cook until tender, then drain, and put into jars. Seal at once.

Preserved Plums.

Allow equal weight of sugar and plums. Wash the fruit, and put it in a large bowl, or jar. Make the syrup with as little water as possible. Boil and skim it, then pour it over the fruit. The next day, pour off the syrup and boil again. Repeat this on another morning, and after the last time, turn the plums and syrup into the kettle, let it boil up quickly, and then simmer about twenty minutes. Pour into jars, and seal.

Preserved Quinces.

Wipe the quinces, cut them in quarters, and remove the skins and cores. Weigh them, and allow an equal weight of sugar. Cover with cold water, and as soon as it begins to boil, put in a little of the sngar. Do not stir them, but press them down under the syrup, and remove the scum. Add the sugar by degrees until it is all in the kettle. Let them boil slowly until perfectly tender and of good color. Drain them well as you take them out, and pack in the jars, then fill up with boiling syrup, and seal. The syrup that is left may be boiled longer, then strained into glasses, and you will have jelly. This is thought by many to be the very best way of preserving quinces.

Canned Raspberries.

Select large, firm berries, and handle carefully to prevent mashing; weigh, and allow quarter of a pound of sugar to a pound of fruit. Make a syrup of the sugar, using only water enough to dissolve it. Bring the syrup to a boil, skim, and put in the berries; boil fast three minutes. Put into jars, and seal.

Raspberry Preserve.

Allow equal weight of sugar and fruit. Pick over the fruit carefully, and lay aside the largest and firmest berries. Mash the remainder, and put on to boil for ten minutes, then squeeze them through a cheese-cloth; put this liquid on to boil with the sugar, remove the scum, then put in the whole berries; let them boil up once, skim them out into the jars, filling nearly full. Boil the

IN THE SPRING.

The necessity of taking a Spring Medicine to remove the impurities which have accumulated in the blood during the winter



months, and to overcome the long train of debilitating conditions resulting from their retention in the life-current, should be apparent to every one. Unless these impurities are removed, the system, with its reduced vitality, is unprepared to meet the additional depressing influence of warmer

weather; hence it is that Debility, That Tired Feeling, Languor, Loss of Appetite, and the hundred and one other ills peculiar to the Spring season prevail.

The best medicine to correct these conditions is Ayer's Sarsaparilla. It is SUPERIOR to all others. It is SUPERIOR, because it promptly expels from the blood all worn-out and impure matter, and supplies in its place, the elements necessary to health and strength. It is

Superior,

because it gives tone to the stomach, quickens the appetite, aids digestion, and restores to the whole system its natural force and vigor. It is also SUPERIOR, because it never fails to give satisfaction, a dose of the same measure always having the same value. Ayer's Sarsaparilla is compounded from the true Honduras sarsaparilla root,—the variety richest in medicinal properties,—which being combined with yellow dock—raised expressly for us—and other well-known tonic and vegetable alteratives, forms a SUPERIOR preparation for all diseases originating in impure blood. Ayer's Sarsaparilla always presents the same appearance and always has the same flavor.

If you are troubled with biliousness, nervousness, constipation, disordered kidneys, bad breath, furred tongue, night sweats, a constant desire for rest, inability to fix the mind for any length of time upon any partic-

ular subject, if you suffer slight pains in the muscular tissues, similar to rheumatism, take Ayer's Sarsaparilla, the SUPERIOR medicine. It has cured others and will cure you.

"Every spring for years I have had intolerable headaches, and total loss of energy, so that the season which should be welcomed by me was a dread; for as the warm, pleasant days arrived, they brought to me lassitude and pain. My druggist had known me from childhood, and advised me to take, early in the spring, Ayer's Sarsaparilla. I commenced using it in March, and have not had, since then, the first symptom of headache.

My Appetite is Splendid,

and I perform my daily duties with a cheerfulness and energy that surprises myself. I take pleasure in telling all my friends of the merits of Ayer's Sarsaparilla, and the happy results of its use."—Lizzie W. DeVeau, Brooklyn, N. Y.

"Every spring for the last nine years I have been in the habit of taking Ayer's Sarsaparilla, and I can truly say that I have never used any medicine that did me so much good. I am convinced that it is the best medicine of the kind in the market, and recommend it to all in need of a reliable and effective blood-purifier."—J. A. Shepard, Proprietor of Shepard's Paragon Varnish, 246 Pearl st., New York City.

"For several years, in the spring months, I used to be troubled with a drowsy, tired feeling, and a dull pain in the small of my back, so bad, at times, as to prevent my being able to walk, the least sudden motion causing me severe distress. Occasionally, a rash covered my body, the skin apparently becoming thickened, accompanied by

Intense Itching.

Frequently, boils would break out on various parts of my body. By the advice of a friend and my family physician, I began the use of Ayer's Sarsaparilla and continued it till the poison in my system was completely eradicated. I believe that everybody would be benefited by taking a bottle or two of Ayer's Sarsaparilla during the spring months. Its effect upon me was certainly phenomenal."—L. W. English, Montgomery City, Mo.

AYER'S PILLS—the best Liver Medicine.

syrup down until there is about enough to fill the jars, then put the berries back and boil up once more, fill the jars, and seal quickly.

Strawberry preserve may be made in the same manner.

Canned Rhubarb.

Peel the rhubarb, and cut into three-quarter-inch lengths. Weigh, and to every pound allow half a pound of sugar. Make a syrup of half a pint of water to two pounds of sugar, let it boil, and skim. Put in the rhubarb, and boil fast five minutes. Put in to jars, and seal.

Canned Strawberries.

The first berries picked from the vines are the firmest and the finest flavored, and so are better for canning than those gathered later. Use only the largest and most perfect ones. Allow two baskets to a quart jar. Put half a pound of granulated sugar and two tablespoonfuls of water on to boil, and boil until it begins to crystalize, then drop in the fruit carefully, and just let it boil up once. Then carefully skim out the fruit into the jars, and fill to overflowing with the boiling syrup. Seal as usual. Strawberries done in this way keep their shape, flavor, and color, and are preferred by those who do not like them very sweet.

Canned Tomatoes. No. 1.

Tomatoes should be canned in August, when the fruit is in the best condition. It is highly important that the fruit should be perfectly sound, and not too ripe; for a single spot of decay will contain a sufficient number of ferment-germs to spoil the entire mass.

These are the most reliable methods :

Have a large kettle of rapidly-boiling water on the stove. Wipe the tomatoes, fill a wire basket with them, and plunge it into the boiling water until the skins begin to crack. Then plunge into cold water, and remove the skins and the hard part under the stem.

Mash thoroughly, and let them boil quickly until perfectly soft, but not enough to evaporate all the liquid. Then season as for the table. To every quart, allow one teaspoonful of salt, one salt-spoonful of pepper, and half a cup of sugar. Cook five minutes longer, then fill the jars almost full. Have

ready some butter, melted, strained, and boiling hot, in the proportion of one table-spoonful to every jar. Fill to the brim with the hot butter, and seal at once. Olive oil may be used instead of butter. Wrap the jars in paper, and keep in a dark place. Examine the jars after two weeks, and if any of them show signs of ferment, turn out the contents, and treat as directed in making catsup, which see.

Canned Tomatoes. No. 2.

Prepare as in the first recipe, but season only with salt. Let them boil down until quite thick, then fill the jars nearly full, add boiling water to the brim, and seal at once. Be careful that no seeds or pulp run over the edge between the glass and the rubber. Keep the jars wrapped in paper, in a cool place. Use these only for soups and sauces.

Tomato Figs.

Allow half a pound of coffee-sugar to every pound of tomatoes. The yellow plum tomatoes, or the very small and perfectly smooth red ones are preferred for this method of preserving. Put the sugar on the stove with just water enough to melt it. As soon as it boils, put the tomatoes in whole with the skins on. Draw the kettle back where they will simmer gently. Cook until transparent, about two hours. Skim them out carefully, and drain off all the syrup. Spread them on platters to dry, in the sun, if possible. Sprinkle a little sugar over them while drying, and the next day turn them, and sprinkle again with sugar. Do so for two or three days. When sufficiently dry, pack in boxes. Seven pounds of tomatoes will make two quarts of figs.

Green Tomato Preserve.

To one pound of fruit use three-quarters of a pound of granulated sugar. Allow one sliced lemon to two pounds of fruit, first tasting the white of the lemon to be sure it is not bitter. If bitter, use the yellow rind, grated, or shaved thin, and the juice. Put the sugar on with just water enough to melt it, add the tomato and lemon, and cook gently until the tomato is tender and transparent. Cut the tomatoes around in halves, and then quarter the halves. This shape is preferable to slices. This will keep without sealing, but it is better to put it in small jars, as it is so rich that only a little is wanted at a time.

PIMPLES AND BLOTCHES

Are blood impurities cropping to the surface instead of passing away through the proper eliminating channels which, for some



reason, have become sluggish and inoperative. The specific needed in such cases is Ayer's Sarsaparilla. Its effect is to restore the normal and regular functions of these organs and thereby expel from the system all trace of acid, poison, or impurity.

"I was troubled, for a long time, with a humor, which appeared on my face in ugly pimples and blotches. Ayer's Sarsaparilla cured me. I consider it the best blood-purifier in the world."—Charles H. Smith, North Craftsbury, Vt.

"No medicine could be better adapted to cleanse the blood of impurities which manifest themselves on the skin by pimples, blotches, and

Small Ulcers,

than Ayer's Sarsaparilla. I have used it for that purpose with the most gratifying results."—J. R. Roseberry, Wharton, Tex.

"I was troubled for years with boils and pimples, but was entirely cured by the use of Ayer's Sarsaparilla."—W. C. Minor, Lloyds, Va.

M. Parker, Concord, Vt., writes: "My face, for years, was covered with pimples and humors, for which I could find no remedy till I began to take Ayer's Sarsaparilla. Three bottles of this great blood medicine effected a thorough cure, and I can confidently recommend it to all suffering from similar complaints."

"I was afflicted with a skin disease for about a year, but was entirely cured by the use of Ayer's Sarsaparilla."—C. C. Bee, P. M., Richardson, W. Va.

"Nearly three years ago a bad humor came out, first on my hands and arms and then extended to my neck and face. It was treated by three different doctors, neither of them effecting any cure. In fact, the humor grew

worse after their treatment. I then began to take Ayer's Sarsaparilla, and two bottles entirely cured me, so that I have not been troubled since."—Mary O'Regan.

"I know the above statement to be true."—E. W. Lynds, Merchant, Hopewell Hill, N. B.

"When I was eighteen years old I suffered from a bad humor. Being advised to try Ayer's Sarsaparilla, I took four bottles, and, shortly after, the eruptions began to dry up and scale off, leaving my body, arms, and legs in a clean, healthy condition. I have not had any symptoms since."—W. R. Allan, Dennyville, Me.

