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**TORONTO POSTAL GUIDE.** During  
 the month of March 1891, mails  
 close as are due as follows:

	Close.		Due.	
	a.m.	p.m.	a.m.	p.m.
G. T. R. East	6.00	7.35	7.45	10.30
O. and Q. Railway	7.30	8.15	8.00	9.20
G. T. R. West	7.00	3.20	12.40	7.40
N. and N. W.	7.00	4.10	10.00	8.10
F. G. and B.	6.30	3.45	11.10	9.00
Midland	6.30	3.35	12.30	9.30
C. V. R.	6.00	3.20	11.55	10.15
G. W. R.	6.00	4.00	10.36	8.20
	11.30	9.30		
U. S. N. Y.	6.00	4.00	9.00	5.45
U. S. West States	6.00	9.30	9.00	7.30
	12.00			

English mails will be closed during war.  
 as follows: Jan., 2, 5, 9, 12, 16, 19, 23, 26, 30.

**DROPSY** Treated free.  
 Facially CURED  
 with Vegetable  
 Remedies. Have  
 cured many thou-  
 sand cases pro-  
 nounced hopeless. From first dose symptoms rapidly disappear,  
 and in ten days at least two-thirds of all symptoms are removed.  
 BOOK of testimonials of marvelous cures sent FREE.  
 TEN DAYS TREATMENT FURNISHED FREE by mail.  
 DR. J. A. GIBSON & SONS, Specialists, Atlanta, Ga.

Advertise in  
**The Catholic Review**  
 And it will pay you

**THE ART OF CONVERSATION.**  
 Uncle Josh: "How's your  
 father?"  
 Miss Belle: "Very well, thank  
 you."  
 Uncle Josh: "How's your  
 mother?"  
 Miss Belle: "She's well too."  
 Uncle Josh (after a three min-  
 ute's pause): "How're your  
 parents?"—*Yale Record.*

"I wish, Susan, that when you  
 give baby a bath you would use  
 a thermometer to ascertain  
 whether the water is at the right  
 temperature."  
 Susan—"Oh, don't you worry  
 about that, ma'am; I don't need  
 no 'mometers. If the little 'un  
 turns red, the water's too hot! if  
 it turns blue, it's too cold; and  
 that's all there is about it."

A very amusing story was told  
 about Chancellor Bismarck by  
 Earl Russell. The incident oc-  
 curred at Versailles during the  
 war of 1870. Lord Russell was  
 to have an audience, and he was  
 waiting for Count Von Arnim to  
 leave Bismarck's study. Present-  
 ly Von Arnim came out, fanning  
 himself furiously with his hand-  
 kerchief.

"I really cannot understand,"  
 said he, "how Bismarck could live  
 in such an atmosphere; he is  
 continually smoking, and the  
 strongest cigars, too. I had to  
 ask him to open the window, for  
 I could not stand it."

Then he took leave of Lord  
 Russell and went his way. As  
 soon as Lord Russell entered the  
 room Bismarck said to him:

"What strange tastes some  
 people have! There is Von Arnim  
 now, who has just gone out of the  
 room; it is a fad of his to scent  
 himself up to an unbearable de-  
 gree, and to-day the perfume was  
 so intense that I had to open the  
 window."

**NEWSPAPER FUN.**  
 The—"I wish I could vote."  
 He—"Pair with no need."

One may screw up his courage  
 and have his attention riveted.

Druggists, however prosperous,  
 always do business on a small  
 scale.

We thought we knew what a  
 bureau is, but the bureau of sta-  
 tistics seems to be all tables.

Before the Dentist's Door—"If  
 I were only sure that the doctor  
 was out I would ring the bell!"

She (after a lover's quarrel)—  
 "You may return my letters."

He (editor)—"Did you enclose  
 stamps?"

The Associate Editor—"I have  
 some paragraphs on 'Socks' here.  
 Where shall I put them?"

The Chief—"Among the foot-  
 notes."

The Author—"I am troubled  
 with insomnia. I lie awake at  
 night hour after hour thinking  
 about my literary work."

His Friend—"Why don't you  
 get up and read portions of it?"

