

(Concluded from 1st page.)

**COCOANUT JUMPLES**—Very nice little cakes are made of two cups of sugar, one cup of butter, two e.g. and a large cup of grated coconut mixed with enough flour to make a dough that can be rolled. Use fancy cutters of various shapes, and bake in a very hot oven.

"My friend finally abandoned medicine of all kinds, and continued a nourishing diet only. About ten weeks ago her attention was directed to a newspaper paragraph, recommending hot water as a remedy for consumption. Feeling that little harm could ensue from its use, she determined to test it. At the moment of retiring, a large tumbler of hot water, in which the juice of a lemon had been mixed to free it from nausea, was taken. In a few moments a warmth would pervade the lungs, chest etc., quickly followed by the most refreshing sleep, which would be unbroken by any cough, and the patient would awaken in the morning rested and strengthened. A few days ago she was seized with coughing, during which was coughed up into her mouth a small stone about the size of a pea—formed of sulphate of lime, I believe, and usually considered a symptom of the healing of a cavity in the lung. Whether this marked improvement was due to the hot water, I cannot venture to say, but its beneficial influence in securing sweet sleep and exemption from coughing at night was so marked that I would like some of our readers to test it with their consumptive friends, and give the results of their experience."—CHAMBER'S JOURNAL.

BY ROBERT A. GUNN, M. D.

## Executors' Sale.

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In charge of said work.

November 9, 1883.

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