"I cannot forbear to express my joy at the relief I have obtained from the use of Ayer's Sarsaparilla. I was afflicted with

Kidney Troubles

for about six months, suffering greatly with pains in the small of my back. In addition to this, my body was covered with a pimply eruption. The remedies prescribed by the doctors did me no good. I then began to take Ayer's Sarsaparilla, and after using two bottles of it, I felt like a different man—the pains ceased and the pimples have disappeared. I advise every young man or woman, in any case of sickness resulting from impure blood, no matter how long standing the case may be, to take Ayer's Sarsaparilla."—H. Louis Jarmann, Janitor, 35 William st., New York City.

"Some time ago I had an unsightly discoloration of the skin—especially of the face—and being advised by physicians that this trouble was due mainly to derangement of the liver, I took Ayer's Sarsaparilla, and have been

Greatly Benefited.

It has reached my case and done me more good than any other remedy."—Jos. Clagett, 118 Tenth st., N. W., Washington, D. C.

"My constitution is naturally delicate, but two years ago I became so weak and languid that I was unable to perform my work, which is mental. A minute eruption, which gave much trouble, made its appearance on my skin. The physicians' prescriptions proving of no avail, I was induced to try Ayer's Sarsaparilla, and soon my strength returned and my skin resumed its natural appearance."—Miss Maggle O'Neil, East Nodoway, Iowa.

AYER'S CHERRY PECTORAL cures Lung Disorders.

Preserved Tomatoes.

Take one lemon and one pound of light brown sugar, to one pound of tomatoes. Grate the thin yellow rind of the lemon, then pare off the thick white part which is not to be used, slice it thinly, and remove all the seeds. Scald, and peel the tomatoes. Put water enough with the sugar to dissolve it, and when it is boiling, remove the scum, and add the tomatoes. Cook slowly for two hours.

Whole Tomatoes, for Winter Use.

Fill a large stone jar with ripe, and perfectly sound, whole tomatoes, adding a few cloves and a sprinkling of sugar between each layer. Cover well with one-half cold vinegar and one-half water. Place a piece of thick flannel over the jar, letting it fall well down into the vinegar, then tie down with a cover of brown paper. These will keep all winter, and are not harmed even if the flannel collects mould.

BUTTERS, JAMS, AND MARMALADES.

These are made from the whole of the fruit, —juice and pulp,—and, in some instances, the seeds are used also. The fruit should be mashed thoroughly before cooking, or cut in small pieces and stewed till tender, and in some cases be strained. If cooked some-time before adding the sugar, there will be less danger of burning, less sugar required, and the seeds will not be hardened. Frequent stirring is necessary to prevent burning. The proportion of sugar and the time for cooking varies with each fruit. They are cooked sufficiently when they bubble up thick, or when a little dropped on a cold plate, will keep in shape, or stiffen quickly.

Apple Butter.

One gallon of boiled cider, half a bushel of tart, juicy apples—use Greenings, Baldwins, or any kind that will cook tender quickly. If you cannot buy bottled cider, procure some sweet cider, fresh from the press, and boil it down in a porcelain kettle to half the quantity. Quarter the apples, remove the skins and cores, and cut in small pieces. Cook the apples in the boiling cider, putting in as many as the cider will cover. When the apples are soft, skim them out, and add more until all are cooked. Then mash them as soft as possible, and put all together again in the cider, and cook very slowly until thick like marmalade. Stir often with a large wooden spoon, or smooth flat stick, being very careful not to let them burn or stick to the kettle. New England housekeepers used to have a paddle, or stick, expressly for stirring fruit butter. An easy way to make this delicious old-time dish is put it into stone jars and cook in the oven, when you can have a slow fire for a long time.

If you wish the apple butter to have a spicy flavor, you may allow one teaspoonful each of cinnamon, grated nutmeg, and allspice, to each gallon of sauce, putting it in when the sauce is nearly done.

Sweet-Cider Apple Sauce.

One gallon of new, unfermented cider, boiled down to two quarts. Half a bushel of nice sweet apples, pared, quartered, and cored. Put the cider in a porcelain kettle; when boiling, add as many apples as the kettle will hold; cover closely, and cook very slowly without stirring, until the apples are tender. Then skim them out and add more, and so on until all are cooked. Pour the syrup over the apples, and put away to cool. The next day drain off the syrup, and boil it down until quite thick, then pour again over the apples. If not reduced enough, drain and boil down again. The pieces of apple should be quite distinct, and yet they should absorb nearly all the syrup.

Barberry Jam.

Free the berries from stems, and allow an equal weight of sugar. Put them in the preserving kettle with just water enough to cover. Let them cook slowly, and when the juice is drawn out, add the sugar and simmer forty minutes, stirring often. Turn into small jars, and cover with paper. If the seeds are objectionable, the jam should be strained before adding the sugar.

Blackberry Jam.

Allow three-quarters of a pound of sugar to a pound of berries. Put the berries in a preserving kettle, mash them until enough juice flows to prevent burning, then heat slowly, and mash until all are broken. Cook twenty minutes, then add the sugar, and

RHEUMATISM

Is caused by an acid in the blood—the result of exposure to cold, damp, or other atmospheric changes. Any impairment of the



general health, from defective nutrition, seems to specially increase the liability of an attack of this disease, the excruciating pains of which affect rich and poor alike.

Rheumatism yields readily to skillful and persistent treatment, the best remedy being Ayer's Sarsaparilla.

This medicine is so carefully and scientifically combined, as to hold, in concentrated form, all the remedial virtues of drugs most efficacious in aiding the system to throw off the morbid secretions which favor rheumatism; it neutralizes the acidity of the blood, keeps the liver, kidneys, and skin in perfect tone, and thus induces the conditions necessary to health.

"In Oakland, La., 22 years ago, I had been sick a year and a half with sciatic rheumatism. The extreme pains I suffered wasted my flesh to the bone, and my strength and vitality were well-nigh exhausted. My skin was yellow and rough, showing a bad state of the blood, and it is more than likely blood poison existed, as I have taken large quantities of mercury. After the

Sciatica

was in a measure under control, I was put under treatment to cleanse the blood and give me strength. This was continued several weeks, but to no purpose. My physician then suggested the use of Ayer's Sarsaparilla, and it is to this medicine I owe my restoration to health. From actual experience in the use of various blood-purifiers, I am confident that Ayer's Sarsaparilla has no equal."—J. W. Pickle, Farmerville, La.

"For two years I suffered from rheumatism, and spent a great deal of money uselessly in search of a cure. Since using Ayer's Sarsaparilla, I have become strong and am completely cured of rheumatism. I can confidently recommend this medicine to all similarly afflicted."—Jean Métrailles, Canandaigua, N. Y.

"During the past year my joints, which had become stiff and sore, caused me great pain, especially at the close of a day's work. At times my fingers were so lame I was unable to hold a needle, while the pain at night prevented my sleeping. I suffered also from nervous chills and a want of appetite. I tried outward applications and took remedies prescribed by my doctor; but all to no purpose. A short time ago my son-in-law, Wm. Woods, of Hollis, N. H., was cured by the use of Ayer's Sarsaparilla of an inflammatory disease of the eyes, and seeing him so much benefited, I thought I would try this medicine for my own trouble. The result is

A Complete Cure

of the pains, stiffness, and swellings from which I suffered so much. The Sarsaparilla has also had a good effect on my appetite and nerves, so that I have better strength and no more chills."—Eliza Halvorson, Nashua, N. H.

"For over fifteen years I suffered untold misery from rheumatism. Physicians' prescriptions, as well as the various specifics, proving of no avail, I at length concluded to give Ayer's Sarsaparilla a persistent trial. I used in all about eighteen bottles, and have had no return of the complaint. The expense for your medicine was nothing compared with what I had put out for doctoring that did me no good whatever. I am happy to state that the Sarsaparilla has also cured me of piles, of over two years' duration."—H. P. Green, Johnstown, Ohio.

"In the interest of afflicted humanity, I make the following statement: About two years ago, after suffering for nearly two years from

Rheumatic Gout,

being able to walk only with great discomfort, and having tried various remedies, including mineral waters, without relief, I saw by an advertisement in a Chicago paper that a man had been relieved of this distressing complaint, after long suffering, by taking Ayer's Sarsaparilla. I then decided to make a trial of this medicine, and took it regularly for eight months, and am pleased to say that it has effectually cured me, so that I have since had no return of the disease."—Mrs. R. Irving Dodge, 110 West 125th street, New York City.

AYER'S SARSAPARILLA improves the Complexion.

cook ten minutes longer. Put into small jars or tumblers, and seal.

Gooseberry Jam.

Top and stem the gooseberries. To every pound of fruit allow one pound of sugar. Put the gooseberries into the preserving kettle, just covering with cold water. After they are well boiled to pieces, add the sugar and cook slowly, stirring often for half an hour. Put into jars, or tumblers, and stand aside to cool. When cold, cover with paper.

Grape Marmalade.

Wash, pick over, and mash the grapes; heat slowly, and boil until very soft. Then turn into a hair sieve, or puree-strainer, and rub with a wooden potato-masher until all but the seeds and skins have gone through. Put what remains in the strainer into a little cold water, and rinse well until all the pulp is free from the skins. Then strain again, and add this water to the pulp. Boil slowly, half an hour. Measure the pulp, and add an equal measure of sugar; cook again for ten minutes, or until it boils up in thick bubbles. Turn into small jars, and cover tightly. This is excellent with meats or as a fruit sandwich.

Orange Marmalade.

Quarter the rind of the oranges, peel it off, and cut into long thin strips. Cover with boiling water, and simmer till tender, changing the water three times. Free the pulp from seeds and tough membrane. Weigh the pulp, juice, and the cooked rind, and allow an equal weight of sugar. Put all together, and simmer until thick and jelly-like. Turn into small jars, and, when cool, cover with paper.

Peach Marmalade.

When canning peaches, save the parings and the soft or unshapely pieces. Cover with cold water, and simmer until soft. Rub through a sieve, or puree-strainer, then boil again twenty minutes. Add half the weight in sugar, and boil until it thickens.

Raspberry Jam.

Allow equal weight of sugar and raspberries. Mash the berries, and cook them in their own juice half an hour. Stir often, then add one-fourth of the sugar, boil five minutes, then add another part of sugar, boil again, and so on until the sugar is all in. Put into small jars, and cover with paper when cold.

JELLIES.

It is unwise to attempt to make jelly from every kind of fruit-juice. There are some fruits which contain no pectin, the substance which makes the juice form a jelly; and though the cook-books and household papers contain recipes for making every kind of fruit-jelly, we shall give no recipes here for any of the doubtful varieties. Much that is called jelly by ambitious jelly-makers proves to be only a thick syrup. Raspberries, strawberries, and cherries, need the addition of currants; barberries, peaches, and pears, need apple, plums, or quince, to make a perfect jelly.