**OUR NATIONAL FOODS.**

NAME OF FOOD.	SPECIAL USES OF FOOD	Quantity in Package	Quantity in Case
Decalcified Wheat	For Dyspepsia, etc.	4 lbs.	1 dozen
Decalcified Rolled Oats	Porridge, easily digested	4 lbs.	1 dozen
Snow Flake and Barley	Porridge, puddings, etc.	3 lbs.	1 dozen
Decalcified Rolled Wheat	Porridge, etc.	3 lbs.	1 dozen
Buckwheat Flour, S. R.	Griddle Cakes, etc.	4 lbs.	1 dozen
Prepared Pea Flour	Soup, brose, etc.	2 lbs.	1 dozen
Barley Milk Food	For Infants	1 lb.	1 dozen
Patent Prepared Barley	Invalids, children and any one	1 lb.	1 dozen
Patent Prepared Oats	Children, light suppers, etc.	1 lb.	1 dozen
Barley Meal	For soups, porridge, etc.	4 lbs.	1 dozen
Lye Meal	For Liver and Kidney troubles	4 lbs.	1 dozen
Farinose or Germ Meal	For Porridge, etc.	4 lbs.	1 dozen
White Corn Grits	For Porridge and Corn Cakes	4 lbs.	1 dozen
Wheat Grits	Porridge, etc.	4 lbs.	1 dozen
Quaker Flour	For diabetes and indigestion	4 lbs.	1 dozen
Breakfast Hominy	For puddings, etc.	4 lbs.	1 dozen
Crumenty	For puddings, soups	2 lbs.	1 dozen
Pearl Barley (xxx)	Soups, etc.	2 lbs.	1 dozen

Ask your grocer for them. The trade supplied by  
**THE IRELAND NATIONAL FOOD COMPANY (Limited), TORONTO.**

**THE OWEN  
 ELECTRIC BELT**  
 And Appliance Co.  
 HEAD OFFICE CHICAGO.  
 Incorporated June 17, 1887, with a cash  
 Capital of \$50,000.00.  
 Patented in Canada, December, 1877,  
 Patented in U. S., June, 1877.



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 G. C. PATTERSON, MGR. FOR CANADA.

Electricity as applied by The Owen  
 Electric Belt and Appliances  
 is now recognized as the greatest boon offered  
 to suffering humanity. IT HAS, DOES AND  
 WILL effect cures in seemingly hopeless cases  
 where every other known means has failed.  
 By its steady, soothing current, that is easily  
 felt, it will cure:


Rheumatism, Sciatica, Spinal Diseases, General Debility, Neuralgia, Lumbago, Nervous Complaints, Spermatorrhoea, Dyspepsia,	Liver Complaint, Female Complaints, Impotency, Constipation, Kidney Disease, Varicocele, Sexual Exhaustion, Epilepsy or Fits, Urinary Diseases, Lame Back.
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**WE CHALLENGE THE WORLD**  
 to show an Electric Belt where the current  
 is under the control of the patient as com-  
 pletely as this. We can use the same belt on  
 an infant that we would on a giant by simply  
 reducing the number of cells. Ordinary belts  
 are not so. Other belts have been in the  
 market for five or ten years longer, but to-  
 day there are more Owen Belts manufactured  
 and sold than all other makes combined.  
 The people want the best.

**Extracts From Testimonials.**  
 "Your Electric Belt cured a violent attack  
 of Sciatic Rheumatism of several months'  
 standing, in eight days."—W. Dixon, sr.,  
 Grand Valley, Ont.  
 "SAVED MY LIFE when I had Muscular  
 Rheumatism."—Mrs. Carroll, West Market  
 Street.  
 "Am much pleased with belt; it has done  
 me a great deal of good already."—J. Seeringer,  
 Galt, Ont.  
 "Have been a sufferer for years from Ner-  
 vous Headaches and Neuralgia. After trying  
 one of your belts am more than satisfied with  
 it. Can knock out a headache now in fifteen  
 minutes that used to keep me in bed for  
 days."—Thos. Gates, Crawford St., Toronto.

**BEWARE OF IMITATIONS.**  
 Our attention having been attracted to  
 base imitations of "The Owen Electric Belt,"  
 we desire to warn the public against purchas-  
 ing worthless productions put upon the mar-  
 ket by unprincipled men who, calling them-  
 selves electricians, prey upon the unsuspect-  
 ing by offering worthless imitations of the  
 genuine Owen Electric Belt that has stood  
 the test of years and has a continental repu-  
 tation. Our Trade Mark is the portrait of  
 Dr. A. Owen, embossed in gold upon every  
 Belt and Appliance manufactured by The  
 Owen Electric Belt and Appliance Co. None  
 genuine without it.  
 Send for Illustrated Catalogue of Informa-  
 tion, Testimonials etc.  
**THE OWEN ELECTRIC BELT CO.,**  
 71 KING ST. WEST, TORONTO.  
 Mention this paper.

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 GREAT  
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By Destroying all living Poisonous Germs  
 IN THE BLOOD,  
**RADAM'S MICROBE KILLER**  
 is a Safe and Sure Cure for all Diseases of  
 Throat and Lungs, Kidneys, Liver and Stomach,  
 Female Complaints and for all  
 Forms of Skin Diseases.  
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 Testimonials at hand, write to, Ask  
 your druggist for it, or write to  
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 Beware of Imitations. See Trade Mark  
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