

HABIT, if not necessity, makes a Hair Dressing such as Dr. Ayer's faboratory issues, indispensable to many. Ayer's Hair Vigor is one of the most of lightful we have ever used. It restores not only the colour, but gloss and havinance, to fadel and gray hair.

gloss and unxuriance, to fade, and gray hair. AN HONEST OPINION.—John Taylor, of Toronto, says he has triad every known remedy for rheutentism and can honestly recommend Hagyard Vellow Oil as the best of all; he has been a sufferer from rheu-matic pains for years.

matic pains for years. ROUGH ON RATS. Clears out rats, mice, roachest they take, bed-bugs, skunks, chipmunks, gophess, The Druggists. NOT to avail yourself of a trial of DR. AUSTIN'S PHOSPMATINE means to continue suffering without limit, with none but your-self to blame; for evaluate who has tested it in cases of nervous production, depleted sys-tem, goneness at the stomach, headache, bronchitis, and all wasting diseases, say, "Never before did anything act the it." For sale by all druggists; price, \$1. NEVAL, ALLOW, IT.—Never allow the

NEVER'S ALLOW IT.—Never allow the bowels to remain in torpic condition, as it leads to serious results and ill health is sure to follow, Burdook Broad Bitters is the most perfect reprintor of the bowels, and the best blood purfer known.

SIMPLE, safe, and effectual is the popular verdict in the merits of D.F. VAN BUREN'S KIDNEY CURE. It with never known to fail in curing all diseaser of the Kidneys. Ask your druggist for it.

your druggist 10, ... "BUCHUPAIBA." Quick, complete cure, all annoying kidne Bladder and kindred Diseases. \$1

"Both Lydia E. Pinkham's Vegetable Com-pound 'and Blood Purifier are prepared at 233 and 235 Wester Avenue, Lynn, Mass. Price of either, \$1. Sr bottles for \$5. Sent by mail in the form of fulls, or of losenges, on receipt of price, \$1 per by for either. Mrs. Pinkham freely paswers all tiers of inquiry. Enclose 3c. stamp. Send for "Guide to Health and Nerve Strain."

Attraister's Evidence. — Die all preva-lent mady of civilized life is Dyspepsia. Rev. V.E. Gifford, of Bornwell, was cured of dyspepsia and liver complaint that rendered his life almost a burden. The cure was completed by three bottles of Burdock Blood Bitters. Bitters.

Bitters. Every colour of the Diamond Dyes is perfect. See the sample of the coloured cloth at the druggist. Unequilled for brilliancy. DON'T YOU FORGET IT I-Cingalese is widely known to be the best Hair Renewer ever introduced to the public. It has never been known to fail in estoring and impart-ing a beautiful glossy appearance to the hair. Sold at 50 cents per bottle.

Sold at 50 cents per bottle. **"Slow and steady wins the race," Steadily, but not slowly, Kidney-Wort is distancing all competition for universal popu-larity and usefulnes. This elebrated remedy can now be:obtained in the usual dry vege-table form, or in the quid form. It is put up in the latter way for the especial conveni-ence of those who cannot radily prepare it. It will be found very concentrated and will act with equal efficiency in either form. Read advertisement. advertisement.



with beetroot. To USE UP COLD MEAT.—Prepare the meat as for hash; fill a deep dish with boiled maccaroni; on the top of that place the hash; cover it with tomatoes, over which SUPPER FOR A CONVALESCENT .--- A nice

over it. COTTON-SEED OIL is said to be superior for many cooking purposes. It does not scorch so readily as other oils, and if properly

who desire to consume oil have their opportunity.

LIMA BRANS.-These can be had either

JELLY ROLLS are delicious made from this recipe : Three eggs, half a cup of butter, one cup of flour, one and a half teaspoonfuls of baking powder, two-thirds of a cup of pulverized sugar, a little salt; bake in shallow pans—a dripping pan well buttered is good for this purpose; put in the dough till it is about half an inch thick; take it carefully from the tins when baked, and lay on a cloth; spread jelly eveoly over it with a knife; roll while hot; if this is not done the cake will crumble.

A RICH TOMATO SOUP.—Take eight good-sized tomatoes, cut them in half, put them into a saucepan with a bunch of sweet herbs, and an onion stuck full of cloves, some allspice, whole pepper and salt. Cook them slowly until quite soft, then strain through a strainer or hair sieve until the skins and onions and herbs only are left behind. Have a quart of plain stock boiling hot. Stir the tomatoes into it, add the yolks of two eggs beaten up in a little cold water. Serve with sippet of toast or dried bread.

GAINING A WORLD WIDE REP. UTATION.

UTATION. About 150,000 bottles of medicine and 3,000 Spitometers, the invention of Mm. Souvielle, of Paris, and Ex-aide Surgeon of the French army, have been used by physi-cians and patients during the ast year for the cure of catarth, catarthal diafnes, bron-chitis, attima, consumption in terms stages, and many diseases of the heat, thoat and lungs. Consultations with any the sur-geoist chonging to the Institution of Write enclosing stamp for pamphlet group full in-formation to either of the Canadian offices where competent English and French special-ists are always in charge. Address, Inter-national Throat and Lung Institute, I3 Philips Square, Montreal, P.Q., or 173 Church Street, Toronto, Ont.