The simplest way to strain fruit-juice for jelly is to lay a large piece (about a yard square) of fine cheese-cloth, or cotton-and-wool flannel, over a hair sieve, and place the sieve over a large bowl. Then pour in the fruit, and by raising the corners of the cloth often, and letting the fruit slip along to a clean place, the juice will soon run through without any pressure. If you have no hair sieve, tie the diagonal corners of the cloth

together, and suspend it over the bowl, either by hanging the cloth on a long hook in the casing over the pantry shelf, or on a stick between two chairs, or shelves, or in any way that your conveniences may suggest. Let it drip until dry. Juice that is strained without any pressure makes the clearest jelly. In all cases where the fruit must be squeezed, or pressed, strain the juice the second time through a cloth, finer than the one first used. Jellies are of finer flavor when the sugar is not boiled long with the fruit. Make not more than one quart at a time, and never, if possible, make it on a damp day.

Roll the tumblers in hot water, and let them stand in a pan of hot water one inch deep, while filling. If the jelly is perfectly skimmed, it is not necessary to strain it just before filling the glasses. Fill each glass full to the brim, set away in a dry place, or in the sun, and in a few days cover the jelly with soft paper, cut to fit inside the glass, and then put on the tin covers.

Or cut rounds of paper a little larger than

AYER'S HAIR VIGOR

Not only restores the color, texture, and richness to hair which has become thin, faded, or gray, but, by keeping the scalp



clean, cool, and healthy, it causes the hair to retain for years much of its youthful fullness and beauty. It heals troublesome humors of the scalp, removes dandruff, promotes a new and vigorous growth of hair, and imparts to it that soft, silken texture so admired and desired by all.

Ayer's Hair Vigor is cleanly, safe, and economical, and as

nearly resembles the natural oil of the glands as it is possible to produce by artificial means. The demand for it is greater than for any other dressing, and all who use it are enthusiastic in its praise.

"A few years ago I suffered the entire loss of my hair from the effects of tetter. I hoped that after a time nature would repair the loss, but I waited in vain. Months went by, and my scalp became

Smooth and Shiny,

and was as barren of hair as an egg. At my age then, a bald head was undesirable, and I was anxious to gain what I had lost. Many remedies were suggested, none, however, with such proof of merit as Ayer's Hair Vigor, and I began to use it. The result was all I could have desired. A new growth of hair, of the natural color, and as soft, heavy, and firmly set as I ever had, soon came out all over my head. All hail to Ayer's Hair Vigor!"—J. H. Pratt, Spofford, Texas.

"For several months I was troubled with a persistent humor on my head, which gave me considerable annoyance and discomfort, until it occurred to me to try Ayer's Hair Vigor. Before using one bottle the humor was healed. I earnestly recommend this preparation to any person similarly afflicted."—T. T. Adams, General Merchant, Turbeville, Va.

"I have used Ayer's Hair Vigor for nearly five years, and my hair is moist, glossy, and in an excellent state of preservation. I am forty years old, and have ridden the plains for twenty-five years."—Wm. Henry Ott, alias "Mustang Bill," Newcastle, Wyo.

"Some six or seven years ago my wife had a severe illness, in consequence of which she became almost entirely bald. A few months since she began using Ayer's Hair Vigor and now has a good growth of hair started all over her head. The result is a most gratifying proof of the merits of this admirable preparation."—Fredk. P. Coggeshall, Bookseller, 51 Merrimack st., Lowell, Mass.

"Nine years ago, at the age of 45, I was nearly bald, my hair, from some unknown cause, having fallen out gradually. We had found Ayer's Pills such an effectual general remedy that when I needed a hair-restorer I naturally turned to Ayer's Hair Vigor. I used this and

A New Growth

of hair started. My hair is now as heavy and firmly set as in youth."—Mrs. L. C. Wilson, Sulphur Springs, Texas.

Mrs. Lydia O. Moody, East Pittston, Me., writes: "I have used Ayer's Hair Vigor for some time, and it has worked wonders for me. I was troubled with dandruff and falling hair, so that I was rapidly becoming bald, but since using the Vigor, my head is perfectly clear of dandruff, the hair has ceased coming out, and I now have a good growth, of the same color as when I was a young woman. I can heartily recommend the use of Ayer's Hair Vigor to any one suffering from dandruff or falling hair."

"Some years ago my neighbor, Mr. E. A. Thayer, met with an accident which caused the loss of all hair from the back of his head. For three years he tried all preparations recommended, but without success. By my advice he used

Ayer's Hair Vigor

and succeeded in bringing out a good growth of hair on the parts once wholly bald."—S. W. Taylor, Unadilla, Nebr.

"After using a number of other preparations without any satisfactory result, I find that Ayer's Hair Vigor is causing my hair to grow."—A. J. Osment, General Merchant, Indian Head, N. W. T.

AYER'S SARSAPARILLA cures Eruptive Disorders.

the glass, wet them round the edge with flour paste, and paste them on the glass.

Apple Jelly.

Twelve pippin apples, wipe, and cut them in quarters, put them into two quarts of cold water, and let them stand over night. In the morning, stew them until the liquid is half boiled away. Then add the juice of two lemons and the yellow rind of one. Boil ten minutes longer, and turn into a strainer-cloth to drip. Measure the juice, and put an equal measure of sugar on plates, and set it in the oven. When the juice has boiled until it begins to jelly round the edge of the pan, add the sugar, stir until melted, remove the scum, and strain into the glasses.

Crab-Apple Jelly.

Wash the apples, remove the blossom end, and cut in small pieces, but do not pare, or core; for the skins and seeds improve the color and quality of the jelly. Cover with cold water, and cook gently until soft. Keep them covered, and turn the kettle often, but do not stir or mash the apples. When the apples are very soft, and the liquid is red, turn them into a strainer-cloth, and hang it up to drip all night. In the morning boil the liquid ten minutes, then strain again through a very fine cloth, and measure it. Allow half a pound of sugar to a pint of juice. Boil the juice alone until it begins to thicken on the edge of the pan, then add the sugar, and cook five minutes longer, or until it jellies, then skim, and turn into glasses.

Barberry Jelly.

Pick over the barberries, and wash them. Put them into the preserving kettle, and to every four quarts of berries allow three pints of water, and a dozen sour apples quartered and cored.

Boil slowly until apples and berries are soft, then turn into the jelly-bag, and drip, being very careful not to squeeze it, or the jelly will not be clear. Boil the juice twenty minutes, skim, and measure, and to every cup of juice use a generous cupful of sugar. Boil until it jellies, which will sometimes take thirty minutes. Pour into tumblers, and after three or four days, cover with paper.

Blackberry Jelly.

Use the low, wild blackberries. Mash them, and heat slowly, until the juice is all

drawn out. Then squeeze through a cheese-cloth, and drip through a flannel strainer. Allow a scant cup of sugar to every cup of juice. Boil the juice fifteen minutes, then add the hot sugar, and boil until it thickens, when poured on a cool plate.

Cranberry Jelly.

Pick over and wash the cranberries. Put them into the preserving kettle, with water enough to show through the berries, — about one cupful to a quart of berries. Cook until the berries are soft, mashing them often against the sides of the kettle. Turn into a cheese-cloth to drain. Lift the corners of the cloth often, and allow the jelly to drip through a clean place. Measure the juice, and allow an equal measure of sugar. Boil the juice fifteen minutes, then add the sugar, remove the scum, and when it thickens on the spoon, turn at once into the glasses.

After using the juice for jelly, rub the pulp through a sieve, add an equal measure of sugar, and simmer half an hour, or until thick like marmalade.

Currant Jelly.

Bruise and squeeze the currants until all the juice is out of them, then strain through flannel, and put the juice on to boil for fifteen minutes. Strain again, and measure, and allow the same measure of sugar. Bring the juice to boiling again, and as soon as it begins to thicken on the pan, remove from the fire, add the sugar quickly, stir well, and remove the scum, then turn at once into the glasses. Currants should be gathered on a clear dry day, and before they are fully ripe.

Currant Jelly and Jam.

Measure the currants, and add by measure two-thirds as much sugar. Let them stand until some juice is drawn out, then heat through slowly, and cook twenty minutes after they begin to boil. Strain off all the juice that will run through the strainer without pressing, and turn it into jelly-glasses. To the remainder, add spices to taste, and heat again for a few minutes, and then bottle.

Grape Jelly.

The wild grapes, gathered just as they begin to turn, are the best for jelly. Cultivated grapes, if fully ripe, are quite likely to disappoint one, if used for jelly; the color is dark and unattractive, and the compound is

CATARRH

Is a most frequent symptom of SCROFULA in its early stages. It is an inflammation of the lining membrane of the nose and ad-



joining passages. If this inflammation is not arrested, it invades the passages which lead from the nose to the ears, throat, and lungs, injures the sight and hearing, destroys the senses of smell and taste, renders the

breath offensive, breaks down the affected tissues, and consumes the nasal cartilages. The accompaniments of the disease are pains and ringing noises in the ears; pains in the throat and jaw; pains through the bones of the nose and forehead; a disagreeable fullness of the head; partial deafness; offensive breath; confused thought; hoarseness or loss of voice, nausea, hawking, etc. Catarrh can only be

Radically Cured

by expelling from the blood the poisons upon which the disease depends. For this purpose, Ayer's Sarsaparilla is superior to all other remedies. It is superior because each ingredient is known to have a specific value in the treatment of this disease, and because it never fails to give satisfaction. It has cured others and will cure you.

Frank Teson, Jr., engineer, 271 W. Fourth st., New York city, testifies: "For the past eight years I have been severely afflicted with catarrh, none of the many remedies I tried affording me any relief. My digestion was considerably impaired, and my sleep disturbed by phlegm dropping into my throat. My head, at times, became dizzy, and I was troubled with

Ringing Noises

in the ears and partial deafness. In September last I resolved to try Ayer's Sarsaparilla, and began at once to test its qualities as a blood-purifier. I have taken only four bottles of this medicine and am glad to testify that the symptoms from which I suffered are removed."

"When Ayer's Sarsaparilla was recommended to me as a cure for catarrh, I was

inclined to doubt its efficacy. I had tried so many medicines for this disgusting complaint, and with so little benefit, that I had no faith anything would cure me. I became much emaciated from loss of appetite and impaired digestion. My breath was very offensive. I had nearly lost the sense of smell, and my system was badly deranged. I was discouraged. Doing away with all external applications, except cleanliness, I had resolved to let nature fight it out; but, after steadily growing worse for some time, I became convinced that something must be done to save my life. Just then a friend urged me to try the effects of Ayer's Sarsaparilla, and referred me to cases where it had cured the worst catarrh, through its effect on the blood. I am now convinced that this is the

Only Sure Way

of treating this obstinate disease. My cure is perfect, and the comfort I experience in body and mind is all due to Ayer's Sarsaparilla. As a blood-purifier, I do not believe it has an equal."—Andrew B. Cornell, Fairfield, Ia.

"I was troubled with catarrh for over two years. I tried various remedies, and was treated by a number of physicians, but received no benefit until I commenced taking Ayer's Sarsaparilla. A few bottles completely restored my health."—Jesse Boggs, Holman's Mills, N. C.

"I have been afflicted for many years with chronic catarrh, and after using many local applications of various kinds, without benefit, I tried Ayer's Sarsaparilla, a few bottles of which gave me

Permanent Relief.

I regard Ayer's Sarsaparilla as an excellent blood-purifier, and believe this to be the only method of curing catarrh."—J. G. Van Fleet, Flectville, Pa.

