

# BY THEIR FRUITS YE SHALL KNOW THEM.

Bowmanville, Jan. 5th, 1883.

Dear Sirs.—I have been a sufferer for many years with bilious colic and torpid liver. I tried one of the Notman Pads, and derived great benefit from it. I can heartily recommend them to all persons affected in the same way. I would not be without one on any occasion.

One member of my family has been troubled for years with sick headache. A Pad effected a cure, which pills and nostrums did not benefit in the least.

Yours Respectfully,

HENRY MANN.

Regular Pad. 5s. sent free by mail on receipt of price. Send for description treatise.

**NOTMAN PAD CO'Y,**  
55 FRONT ST. EAST, TORONTO

## A Fair Exchange.

Will you exchange a chronic case of Dyspepsia, or agree to break up a Bilious Temperament, to give your torpid liver activity, and thus strengthen your Digestion; regain energy, comfort, health, spirits, all for 75c.? A single bottle of ZOPESA will do this. A few doses surprise those who try ZOPESA. For Biliousness and Dyspepsia in their many forms, ZOPESA is Panacea, and is warranted to cure them. It acts speedily and pleasantly. Try a 10 cent sample.



# THE GREAT CURE FOR RHEUMATISM

And all complaints of a Rheumatic nature, RHEUMATINE is not a sovereign remedy for "All the ills that flesh is heir to," but for NEURALGIA, SCIATICA, RHEUMATISM, and complaints of Rheumatic nature.

## IT IS A SURE CURE.

From Mrs. N. H. Pawling, wife of one of the largest Fruit growers in the County of Lincoln, Ont. LOTH, April 10th, 1881.

J. N. SUTHERLAND, Esq.,  
St Catharines, Ont.

DEAR SIR, I am much pleased to be able to inform you of the marked improvement in the condition of my wife since she has used the "Rheumatine."

For upwards of four years she has been unable to leave her chair without assistance, the greater part of the time her hands, feet, and limbs have been much distorted and a most powerless, while her sufferings from pain have been constant and frequently excruciating.

Four bottles of your preparation have driven away her pain, restored sleep, and by reducing the swelling about her joints, have so much improved the action of her joints that she can now feed herself at the table, and be carried from room to room without suffering pain. The benefit to her has been wonderful and should it cease now, I should still feel that a great obligation rests upon us for your kindness in bringing this relief within our reach.

I hope, however, to find even greater results from the use of the remedy.

Truly yours,  
N. H. PAWLING.

SOLD BY ALL DRUGGISTS.

The Rheumatine Manufacturing Co.,  
St. Catharines, Ont.

MESSRS. NORTHROP & LYMAN, WHOLE-  
SALE AGENTS, TORONTO.

**1000,000 Acres**  
**Choice Lands**  
In the Great Wheat Belt. For sale by the WINONA & ST. PETER R.R. CO. at \$2 to \$6 per Acre, on easy terms, at low interest. Lowest fare and freight. Fare refunded for healthful areas. The best unsurpassed facilities. See Guide and map giving full information FREE. Address CHAS. E. SIMMONS, Land Commissionaire of Chicago & Northwestern Railway Co., Chicago, Illinois. Mention this paper.

**MINNESOTA & DAKOTA**

## A NOTED BUT UNTITLED WOMAN.

(From the Boston Globe.)



Mrs. Pinkham's—

The above is a good likeness of Mrs. Lydia E. Pinkham, of Lynn, Mass., who above all other human beings may be truthfully called the "Dear Friend of Woman," as some of her correspondents lovingly call her. She is zealously devoted to her work, which is the outcome of a life-study, and is obliged to keep six lady assistants, to help her answer the large correspondence which daily pours in upon her, each bearing its special burden of suffering, or joy at recovery from it. Her Vegetable Compound is a medicine for good and not evil purposes. I have personally investigated it and am satisfied of the truth of this.

On account of its proven merits, it is recommended and prescribed by the best physicians in the country. One writes: "It works like a charm and saves much pain. It will cure entirely the worst form of falling of the uterus, Leucorrhoea, Irregular and painful Menstruation, all Ovarian Troubles, Inflammation and Ulceration, Floodings, all Displacements and the consequent spinal weakness, and is especially adapted to the Change of Life."

It permeates every portion of the system, and gives new life and vigor. It removes faintness, flatulency, destroys all craving for stimulants, and relieves weakness of the stomach. It cures Bloating, Headaches, Nervous Prostration, General Debility, Sleeplessness, Depression and Indigestion. That feeling of bearing down, causing pain, weight and backache, is always permanently cured by its use. It will at all times, and under all circumstances, act in harmony with the law that governs the female system.