TORONTO SHOE COMPANY, KING AND JARVIS, THE GREAT ONE-PRICE SHOE WAREHOUSE. st cases eventually fured by the use of INDUCEMENTS THIS WEEK: WOMAN'S OIL GOAT BUTTON BOOTS, THE MEDICAL PILE REMEDY, Sent by post, with complete instructions, on re-ceipt of \$r. ___ HUGH MILLER & CO., 167 King Street East, Toronto.

NOTMAN PAD CO., TORONTO. We have given your Pads and Plasters a thorough trial, and find them to be all that you claim for them, and heartily endorse them. Rev. J. G. CALDER, Petrolia. PETLER SMITH, Esq., Essex Centre. C. GENTLEMAN, 543 Queen Street West, Toronto. Mrs. WM. STUART, Montreal.

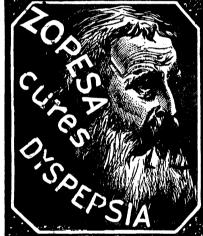
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THE NOTMAN PADS AND PLASTERS

THE NUIMAN PADS AND PLASIERS ARE THE BEST, THE PUREST, AND THE ONLY IDS on the market that are made that THE ORIGINAL FORMUL and which are guaranteed to do all that we claim for them. Send for descriptive catalogue, free. NOTMAN PAD CO.'Y.

55 Front Street East, Toronto. OR THE LIVER



Its wonderful affinity to the digestive apparatus of e.stomach, its most surprising effect upon a torp d cleansing and toning the system, can be a ro cent sample bottle.



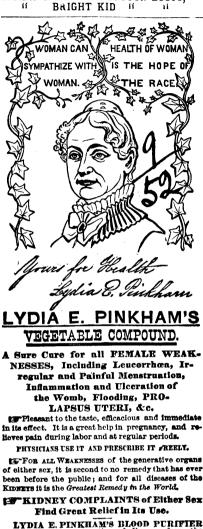
Leading Numbers: 14, 048, 130, 39, 161. For Sale by all Stationers. THE ESTERBROOK STEEL PEN CO., Works, Camden, N. J. 26 John Street, New York.



Unlocks all the clogged avenues of the Bowels, Kidneys and Livir, cary-ing off gradually without weak puing the system, all the impurities and oul humors of the secretions; it the same time Correcting Acidity of one Stomach, curing Biliousnes, Dys-pepsia, Headaches, Diziness, Heastburn, Constipation, Dryness of the Skin, Dropsy, Dimness of Vision, Jaundice, Salt Rheum, Erysipelas, Scrofula, Fluttering of the Heart, Nervousness, and Gen-eral Debility; all these and many other similar Complaints yield to the happy influence of BURDOCK BLOOD BITTERS.

T. MILBURN & CO., Proprietors, Toronto.

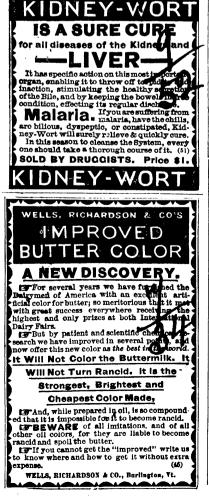
AGENTS WANTED EVERY LERE of sen ting Machine ever invented. Will what pair of stockings with H EFEL and TOTE completes in 20 minutes. It will also knit a great with the sen of ordinar and terms to the Twy a rest of the America for directions and terms to the Twy a rest of the America



LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of Humors from the Blood, at the same time will give tone and strength to he system. As marvellows in results as the Compound.

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ton. Billousness and Torpidity of the Liver. 25 cents. A Sold by all Druggists.



Scientific and Aseful.

ETHER would seem to be the safest of all anæsthetics. In 23,204 administrations, there was but one death, while with bi-chloride of mettylene caused death once in 5,000 instances.

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FRENCH SALAD.—Place a little heap of mixed salad in the dish, sprinkle a little pow-dered white sugar over it, a little pepper and salt, a little vinegar and olive oil, garnish

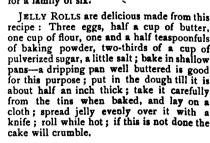
sprinkle bread crumbs with a little butter; bake until nicely browned.

ROYAL MUFFINS.—one quart flour, two tablespoonfuls sugar, half teaspoonful salt, one tablespoonful lard, two eggs, one and a quarter pints milk. Mix to the consistency of a cake batter. Fill cold muffin rings, well greased, two-thirds full. Bake in a good hot oven twenty minutes.

SUPPER FOR A CONVALESCENT.—A nice dish for the supper of a convalescent is made by toasting two thin slices of bread; flatten and soften the crust by pounding it a little; butter the toast while hot, put one slice on a warm plate, and spread over it a thin layer of cooked chicken chopped or cut in small bits; season with pepper and salt, add a soft-boiled egg, then lay the other slice of toast over it.

scored so reachy as other oils, and it properly refined gives an excellent flavour to what is cooked with it. People have been using more cotton-seed oil than they knew, much of it being palmed off as olive oil. Now that its merits are better understood, it can afford to pass under its true colours. Let those who desire to comme oil here this ensure

LIMA BEANS.—These can be had either canned or dried, the latter being quite as good and much cheaper. If dried are used, soak them over night in soft water. Pour it off and add boiling water salted to the pro-portion of one teaspoonful to a quart. Boil slowly until they are soft, perhaps an hour or more; drain them; add a cup of milk, a little butter, pepper and salt according to taste. A pint of dried beans will be sufficient for a family of six.



A RICH TOMATO SOUP .-- Take eight