"My son—now fifteen years of age—was cured of catarrh, in its worst form, by the use of Ayer's Sarsaparilla."—D. P. Kerr, Big Springs, Ohio.

"Ayer's Sarsaparilla cured me of catarrh, impure blood, and general debility."—Leon Henrickon, Jr., Ware, Mass.

"I was cured of long-standing catarrh by the use of Ayer's Sarsaparilla."—James J. Dougher, Comp. G, 13th Inf., Wingate, N. M.

AYER'S PILLS—the best Family Medicine.

often a syrup rather than a jelly, but they make delicious marmalade.

Wash the grapes and free them from the stems. Put them in the kettle, and mash them until all broken. Heat slowly, and cook until the juice is well drawn out. Then place a square of cheese-cloth over a colander, and set the colander over a bowl. Turn in the grapes, and let it drip without any pressure. Measure the juice, and allow an equal measure of sugar. If wild grapes are used, allow a little more than an equal portion of sugar. Boil the juice fifteen minutes. Skim, and strain again, then add the sugar, and boil until the surface looks wrinkled, and the liquid jellies on the edge. Skim well, and turn into glasses.

Plum Jelly.

Put the plums, which may be either damsons, red, or beach plums, into the preserving kettle, with water to cover. Heat slowly, and simmer until the plums will mash readily, then turn into a flannel jelly-bag, and drip until the pulp is dry.

Boil the juice rapidly twenty minutes, skimming often. Remove it from the fire, measure, and return it to the fire; as soon as it boils again, add as many bowls of sugar as you have of juice, and boil until it jellies, which will be fifteen or twenty minutes. Pour into tumblers, and stand aside two or three days, then cover with paper, and put in a cool, dry place.

Quince Jelly.

Take the parings and hard parts round the cores, of half a peck of orange quinces, after canning the best portions, cover them with cold water, and boil slowly several hours; add more water, if needed to keep them covered. Turn into a flannel bag, and let them drip all night. In the morning, boil the juice twenty minutes, and skim well, then strain it again through a very fine flannel. Measure the juice, and add to it three-fourths as much granulated sugar; put it on to boil again, and boil until it jellies on the edge, or when turned on to a cold plate. Then skim again and turn into glasses.

PICKLES.

Use the best cider vinegar, and, if very sharp, dilute it with one-third water, or it will eat up the pickles.

Alum helps to make the pickles crisp, and horseradish and nasturtium-seeds prevent the vinegar from becoming mouldy.

Pickles should be well salted in strong brine, or they will be tasteless and insipid. Better too much than too little salt, as they can be freshened in weak vinegar.

All kinds of pickles, chow chow, piccalilli, etc., will keep with much less care if put into small glass jars, or wide-mouthed bottles, and securely sealed.

If obliged to keep them in stone jars, invert a small plate over them to keep them under the vinegar.

Pickled Red Cabbage.

Procure a firm, good-sized cabbage, and after taking off any straggling or decayed leaves, cut it in quarters, and then in very thin slices. Sprinkle well with salt, and set aside for forty-eight hours. Then drain off the salt liquor which has formed, and pour over the cabbage a well-seasoned pickle of boiling hot vinegar. Cover the jars

until the cabbage is cold, then fasten tightly.

Celery and cauliflower may be pickled in the same way. If preferred, the cauliflower may be cooked in boiling water until tender, before putting it in the vinegar.

Chili Sauce.

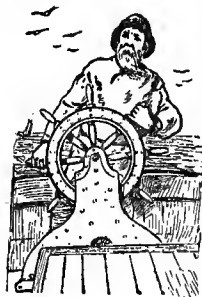
Eighteen ripe tomatoes, six onions, three green peppers, one cup of sugar, two cups and a half of vinegar, two teaspoonfuls of salt, one teaspoonful each of cinnamon, allspice, and nutmeg, and half a teaspoonful of cloves. Scald and peel the tomatoes, and cook with the onions and peppers until tender; then add the sugar, vinegar, and spices, and cook ten minutes longer.

Chow Chow.

One large head of red cabbage, one large cauliflower, two quarts each of very small string-beans, green tomatoes, cucumbers, and silver-skin onions. Cut the cabbage into quarters, and remove the core, then shave in very thin slices; break the cauliflower into flowerets, but leave all the others whole. Mix all together thoroughly, and add one pint of fine salt. Let them stand over night.

THE SKILLFUL PILOT

Steers his ship through all dangers and guides her safely to port. So the skillful physician pilots his patient through the



perils of sickness to perfect health. In cases of General Debility, so common at the present day, he recommends the use of Ayer's Sarsaparilla, because of its superior efficacy in aiding the formation of pure and vigorous blood, thereby restoring the normal condi-

tion to every fibre, organ, nerve, and muscle of the body. It cures others and will cure you. This standard remedy is compounded of the best tonics and alteratives known to science, and its superior qualities as a blood-purifier and invigorator have stood the test of nearly half a century.

"A few months ago my partner died, and the whole burden and responsibility of a large grocery business fell upon me. The increased care and hard work so taxed my strength that I became all run down, had no appetite, was nervous, and suffered from indigestion and

General Debility.

The medicines recommended me by my physicians did me no more good than so much water. Ayer's Sarsaparilla being favorably brought to my attention, I tried it, and, in a short time, began to feel better. I continued to take this medicine for nearly two months, at the end of which time I felt like a new man. My appetite, energy, and strength returned, and my food digested perfectly. I am convinced that if I had not taken Ayer's Sarsaparilla, instead of being strong and well, I should now have been under the doctor's care and unable to attend to business. I am a thorough believer in Ayer's Sarsaparilla. It is indeed 'the superior medicine.'"—William H. Brown, 33 Gorham st., Lowell, Mass.

"I was a great sufferer from a low condition of the blood and general debility, becoming, finally, so reduced that I was unfit

for work. Nothing that I did for the complaint helped me so much as Ayer's Sarsaparilla, a few bottles of which restored me to health and strength. I take every opportunity to recommend this medicine in similar cases."—C. Evick, 14 E. Main st., Chillicothe, Ohio.

"I am now 85 years old, and have used various medicines in my life, but never found anything that helps me so much as Ayer's Sarsaparilla."—J. W. Burdine, P. M., Eidson, Tenn.

"About four years ago I was taken down with nervous prostration. Mind and body seemed to have given out together. My head was dizzy, my eyes weak, and my feelings wretched and despondent in the extreme. Doctors prescribed for me, but without avail. One day, while looking over Ayer's Almanac, I resolved to try the virtue of Ayer's Sarsaparilla. I did so, and before I had finished the first bottle, I felt a decided

Change for the Better.

I continued the use of this medicine, until now I can scarcely believe I ever had been sick. My eyes, in particular, are wonderfully improved, and all those gloomy and despondent feelings of mind are gone."—Mrs. C. Kennedy, 787 Pacific st., Brooklyn, N. Y.

"About a year ago I began using Ayer's Sarsaparilla as a remedy for debility and neuralgia resulting from malarial exposure in the army. I was in a very bad condition, but six bottles of the Sarsaparilla, with occasional doses of Ayer's Pills, have greatly improved my health. I am now able to work, and feel that I cannot say too much for your excellent remedies."—F. A. Pinkham, South Moluncus, Me.

"Ayer's Sarsaparilla has a well-deserved reputation, in this locality, for restoring to healthy, vigorous action the vital organs of the body when they have become weakened or exhausted. I have used it in my family for this purpose, especially after the system had become depleted from

Malarial Attacks.

I have advised its use among my neighbors in similar cases, and it has always proved invaluable."—C. C. Hamilton, Emberson, Tex.

"I have used Ayer's Sarsaparilla as a blood-purifier for two years, with the most satisfactory results. It is the best medicine for that purpose I have ever tried."—Miss A. M. Potter, Lake Como, Fla.

AYER'S HAIR VIGOR—the best Dressing.

In the morning, rinse well in cold water, and drain. Then add one ounce of white mustard-seed, one ounce of celery-seed, and one small box of ground mustard. Cover well with vinegar, and boil twenty minutes. While cooling, mix a quarter of a pound of granulated sugar and one tablespoonful of turmeric, and stir it thoroughly into the pickles.

Chutney Sauce.

Twelve green sour apples, two green peppers, six green tomatoes, four small onions, one cup of raisins, one quart of vinegar, two tablespoonfuls of mustard-seed, two of salt, one of powdered sugar, two cups of brown sugar.

Remove the seeds from the raisins and peppers, then add the tomatoes and onions, and chop all very fine. Put the vinegar, sugar, and spices on to boil, add the chopped mixture, and simmer one hour. Then add the apples, pared and cored, and cook slowly until soft. Keep it in small bottles, well sealed.

Cucumber Pickles.

Two hundred cucumbers, cover with water, add a pint of salt. In the morning, drain off the water, take as much vinegar as you had of water, one ounce each of whole cloves and allspice, and a piece of alum the size of a walnut. Heat all together, and pour boiling hot over the cucumbers. Cover with cabbage-leaves. A few green peppers put into the brine with the cucumbers is a great improvement.

Spiced Currants.

To every pound of currants, allow one pound of sugar. Make a syrup in the proportion of four pounds of sugar to one pint of vinegar, two teaspoonfuls of cinnamon, two of allspice, and one of cloves, half a teaspoonful of mace and half of salt. When boiling, add the currants, and boil twenty minutes. Put it into tumblers, and stand aside to get cold, then cover with paper.

Spiced Grape. No. 1.

Eight pounds of grapes, mashed and cooked enough to strain out the seeds and skins. Rub all the pulp through. Then add four pounds of sugar, one quart of vinegar, and one tablespoonful each of cinnamon and allspice, and two teaspoonfuls of cloves. Simmer three hours.

Spiced Grape. No. 2.

Put four pounds of ripe grapes on the fire, in a granite kettle. Mash them until all are broken; add twelve whole cloves, twelve allspice, one inch square of stick cinnamon, and half as much ginger-root. Cook until the grapes are perfectly soft, then rub through a sieve; add one pint of vinegar, and sugar to taste. Put on to boil again, and simmer until thick.

Sweet Pickled Melons.

Select cantaloupes, or muskmelons, not quite ripe. Cut into oblong pieces, and remove the rind and soft part near the seeds. Prepare the spiced pickle in the following proportions: to every eight pounds of melon, take one pint of vinegar and three pounds of sugar. Mix half a teaspoonful each of ground mace, and cloves, one teaspoonful each of ginger, allspice, and cinnamon. Tie this mixture into a small piece of cheesecloth, and bell it with the vinegar. Cook the melon carefully in the hot syrup until tender, then skim out into a large bowl. Boil the liquor down, and pour it over the fruit. Repeat this for three or four times, and the last time, heat all together, then put into jars, and seal.

Watermelon Sweet Pickle.

Follow the same proportions as in the recipe for cantaloupe, but cook the strips of melon first in clear water till tender, then pour the syrup over them as directed.

Mustard Pickle.