It costs only \$1 per bottle or six for \$5, and is sold by druggists. Any advice required as to special cases, and the names of many who have been restored to perfect health by the use of the Vegetable Compound, can be obtained by addressing Mrs. P., with stamp for reply, at her home in Lynn, Mass.

For Kidney Complaint of either sex (this compound is unsurpassed as abundant testimonials show.)

Mrs. Pinkham's Liver Pills, says one writer, "are the best in the world for the cure of Constipation, Biliousness and Torpidity of the liver. Her Blood Purifier works wonders in its special line and bids fair to equal the Compound in its popularity."

All must respect her as an Angel of Mercy whose sole ambition is to do good to others.

Philadelphia, Pa. (C) Mrs. A. M. D.

**KIDNEY-WORT**  
**THE GREAT CURE**  
FOR  
**RHEUMATISM**  
As it is for all the painful diseases of the  
**KIDNEYS, LIVER AND BOWELS.**  
It cleanses the system of the poison that causes the dreadful suffering which only the victims of rheumatism can realize.  
**THOUSANDS OF CASES**  
of the worst forms of this terrible disease have been quickly relieved, and in short time  
**PERFECTLY CURED.**  
PRICE 50c. BOTTLE OR DRY, SOLD BY DRUGGISTS.  
(14) Dry can be sent by mail.  
**WELLS, RICHARDSON & CO., Burlington, Vt.**

**DIAMOND DYES.**  
FOR ANY COLOR.  
Best Dyes Ever Made.  
FOR SILK, WOOL, OR COTTON. FOR DRESSES, COATS, SCARFS, HOSIERY, YARN, STOCKINGS, CARPETS, RIBBONS, FEATHERS, or any other fancy article easily and perfectly colored to any shade. Black, Brown, Green, Blue, Scarlet, Cardinal Red, Navy Blue, Seal Brown, Olive Green, Terra Cotta and 20 other best colors. Warranted Fast and Durable. Each package will color one to four lbs. of goods. If you have never used Dyes try these once. You will be delighted. Sold by druggists, or send us 10 cents and any color wanted sent post-paid. 24 colored samples and a set of fancy cards sent for a 5c. stamp.  
**WELLS, RICHARDSON & CO., Burlington, Vt.**

**GOLD AND SILVER PAINT.**  
Bronze Paints, Black.  
For gilding Fancy Boxes, Ornaments, Lamps, Chandeliers, and for all kinds of ornamental work. Equal to any of the high priced kinds and only 10c. a package, at the druggists, or post-paid from  
**WELLS, RICHARDSON & CO., Burlington, Vt.**

## Scientific and Useful.

A CUP of hot water is a grand tonic and stomach cleanser, and a sure cure for constipation. It should be taken night and morning, just before retiring and just after rising.

**FALLING HAIR.**—One ounce iac sulphur, one pint bay rum, one pint rose water, and frangipant enough to destroy the smell of sulphur. Net the scalp daily with this and rub or brush it in well.

**CHICKEN SOUP.**—Cut a chicken into pieces and simmer it gently in a gallon of water until the meat is in rags. Skim well, strain, and return the broth to the pot. Add a cupful of rice and a tablespoonful of parsley; let it simmer for another hour. Season with pepper and salt; add a cupful of boiling cream just before serving.

**TURNIPS.**—Wash, peel, cut in thin slices across the grain and place in a kettle with as little water as possible; boil them half to three quarters of an hour, or until you can easily pierce them with a fork; drain well, season with salt, pepper, and butter; mash fine, and place on stove, stirring frequently until water is all dried out. Turnips are better when cooked quickly. They may be steamed, and the water poured out through a cloth then mashed.

**COLLARS AND CUFFS.**—To one and a half cupfuls of cold water put two heaping teasp. onfuls of starch, and one teaspoonful, not heaped, of pulverized borax. Dissolve and wring collars, cuffs, and shirt bosoms in it, having dried them previously. Roll in a dry cloth, and let lie two hours; then rub off with a dry cloth, and iron. They will not stick, and will be as stiff as pasteboard. The above quantity will do for a small family. No previous starching required.

**LEMON PIE.**—This is the way the Massachusetts cook makes her lemon pie: One pound, seventeen table-spoonfuls of sugar, and three eggs; grate the yellow rind of the lemon and squeeze the juice of the lemon on the sugar; to this add the yolks of the eggs, beaten till light; cover a plate with a rich paste, putting a ring around the edge; fill with the above mixture, and bake till the crust is done. Beat the whites of the eggs to a stiff froth, beating in a little powdered sugar; spread this on the top of the pie when it is done, and let it brown.