One quart each of small whole cucumbers, large cucumbers sliced, green tomatoes sliced, and small button onions, one large cauliflower divided into flowerets, and four green peppers cut fine. Make a brine of four quarts of water and one pint of salt, pour it over the mixture of vegetables, and let it soak twenty-four hours. Heat just enough to scald it, and turn into a colander to drain. Mix one cup of flour, six tablespoonfuls of ground mustard, and one tablespoonful of turmeric with enough cold vinegar to make a smooth paste, then add one cup of sugar, and sufficient vinegar to make two quarts in all. Boil this mixture until it thickens and is smooth, stirring all the time, then add the vegetables, and cook until well heated through.

AYER'S SARSAPARILLA cures Pimples and Blotches.

HEADACHES

Arise from a variety of causes; but more commonly from a deranged stomach, sluggish liver, and constipated bowels. Owing



to peculiar hygienic and physical conditions, women are, probably, more frequent sufferers from this distressing complaint than men. A simple but effective remedy, always at hand, is, therefore, desirable. Such a remedy is Ayer's Pills. They strengthen

the digestive organs, stimulate the liver, and restore the natural, healthful movement of the bowels. These organic functions being regulated, headache soon disappears.

Ayer's Pills contain no injurious drug, but are compounded of the pure essences of the best vegetable aperients. They are sugar-coated, easy to take, mild but thorough in operation, and always effective. Leading physicians recommend them for Biliousness, Heartburn, Dyspepsia, Constipation, Piles, and Jaundice. They relieve Rheumatism and Neuralgia, and prove highly beneficial in Colds, Fevers, and Chills. Either as a

Family Medicine,

or for travelers by land or sea, Ayer's Pills are the best. They may be conveyed to any part of the world, without fear of losing their medicinal value. Every dose effective.

"I regard Ayer's Pills as one of the most reliable general remedies of our times. They have been in use in my family for various affections requiring a purgative medicine, and have given unvarying satisfaction. We have found them an excellent remedy for colds and light fevers."—W. R. Woodson, Fort Worth, Texas.

"Ayer's Pills are the best medicine I ever used. In my judgment no better general remedy could be devised. I have used them in my family and caused them to be used among my friends and employes for more than twenty years. To my certain knowledge many cases of the following complaints have been completely and permanently cured by the use of Ayer's Pills alone: Third-day chills, dumb ague, bilious fever, sick head-

ache, rheumatism, flux, dyspepsia, constipation, and hard colds. I know a moderate use of Ayer's Pills, continued for a few days or weeks, as the nature of the complaint may require, will prove an absolute cure for the disorders named above."—J. O. Wilson, Contractor and Builder, Sulphur Springs, Texas.

"I have used Ayer's Pills in my family for seven or eight years. Whenever I have an attack of headache, to which I am very subject, I take a dose of Ayer's Pills and am always promptly relieved. I find them equally beneficial in colds; and, in my family, they are used for

Bilious Complaints

and other disturbances with such good effect that we rarely, if ever, have to call in a physician."—H. Voulliemé, Hotel Voulliemé, Saratoga Springs, N. Y.

"After many years' experience with Ayer's Pills, as a remedy for the large number of ailments caused by derangements of the liver, peculiar to malarial localities, simple justice prompts me to express to you my high appreciation of the merits of this medicine for the class of disorders I have named."—S. L. Loughridge, Bryan, Texas.

"In 1858, by the advice of a friend, I began the use of Ayer's Pills as a remedy for biliousness, high fevers, and colds. They served me better than anything I had previously tried, and I have used them, with excellent effect, in attacks of that sort ever since."—H. W. Hersh, Judsonia, Ark.

"By the use of Ayer's Pills alone, I once cured myself permanently of a case of

Rheumatism

which had troubled me several months. No medicine could have served me in better stead. These pills are at once harmless and effectual, and, I believe, would prove a specific in all cases of incipient rheumatism."—Chas. C. Rock, Corner, Avoyelles Parish, La.

"For a long time I was a sufferer from stomach, liver, and kidney troubles, experiencing much difficulty in digestion, with severe pains in the lumbar region and other parts of the body. Having tried a variety of remedies, with only temporary relief, I began the use of Ayer's Pills, and now my health is restored."—Manoel Jorge Pereira, Oporto, Portugal.

AYER'S HAIR VIGOR—the best Hair Grower.

Pickled Nasturtiums.

Gather the nasturtium-seeds when they are small and green, before the inner kernel has become hard. Remove the stems, and let them stand in salted water over night. Then freshen in cold water, pack in small bottles, and cover with boiling vinegar. Sweeten and spice the vinegar if you prefer. Use them as a substitute for capers or use them without pickling in any mixed-pickle recipe.

Pickled Nuts (Butternuts and Walnuts).

Gather them early in the summer, on a hot, clear day, when they are tender enough to pierce easily with a pin. The large walnuts, or shagbarks, which have a thick outer rind, are the best for pickling. Lay them in strong salt-and-water, half a cup of salt to a quart of water, for several days, or until tender. Change the water every other day. Take them out, and rub them with a coarse towel, then put them where the sun will shine on them until they are black. Shake them occasionally, so they will be uniformly colored. If you do not care for the dark color, you may put them at once from the brine into cold water, for half a day. When ready to pickle them, wipe the nuts dry, and fill the jars three-fourths full. Take a little more than vinegar enough to fill the jars, and to every quart allow quarter of a cup of brown sugar, twelve cloves, twelve peppercorns, twelve allspice-berries, twelve cassia-buds, and one square-inch stick of cinnamon. Boil the spices in the vinegar ten minutes, then strain, and pour it boiling hot over the nuts. Repeat this twice, and, after the last time, cover closely, or seal, and put away in a cool, dry place. They should stand about a month before using.

Pickled Onions.

For pickling, choose the small white onions. Pour boiling brine over them two days in succession, then drain, place in jars, and cover with cold vinegar.

Sweet Pickled Peaches or Plums.

If peaches are used, wipe them well to remove the fur. Plums should be pricked in several places, to keep them from cracking. Eight pounds of fruit, four pounds of sugar, one quart of vinegar, two ounces each of whole cloves and stick cinnamon, half an

ounce of ginger-root. Boil vinegar, sugar, and spices together, ten minutes, add the peaches, and just let them stand a minute or two, being careful not to have them boil, or become soft. Then pour into a stone jar, and in a week pour off the vinegar, and scald again.

Sweet Pickled Pears.

Ten pounds of Bartlett pears, not quite ripe; wipe them, and remove the blossom end, then cook them in boiling water until tender. Remove fruit, and strain the water; take one quart of this water, add to it one quart of vinegar, five pounds of sugar, and half a cup of mixed whole cloves, allspice, mace, and stick cinnamon. Put it on to boil, for half an hour, then add the pears, and when well scalded, remove them, and pack in glass jars. Boil the syrup down until there is enough to cover the fruit; pour it over, and seal at once.

Piccalilli.

One peck of green tomatoes and one head of cabbage chopped fine; mix with them one large cup of salt, put all into a coarse cheese-cloth bag, and let it hang and drain over night. Then chop six large onions and four green peppers, mix them with the tomatoes and cabbage, pour over them enough hot, weak vinegar to cover and drain again. The next morning scald the same amount of good sharp vinegar, and pour over them, add two tablespoonfuls of whole mustard-seed, and when cold it is ready to use.

Ripe Tomato Cold Pickle.

Sixteen medium-sized ripe tomatoes, four small green peppers, four small onions, all chopped fine. Then add one cup of vinegar, one cup of sugar, and half a cup of salt. Mix thoroughly, and put up cold.

Green Tomato Pickle.

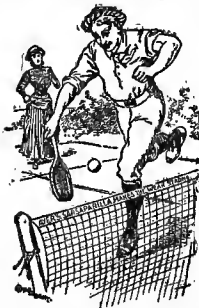
Chop enough green tomatoes to make a gallon, sprinkle over them half a cup of salt, and the next morning drain and squeeze dry. Add one teaspoonful each of cinnamon, cloves, whole mustard-seed, and celery-seed. Pour on vinegar enough to cover, and boil twenty minutes.

Spiced Green Tomato Pickle.

Slice half a peck of green tomatoes, cover with one quart of water in which has been

ATHLETIC SPORTS,

In which both sexes participate, such as croquet and lawn-tennis, are more common than formerly. If judiciously conducted, and not carried to an extreme, the effect of these open-air recreations must prove highly beneficial. But to procure the greatest good, the athlete should guard against the formation of lactic acid, which is liable to be developed by any violent exertion, exposure to extremes of heat or cold, damp air, or sudden checks of perspiration—the result, later, being rheumatism or neuralgia.



To this end, the use of Ayer's Sarsaparilla is recommended, especially if there should be a feeling of languor in the morning, pains in the joints, tenderness of the muscles, headache, rashes, pimples, or any other unusual symptoms. Taken a few minutes before each meal, Ayer's Sarsaparilla improves the appetite and effectually eliminates from the blood all deleterious acids and other impurities. It tones up the system, regulates the liver and kidneys, makes the weak strong, cures others, will cure you.

"For years I was afflicted with terrible

Palpitation

of the heart, which, finally, became complicated with liver complaint, so that I had to give up work. There being no doctor in our place, I purchased a bottle of Ayer's Sarsaparilla of our store-man, Mr. Hostmark. Before I had used the whole of it, I noticed an improvement. I have taken two bottles of this medicine and am in better health than I have been for many years."—L. Christensen, Poulsbo, Wash.

"It would be impossible for me to describe what I have suffered from indigestion and headache for the past three years. I have been under the care of various physicians, and tried a great many kinds of medicines, but never found more than temporary relief until I commenced using Ayer's Sarsaparilla and Ayer's Pills. After taking these medicines for a short time my headache disap-

peared. My stomach performs its duties perfectly, and my health has been completely restored."—Mary Harley, Springfield, Mass.

"Through the use of Ayer's Sarsaparilla by the younger members of my family, I believe, and so do they, that their health has been improved. It has also made their complexions clearer through its effect on the blood. This is the simple truth, and it may gratify you to hear it. You are at liberty to make what use you please of this letter. I have no hesitation in recommending Ayer's Sarsaparilla either in public or private."—Morris Phillips, Editor *The Home Journal*, New York City.

"Last spring I was afflicted with biliousness and liver complaint. My tongue was thickly coated, my breath was offensive, food distressed me, I suffered much from headache,

My Skin was Sallow,

and my bowels were always out of order. Sleep did not refresh me, nor did the many remedies recommended by kind friends in the neighborhood, do me any good. A relative from a distant city, happening to visit me, advised me to use Ayer's Sarsaparilla, a medicine which had cured her of similar troubles. I commenced using it, and my improvement began almost from the first dose. It relieved the distress about my liver, regulated my bowels, caused food to rest well on my stomach, cured my headache, improved my complexion, and restored my appetite. These results were accomplished by three bottles of Ayer's Sarsaparilla."—Mrs. Lydia M. Tarbox, Altoona, Pa.

"About two years ago I received an injury in one of my knees, which resulted in my becoming so lame from

Muscular Rheumatism

that I could not move about without the aid of a cane. After suffering for some months, being convinced that my blood needed purifying, I began taking Ayer's Sarsaparilla, and my lameness was entirely cured."—Mrs. C. Willams, Hardwick, Vt.

"I suffered for eight weeks from a severe pain in the side and back. I tried a bottle of Ayer's Sarsaparilla, and, feeling relieved, took a second bottle, which completely cured me."—Louis G. Trauth, 112 Pearl street, New Orleans.

AYER'S SARSAPARILLA cures General Debility.

dissolved one cup of salt, and then let it stand two hours. Drain through a colander, pressing out all the brine. Then add one quart of best cider vinegar, one tablespoonful each, of ground cloves, pepper, allspice, mustard, and cinnamon, and one pound of best brown sugar. Boil all together ten minutes, then simmer about an hour. It is ready for the table when cold, and will keep indefinitely.

Uncooked Tomato Pickle.

Cut one peck of green tomatoes in quarter-inch slices, sprinkle over them one cup of salt, and let them stand twenty-four hours. Then drain very dry. Slice twelve small onions thin. Mix one small bottle of prepared mustard, two tablespoonfuls of ground cloves, one tablespoonful of ground pepper, and one of allspice. Then into the jar in which the pickle is to be kept, put alternate layers of tomato, spice, and onions, until all is packed. Cover with cold vinegar, and let them stand until the tomato looks quite clear, when they are ready for use.

Cold Catsup.

Peel and chop fine half a peck of ripe, sound tomatoes. Grate two roots of horseradish, and chop fine one cup of onions. Mix all well, and add one cup of salt. Bruise half a cup each, of black and white mustard-seed in a mortar, and mix with them two teaspoonfuls of black and one of red pepper, one tablespoonful each, of mace and cinnamon, and two teaspoonfuls of cloves, one cup of sugar, and one quart of vinegar. Mix all these ingredients very thoroughly, and put it into jars.

Currant Catsup.

Ten pounds of currants, mashed, and strained through a cloth. Add one quart of vinegar, five pounds of granulated sugar, three tablespoonfuls of cinnamon, two of allspice, and one each of cloves and salt, and one half teaspoonful of red pepper. Boil slowly one hour, and put it up in small bottles.

Crape Catsup.

Five pounds of grapes, mashed, stewed, and rubbed through a strainer. Then add one pint of vinegar, three pounds of sugar,

one tablespoonful of ground allspice, one teaspoonful each of ground cloves, cinnamon, and black pepper, and half a teaspoonful of salt. Boil all together until thick.

Tomato Catsup. No. 1.

One peck of ripe tomatoes, four large onions sliced, three-fourths of a cup of salt, three tablespoonfuls of black pepper, one tablespoonful of red pepper, one tablespoonful of allspice, half a tablespoonful of cloves. Mix all together, and stew them until very soft, about two hours. Just before taking from the fire, add one quart of vinegar, and rub through a colander. Put on to boil again, then seal at once.

Tomato Catsup. No. 2.

Stew the tomatoes until soft, then to every gallon of stewed tomatoes add one-fourth of a pound of salt, one-fourth of an ounce each, of red pepper, pimento, and garlic, one half of an ounce of ginger-root and of cloves. Stew all together until reduced enough to pour easily, then strain into bottles, and seal with wax.

Walnut Catsup.

Half a peck of green walnuts or butternuts gathered when soft enough to bruise easily. Put them into a stone jar, and pound them with a mallet. Sprinkle over them one cup of salt, and add vinegar enough to cover. Every day for a week bruise or pound and stir them thoroughly, and then strain through a fine strainer, pressing well until the nuts are dry. Flavor the liquid with one tablespoonful each of whole cloves, cassia-buds, pepper-corns, and celery-seed, one square inch of ginger-root and horseradish-root, half a nutmeg broken fine, one clove of garlic, or one small onion cut fine, and quarter of a teaspoonful of cayenne. Boil all together slowly for half an hour, then strain through a fine cloth, and when cold, bottle it, and seal.

To Seal Bottles with Wax.

Melt eight ounces of beeswax and four ounces of rosin in a tin pail placed on the back of the range. Stir until well mixed. Put the corks in the bottles, and press firmly, then invert the top of the bottle in the hot liquid.

AYER'S CATHARTIC PILLS cure Sick Headache.

AYER'S PILLS,

For the cure of stomach, liver, and bowel troubles, have long been the most popular pill in pharmacy. As an all-round family medicine, it has no equal.



"I would like to add my testimony to that of others who have used Ayer's Pills, and to say that I have taken them for many years, and always derived the best results from their use. For stomach and liver troubles,

and for the cure of headache, caused by these derangements, Ayer's Pills cannot be equaled. When my friends ask me what is the best remedy for disorders of the stomach, liver, or bowels, my invariable answer is, Ayer's Pills. Taken in season, they will break up a cold, prevent la grippe, check fever, and regulate the digestive organs. They are

Easy to Take,

and are, indeed, the best, all-round family medicine I have ever known."—Mrs. May Johnson, 368 Rider Ave., New York City.

"Last Summer, I had a very severe bilious attack. In the morning, I felt as well as usual; but just after noon I was seized with cramps and pains in my bowels, which were severe enough to cause me to faint. I went to bed, and after two hours of torture, I began taking Ayer's Pills, two at a time every hour. In about four hours, I began to feel easier, and at midnight went to sleep. The next morning, though very sore, I was able to resume my ordinary work; but a dose of Ayer's Pills for the three following nights entirely removed the trouble and restored the regular action of the bowels."—J. H. Stannard, Clinton, Conn.

"Some time since, I had a severe bowel trouble, which the physicians said was caused by a disordered liver. When I walked, the slightest jar caused me intense pain and suffering. Being recommended Ayer's Pills I took them, and, in a short time, my bowels were restored to their natural condition. I

firmly believe these pills saved my life."—A. A. Cromwell, Lead Hill, Ark.

"I was troubled a long time with sick headache. It was usually accompanied with severe pains in the temples, a sense of fullness and tenderness in one eye, a bad taste in my mouth, tongue coated, hands and feet cold, and sickness at the stomach. I tried a good many remedies recommended for this complaint; but it was not until I began taking Ayer's Pills that I received anything like permanent benefit. A single box of these pills did the work for me, and I am now free from headaches and a well man."—Charles H. Hutchings, East Auburn, Me.

"This is to certify that I am 57 years old and have used Ayer's Pills for 25 years with the

Most Beneficial Effect.

In early life, I was troubled with malaria, costiveness, and attendant ills; but for the last fifteen years, I have enjoyed almost perfect health, which I ascribe to the faithful use of these pills. I keep a box in my office and another in my bed-chamber, never take but one at a time, but do so at any hour of the day or night, and under all circumstances. I take Ayer's Pills for headache, pains in the stomach and bowels, colds, sore throat, diarrhoea, costiveness, rheumatism, that tired feeling, and all other ills to which I am subject. I use from four to five boxes a year, and that is the amount of my 'doctoring' for several years. I heartily recommend the use of Ayer's Pills for the complaints above specified."—A. Pease, late county judge, Sidney, Neb.

"I don't believe there ever was so good a pill made as Ayer's Cathartic Pills. They will do

All You Recommend

them for and even more. When I have a cold and ache from head to heels, a dose or two of these pills is all the medicine needed to set me right again. For headache, they never fail. I have been a victim of terrible headaches, and have never found anything to relieve them so quickly as Ayer's Pills. Since I began taking this medicine, the attacks have been less and less frequent, until, at present, months have passed since I have had one."—L. Newman, Dug Spur, Va.

SUPPLEMENTARY.

The demand for AYER'S PRESERVE BOOK being so extensive, we now print a new edition, revised and enlarged, adding the following tested recipes:

Canned Porter Apples.

Allow half a cup of sugar, and one cup of water, to every pound of apple. Pare, quarter, and core the apples, and cook them carefully, a few at a time, in boiling water, until tender, but not soft enough to break. Put them in the jars, which should be near by in a pan of hot water. When all are cooked, carefully pour back into the kettle all the juice which has drained from the apples. Strain this water and put it on to boil again with the sugar, adding more, if needed, to make the right proportion for the sugar. Boil and skim thoroughly. Then fill the jars to overflowing with the boiling syrup; and seal at once.

Canned Apricots.

Wipe the fruit, cut in halves, and remove the stones. Weigh, and allow quarter of a pound of sugar to each pound of fruit. Make a syrup with as little water as possible, and when boiling, skim well, then put in the fruit and let it boil up once. Drain them from the syrup, put into the jars, and fill to overflowing with the boiling syrup. If the fruit is hard and green, it should be cooked a little longer, but never allowed to boil rapidly. As the skin is thin the fruit need not be pared.

Apricot Marmalade.

Use the canned apricots, which can be found at any grocery. Turn them from the cans and rub them through a sieve, then put on the fire and boil until reduced one-half. Add sugar to taste, and boil again until thick. Turn into small jars and cover with paper.

Barberry Preserve with Pears.

Stew two quarts of barberries (after carefully picking them over), in water enough to cover them, for half an hour. Mash them until all are broken, then drain through cheese-cloth. Make a syrup with this barberry water and five pounds of sugar. Boil

and skim well. Have ten pounds of any hard pears, pared and cut in small slices. Cook them in the syrup until transparent, then put into jars. Boil the syrup until reduced enough to cover the fruit, strain it, fill the jars, and seal.

Citron Preserve.

Cut the citron in slices one inch thick, beginning at the stem end, then remove the rind and seeds, and cut each into several uniform pieces. Soak it over night in strongly salted water. In the morning soak in cold water and change the water until the citron is freshened. Then parboil it, ten minutes, in water with a teaspoonful of alum. Drain and weigh the fruit, and to every two pounds of fruit, allow a pound and a half of sugar, half a lemon, and half an ounce of preserved or candied ginger. Make a syrup with one pint of water to each pound of sugar. Boil and skim it. Then add the citron and simmer until it is clear and tender. Drain the fruit from the syrup and put it on large plates to harden. The next morning cut the lemon in thin slices and cook it in water to cover until tender. Put the syrup on to boil again, and when the lemon is tender put it into the syrup, add the water also, if not bitter, then the ginger cut in thin pieces, and the citron. Boil gently, long enough to thoroughly heat the citron, then put at once into jars and seal.

Canned Quinces.

Weigh the quinces after they are pared, quartered, and cored. Take three-fourths of a pound of sugar to every pound of fruit. Cook the quinces in boiling water until soft, then take them out into a dish, and add the sugar to the water in which they have been cooked. Skim well, and boil until clear, then add the quinces, and when well heated through, drain them from the syrup and put carefully into the jars. Boil the syrup ten minutes longer, skim or strain it, if not clear, then fill the jars to overflowing, and seal at once.

Whole Pears, Canned.

Remove the peel, leaving the stems on as many firm, ripe Bartlett or Sheldon pears as you wish to can. Make a thin syrup in the proportion of about half a pound of sugar to a pint of water, or with even less sugar, if this syrup is too sweet. Boil the pears in the syrup until soft enough to easily pierce with

EVERY HOUSEHOLD

Should be provided with Ayer's Cherry Pectoral, the prompt use of which has saved innumerable lives. Not only does it give



immediate relief in ordinary colds and coughs, but in bronchitis, pneumonia, catarrh, whooping cough, croup, asthma, and la grippe, the wonderful efficacy of this medicine has been proved over and over again.

"In 1866, my

wife had an attack of catarrhal fever, which being poorly treated, settled on her lungs and rapidly developed into what her physicians pronounced consumption. The disease progressed, with the typical symptoms of that dread destroyer of human life, until her relatives and friends, including the physicians, concluded that the seal of death was upon her, and that all that could be done for her was to make the brief period of her life as pleasant as possible. But I had foreseen this conclusion from the beginning, because I had seen it repeated so often in like cases, and instead of relying upon the skill of physicians, I sought an auxiliary treatment upon which, if it answered no other purpose, would afford me

A Ray of Hope,

however feeble, and by accident, I decided upon the use of Ayer's Cherry Pectoral. Soon after my wife began taking this preparation, she declared that it gave her more relief than anything else she had taken. From my observations of similar cases, I dared not hope that this seemingly beneficial effect was more than temporary; but I persisted in the use of the Pectoral, and in a few months the progress of the disease seemed to be checked. In a few more months, there was a marked improvement, the cough ceased, she regained her lost flesh, and was restored to perfect health. In all, she used about a hundred bottles, extending over a period of at least five years. Her physical vigor has enabled her to discharge her domestic duties and raise eight healthy children, her baby

being now eleven years of age. These facts are well known to many of the leading citizens of McMinn and Polk counties, Tenn."—J. A. Turley, Athens, Tenn.

"About two years ago, I suffered severely from asthma, for which I tried a great many remedies, one of which cost me four dollars a bottle, and afforded me but very little relief. Hearing of a neighbor who had been greatly benefited by the use of Ayer's Cherry Pectoral for a like complaint, I resolved to try it, and it has done me more good than anything I have ever taken. It gave me

Relief from the Start,

and since then, I have used it with equal success among my children for whooping cough. I would not be without it in the house."—Mrs. S. F. Roberts, Oak Level, Ala.

"Two winters ago, I had the grippe, and it left me with a most distressing and persistent cough. My family physician prescribed for me, changing medicines as often as he found the things I had taken were not helping me; but in spite of his attendance, I got no better. Finally, my husband,—reading one day of a gentleman who had had the grippe and was cured by taking Ayer's Cherry Pectoral,—procured, for me, a bottle of this medicine, and before I had taken half of it, I was cured. I have used the Pectoral for my children and in my family, whenever we have needed it, and have found it a specific for colds, coughs, and lung troubles."—Emily Wood, North Street, Elkton, Md.

"Several years ago, while in Fort Snelling, Minn., I caught a severe cold, attended with a terrible cough that allowed me no rest day or night. The doctors, after working over me to the best of their ability, pronounced my case hopeless, and said they could do no more for me. A friend, in a neighboring town, learning of my trouble, sent me a bottle of Ayer's Cherry Pectoral, with the assurance that if anything could help me,

That Medicine Would.

I began to take it, and very soon I was greatly relieved, and, by the time I had used the whole bottle, I was completely cured. I have never had much of a cough since that time, and I firmly believe that Ayer's Cherry Pectoral saved my life."—W. H. Ward, 8 Quimby Avenue, Lowell, Mass.

AYER'S PILLS—the Best Family Physic.

a broom straw. While boiling hot, carefully place the pears in the jars, stems downward, so arranged that there shall be little or no space between the pears. Fill to overflowing with the hot syrup, and seal.

Preserved Figs.

The weight of ripe figs in sugar, peel of one lemon and juice of two, a little ginger; cover the figs with cold water for twelve hours, then simmer in water enough to cover them until tender, and spread on a sieve to cool and harden. Make a syrup of the sugar and a cup of cold water for every pound. Boil until clear of scum; put in figs and simmer ten minutes; take them out and spread upon dishes in the sun. Add the lemons and ginger; boil the syrup thick, give the figs another boil of fifteen minutes, and fill the jars three-quarters full. Fill up with boiling syrup, cover, and when cold seal up.

Canned Rhubarb, Not Cooked.

Cut the stalks of freshly gathered rhubarb into cubes an inch square, stringing as for cooking. Pack closely in pint jars, fill to overflowing with cold water, seal and set away in a dark, cool closet. When needed for use, stew in the water which has preserved it. It is as delicious as if freshly gathered from the garden.

Orange Preserves.

Slice very thin one dozen Messina oranges, and put with them the juice of two lemons; measure them, and add sufficient water to make three and a half quarts, and let it stand over night. In the morning put it on the fire, cover, and boil until soft, then add five pounds of sugar and boil for about three-quarters of an hour or until the oranges are clear.

Preserved Lemon Peel.

Let some fresh lemon peels soak in cold water until the white pulp can be scraped off, then boil them until soft, and preserve them in half their weight in sugar; use as a substitute for citron.

Orange and Banana Jelly.

Make a pint of orange jelly. A simple way is to buy a little cake of stiff orange jelly for sale at grocery stores, which, with the addition of a pint of boiling water, makes it the

right consistency, and to it add the juice of a large orange and the pulp, with all the skin removed from it, of two and one-half oranges. Slice three bananas into the jelly, pour into moulds, and set away to stiffen and get very cold; whip up one-half pint sweet cream, sweeten it, flavor with about eight drops of vanilla. Turn the jelly into a dish, keep the cream about it and serve.

Coffee Jelly.

Put seven table-spoonfuls of freshly ground coffee into the coffee-pot, and mix into it the white of an egg and half a cup of cold water. Put the pot on the fire and add a quart of boiling water; beat up for a minute, then cover and let boil for twenty minutes, stirring now and then. Set off the stove, pour in half a cup of cold water and let the coffee settle. In the meantime let half a box, or one ounce, of gelatine soak in one-half a cup of cold water or coffee for two hours; when the coffee is settled, add to it the gelatine and stir until the latter is thoroughly dissolved, sweeten to taste, pour into a quart bowl and set away to stiffen. Serve very cold in a glass dish, with whipped cream heaped about it.

Yellow Jelly.

Put an ounce of gelatine to soak in half a pint of water for an hour. Heat two cupfuls milk, add the gelatine, the beaten yolks of three eggs, a cupful of sugar and flavoring of vanilla. Boil it well, take from fire, whip up very stiff the whites of the eggs, beat them into the jelly and pour into moulds to stiffen. Serve with thin boiled custard or sweet cream.

Strawberry Jelly.

Mash one quart strawberries to a pulp, and strain through coarse muslin. Mix one cup of sugar and the juice of one lemon with two-thirds of a package of gelatine that has soaked in one cup of cold water for an hour; stir well and pour over this one pint of boiling water. Stir until dissolved, then put into glasses and seal.

Calf's-foot Jelly, for Invalids.

Boil eight calves' feet in just enough water to keep them well covered until the water becomes a jelly, then remove the feet, and add to the jelly one pound white sugar, one quart port wine, the whites and shells of two

THOUSANDS OF PEOPLE

Who suffer from debility and other complaints, and are unable to procure relief from tonics, stimulants, or any of the ordinary medicines pre-

scribed by physicians, will find, in Ayer's Sarsaparilla, just the remedy they need. Health and strength being once more assured, they gratefully testify in terms like the following:



"About eight years ago, I became completely prostrated, and for two years my health was so bad that the physicians supposed I was going into a decline. There were two weeks that I had not eaten anything, and no one supposed I should live. Being induced by a newspaper advertisement to try Ayer's Sarsaparilla, I began taking it in very small doses at first, and soon I commenced to feel better and call for

Something to Eat.

My friends were surprised at the change in my condition, as I improved rapidly, gaining both in strength and flesh. I never weighed over one hundred and five pounds, even before I was taken sick; but now my weight is one hundred and thirty-five pounds and I am perfectly well and hearty."—Mrs. L. T. Thompson, Washington, Ga.

"This is to certify that my wife was an invalid for five years, most of that time being so weak and feeble as to be unable to walk across the floor without assistance. After spending more than two hundred dollars for the services of the best physicians in our section, but without doing her any good, I was induced by a friend, to try Ayer's Sarsaparilla. Finding almost immediate benefit, she persisted till she used fourteen bottles, when her health and strength were fully restored."—B. F. Trautman, Pierce, Pa.

"About a year ago, a young woman in my vicinity, who was supposed to be suffering from consumption, bought from me a bottle of Ayer's Sarsaparilla. It did her so much good that she tried another, and about that

time, moved out of our neighborhood, so that I did not hear from her until a few weeks ago, when I learned that she was cured and attributed her recovery to Ayer's Sarsaparilla."—Isaac Rainey, general merchant, Barley, Va.

"My daughter, who is about sixteen years of age, had, for a long time, been troubled with violent headaches and insomnia. She was pale, had no appetite, and losing flesh rapidly. She took various remedies, but received no benefit, until she commenced the use of Ayer's Sarsaparilla. After taking about half a bottle, she

Began to Feel Better,

and continuing to take this medicine, her appetite was restored, her cheeks filled out, and their natural color returned. She soon gained in strength, her headaches disappeared, she slept better, and now she says she feels like a new person. Ayer's Sarsaparilla has done more for my daughter than I ever supposed was in the power of a remedy, and I believe it has no equal as a Spring remedy."—F. P. Coggeshall, 6 Lyon Street, Lowell, Mass.

"I believe in the healing virtues of Ayer's Sarsaparilla, because it has helped me. I have been troubled for years with indigestion, and this medicine has done a great deal towards restoring my health and strength. My appetite is better and I sleep more since I began to take it. I had been afflicted with kidney trouble for five years. I have taken only four bottles and I know

It Has Cured Me.

It gives me great pleasure to recommend it to those who are afflicted in like manner."—(Rev.) Hugh Montgomery, pastor of Central M. E. Church, Lowell, Mass.

"For the benefit of other sufferers, I would say that Ayer's Sarsaparilla is the best remedy I ever used for the cure of indigestion."—Mrs. S. Cummings, 78 Somerset Avenue, Taunton, Mass.

"My little girl was afflicted with eczema. She suffered very much from itching sores on her head, face, hands, and body. Physicians worked on her for some twelve months, without benefiting her. I at last tried Ayer's Sarsaparilla, two bottles of which cured her."—C. L. Wood, merchant, Fentress, Va.

AYER'S the only Sarsaparilla at the World's Fair.

eggs; let it boil for four or five minutes, pass through a jelly-bag, then place in moulds.

Chicken Jelly.

Half a raw chicken, pounded with a mallet, bones and meat together, plenty of cold water to cover it well—about a quart. Heat slowly in a covered vessel, and let it simmer until the meat is in white rags and the liquid reduced one-half. Strain and press, first through a colander, then through a coarse cloth. Salt to taste, and pepper if you think best; return to the fire, and simmer five minutes longer. Skim when cool. Serve cold—just from the ice. You can make into sandwiches by putting the jelly between thin slices of bread spread lightly with butter.

Wine or Cider Jelly, for Invalids.

Three cups sugar, one cup cold water, one package of gelatine, juice of three lemons and grated peel of one, one quart boiling water, two or three bits of cinnamon bark. Soak gelatine in cold water one hour, add to this the lemons, sugar, and cinnamon, pour over all one quart boiling water, put in one pint sherry wine or one pint of cider.

Orange Jelly.

Use two lemons and the grated peel of two oranges, juice of four oranges, sugar and gelatine as in wine jelly.

Lemon Jelly with Banana.

Make some lemon jelly, using three lemons, a cupful of sugar to half a box of gelatine. Let it get a little stiff. Peel and slice quite thin some fine, solid bananas. Pour a layer of jelly in a mould, then put in layer of bananas, then another of jelly and so on until the mould is full. Let it stiffen and serve in a bed of stiffly whipped cream.

Strawberry Jam.

Put the strawberries in a preserving kettle and boil fifteen or twenty minutes, skimming as the scum rises. Then add the sugar, allowing three-quarters of a pound of sugar to a pound of fruit. Boil thirty minutes longer, stirring constantly; when done pour in jars or jelly-glasses, and when cold seal up.

Apple Marmalade.

Peel your apples; scald them till they come easily from the core; weigh your apples, and allow an equal weight of sugar. Damp the sugar with a little water and then boil it,

skimming carefully until it is a thick syrup. Put in the apple-pulp (rejecting the core), and boil quickly for fifteen minutes, adding six cloves and the grated rind of a lemon; take out the cloves before you fill your jars.

Picklette.

Four large, crisp cabbages, cut fine; one quart onions chopped fine; two quarts vinegar, or enough to cover the cabbage; two pounds brown sugar; two tablespoonfuls ground mustard; two tablespoonfuls black pepper; two tablespoonfuls cinnamon; two tablespoonfuls turmeric; two tablespoonfuls celery-seed; one tablespoonful allspice; one tablespoonful mace; one tablespoonful alum, pulverized. Pack the cabbage and onions in alternate layers, with a little salt between them. Let them stand until next day. Then scald the vinegar, sugar, and spices together, and pour over the cabbage and onion. Do this three mornings in succession. On the fourth put all together over the fire and heat to a boil. Let them boil five minutes. When cold, pack in small jars. It is fit for use as soon as cool, but keeps well.

Sweet Tomato Pickle.

(*Very Good.*) Seven pounds ripe tomatoes, peeled and sliced; three and one-half pounds sugar, one ounce cinnamon and mace mixed, one ounce cloves, one quart of vinegar. Mix all together and stew one hour.

Mixed Pickle.

Take one pound ginger-root and one-half pound garlic (both previously salted and dried); two gallons vinegar; one half-ounce turmeric; and one-quarter pound long pepper. Digest together two or three days near the fire in a stone jar; or gently simmer them in a pipkin or enameled saucepan. Then put in almost any vegetables except red cabbage and walnuts, all previously salted and dried.

Preserved Orange Peel.

(*Very Nice.*) Weigh the oranges whole and allow pound for pound. Peel the oranges neatly and cut the rind into narrow shreds. Boil until tender, changing the water twice, and replenishing with hot from the kettle. Squeeze the strained juice of the oranges over the sugar; let this heat to a boil; put in the shreds and boil twenty minutes. Lemon

At the World's Fair.

AYER'S MEDICINES, THE ONLY PREPARATIONS OF THE KIND ADMITTED.

The admission of Ayer's Sarsaparilla at the World's Columbian Exposition, Chicago, 1893, to the exclusion of all other preparations of this class,

gave emphasis of the strongest kind to the popular indorsement of this wonderful blood-purifier. By this action the World's Fair committee, composed of scientific men, have in substance said:

1. Ayer's Sarsaparilla is not only the best and leads all other blood-purifiers in point of medicinal value, but it is an established fact, not an experiment. It is an efficacious remedy, a Sarsaparilla that cures.

2. It is a scientific preparation, and the only remedy of the kind worthy the indorsement of the World's Columbian Commission, and, at the same time, entitled to public confidence.

When it is understood that the rule forbidding the exhibition of patent medicines, was so rigidly enforced as to keep out all such, despite the most determined efforts of their manufacturers to obtain exhibition privileges at all hazards, it will be readily seen that Ayer's Sarsaparilla leads all other similar preparations in America.

Its Best Recommendation.

It is in the action of Ayer's Sarsaparilla itself that we find its best recommendation. It always commands, from those who have taken it, words of highest praise.

Its record of permanent cures of diseases which have baffled the skill of most learned and skillful physicians, has never been approached by any other medicine. It answers, better than any other remedy, all the requirements of a Standard Family Medicine. It continually increases in sale, and becomes, each year, more and more popular.

It vitalizes the life-current as no other remedy can; it dispels all baneful humors from the system; it invigorates and gives tone to the various organs, and enables them to perform faithfully the duties upon which the machinery of life depends; it strikes at the root of disease by removing the cause,

assists nature to repair her losses, and thus induces permanent restoration to health.

Ayer's Sarsaparilla is, in every sense, a blood-purifier. If you suffer from scrofula, dyspepsia, rheumatism, liver, or kidney complaint, loss of vitality, sleeplessness, that tired feeling, emaciation, or any other ailment originating in impure blood, take Ayer's Sarsaparilla, and take it now. It has cured others, and it will cure you.

Medal and diploma were also awarded Ayer's Cherry Pectoral and Ayer's Pills.

Ayer's Cherry Pectoral, for the relief and cure of colds, coughs, bronchitis, la grippe, hoarseness, asthma, croup, and all diseases of the throat and lungs. The most successful remedy for consumption, in its early stages.

Ayer's Pills, the best of all remedies for constipation, biliousness, sick headache, indigestion, dizziness, and all disorders of the Stomach, Liver, and Bowels.

Nine Good Reasons

Why Ayer's Sarsaparilla should be taken in preference to any other blood-purifier:

- 1st. The drugs from which it is made are the most carefully selected and the best that money can buy.
- 2nd. These drugs are so nicely combined, and in such scientific proportions, that they may always be depended upon for successful results.
- 3rd. It is a powerful concentrated extract, requiring only a teaspoonful for the largest dose.
- 4th. It is perfectly safe for either young or old, for the most delicate or the most robust.
- 5th. It will act upon the blood more healthfully and speedily than any other blood-purifier.
- 6th. It cures by removing the conditions which make sickness possible, and cures permanently.
- 7th. This remedy has a well-known scientific value and its formula is familiar to professional men.
- 8th. It has been before the public for half a century. Druggists and physicians recommend it, and employ it in their practice.
- 9th. It was the only Sarsaparilla admitted at the World's Fair. It stands first. It leads all other blood-purifiers.

AYER'S CHERRY PECTORAL— the Best Expectorant.

peel can be preserved in the same way, allowing more sugar.

Pickled Cherries.

Five pounds of cherries, stoned or not; one quart of vinegar, two pounds of sugar, one-half ounce of cinnamon, one-half ounce of cloves, one-half ounce of mace; boil the sugar and vinegar and spices together (grind the spices and tie them in a muslin bag), and pour hot over the cherries, and can.

Mangoes.

These are made from small, green water or muskmelons, green tomatoes, peppers, peaches, large cucumbers, or any fruit from which the seeds, stone, or inside portion can be removed, the cavity filled with a highly-seasoned mixture, and the opening closed again in such a way as to give the appearance of whole fruit. In using peppers and green tomatoes, cut a circular piece from the stem end, remove the seeds and put the pieces in place again, or beside the one from which they were taken. If melons are used, cut out a piece one inch wide and three long, then scoop out the seeds and soft portion. When the fruit is prepared, let it soak over night in strongly-salted water. In the morning drain and be careful to have the cut portions kept where they belong. Prepare the following mixture to use as stuffing: Chop enough firm, white cabbage to fill the cavities, it is impossible to give the exact amount. You may use with it, if you prefer, one-fourth part of chopped celery, or green tomatoes, or cucumbers. Sprinkle well with salt and let it stand two hours. Allow one small onion, two or three nasturtium-seeds, and half a teaspoonful of whole mustard-seed to each pint of chopped vegetables. Season to taste with ground cloves, cinnamon, allspice, ginger, pepper, and salt. Mix thoroughly, and then fill the cavities; press it in well, fit in the pieces that were removed, and then tie them firmly with fine twine. Put the mangoes in a preserving kettle, cover with cold vinegar and let them remain over night. The next morning heat all together and simmer gently half an hour. Take them out carefully and put in a stone jar and cover with cold vinegar. The next morning pour off the vinegar, add half a cup of sugar to each quart of vinegar, bring to a boil, and pour it over the mangoes. Repeat this for three or four mornings, and after the last

scalding, cover when cool, and put away in a dry place. The latter part of this process applies only to mangoes made from melons and cucumbers. Pepper and tomato mangoes are simply covered with cold vinegar after stuffing, then put away and in a month they will be ready for the table.

Pickled Cauliflower.

Two cauliflowers, cut up; one pint of small onions, three medium-sized red peppers. Dissolve half a pint of salt in water enough to cover the vegetables, and let these stand over night. In the morning drain them. Heat two quarts of vinegar with four table-spoonfuls of mustard-seed, until it boils. Add the vegetables, and boil for about fifteen minutes, or until the cauliflower is tender enough to be easily pierced with a fork.

Pickled Mushrooms.

Sufficient vinegar to cover the mushrooms; to each quart of mushrooms, two blades pounded mace, one ounce ground pepper; salt to taste. Choose some nice, young button mushrooms for pickling; rub off the skins with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside and reject the black ones as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportions; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for one minute, and store it away in stone jars for use. When cold, tie down with bladder, and keep in a dry place; they will remain good for a length of time, and are generally considered delicious.

Quince Marmalade.

Gather the fruit when fully ripe; pare, quarter, and core, boil the skins with as many teacupfuls of water as you have pounds of quinces; when they are soft, mash them and strain the water from them and put into the quinces; boil them until they are soft enough to mash fine; rub through a sieve, add to the pulp as many pounds of sugar as there are of pulp, stir together, and set over a gentle fire until it will fall from a spoon like jelly. If it jellies when cold, it has cooked enough. Put in pots or tumblers and when cold, secure as instructed for jellies.

AYER'S CHERRY PECTORAL Received Medal at World's Fair.

CHILDREN'S DELIGHT.

A DOLL BRIDE.

The Loveliest and Daintiest Paper Doll Ever Seen.

Bridal Robes, Street Dress, House Dress, and Carriage Dress, Gloves, Hats, Etc., to Match.

EVERY LITTLE GIRL WILL WANT IT.



The prettiest, dressiest, toniest paper doll that has yet appeared is Ayer's Doll Bride. It is well made, strong, and durable; has movable arms; is all ready for use, and its dresses are in the very height of style.

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The Doll Bride will be sent on receipt of 12 cents in stamps, by Dr. J. C. Ayer & Co., Lowell, Mass.

AYER'S SARSAPARILLA cures Debility.

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