**INDIAN PUDDING.**—An Indian pudding made after this recipe, although unlike the Indian pudding of our fathers, is delicious. Take four eggs, and the weight of three of them in meal, half a pound of sugar and a quarter of a pound of butter, and the juice and grated rind of one lemon. Beat the sugar and butter together till light, then break the eggs in the dish with them and beat briskly; then stir in the meal. Bake in a quick oven; serve in saucers, and pour over it some thin jelly or jam, or sauce.

**A NICE SALAD.**—Nice salad can be made by using veal, and the inexperienced housewife may be reminded that there is as much difference in veal as in beef or chickens. For the salad choose a firm and lean piece, boil it until it is tender, and then proceed as if you are making chicken salad. It is a good plan to prepare this some day when you are to have chicken for dinner; then the veal can be boiled in the same kettle, and will be flavoured with the chicken broth. Reserve some of the broth when making gravy for the chicken to moisten the salad with.

**HOW TO CLEAN MICA.**—Every woman who has been obliged to spend half a day several times during the winter cleaning the mica in her coal stove, usually by taking them out and washing them in soapsuds, will rejoice to know that there is a much easier way to clean them, and that there is no need to let the fire burn down very low in order to do it successfully. Take a little vinegar and water, and wash the mica carefully with a soft cloth; the acid removes all stains, and if a little pains is taken in cleaning the corners and wiping them dry, the mica will look as good as new.

"The Only One in America."  
The International Throat and Lung Institute, Toronto and Montreal, is positively the only one in America where diseases of the air passages alone are treated. Cold inhalations are used through the Sphærometer, an instrument or inhaler invented by Dr. M. Souvielle of Paris, ex-aide-major of the French army, with proper electric, hygienic and constitutional treatment suitable to each case. Thousands of cases of Catarrh, Laryngitis, Bronchitis, Asthma, Catarrhal Deafness and Consumption have been cured at this institute during the past few years. Write, enclosing stamp, for pamphlet, giving full particulars and reliable references to 173 Church street, Toronto, Ont.; 13 Phillip's Square, Montreal, P. Q.

## VALUABLE TRUTHS.

"If you are suffering from poor health or languishing on a bed of sickness, take cheer, for

**Hop Bitters Will Cure You.**  
"If you are simply ailing, if you feel weak and dispirited, without clearly knowing why,

**Hop Bitters will Revive you.**  
"If you are a minister, and have over-taxed yourself with your pastoral duties, or a mother, worn out with care and work,

**Hop Bitters will Restore you.**  
"If you are a man of business, or a labourer weakened by the strain of your every-day duties, or a man of letters, toiling over your midnight work,

**Hop Bitters will Strengthen you.**  
"If you are suffering from over eating, or drinking, any indiscretion or dissipation, or are young and growing too fast, as is often the case,

**Hop Bitters will Relieve you.**  
"If you are in the workshop, on the farm, at the desk, anywhere, and feel that your system needs cleansing, toning, or stimulating, without intoxicating,

**Hop Bitters is what you need.**  
"If you are old, and your blood thin and impure, pulse feeble, your nerves unsteady, and your faculties waning,

**Hop Bitters will give you new Life and Vigour.**  
"HOP BITTERS is an elegant, healthy, and refreshing flavouring for sick-room drinks, impure water, etc., rendering them harmless, and sweetening the mouth, and cleansing the stomach."

**Cleanse, Purify, and Enrich the Blood with**

**Hop Bitters,**  
And you will have no sickness, or suffering, or doctor's bills to pay.

**HOP BITTERS**  
is an Elegant, Pleasant, and Refreshing Flavouring for Sick-room Drinks, and Impure Water, rendering them harmless, sweetening the mouth, and cleansing the stomach.

**SKINNY MEN.**  
"Wells' Health Renewer" restores health and vigour, cures Dyspepsia, General Debility. \$1.

"**WHAT SHOULD A MAN** whose blood is warm within  
Sit like his grandfather in alabaster?"  
Or let his hair grow rusty, scant and thin,  
When "Cingalese Renewer" will make it grow the faster.

As the frosts of winter vanish under the calorific influence of the sun's ray, so does Bright's Disease, Dropsy, Stone in the Kidneys and Bladder, and Inflammation of the Kidneys, leave the body upon the administration of Dr. Van Buren's Kidney Cure.

**ROUGH ON RATS.**  
Clears out rats, mice, roaches, flies, ants, bed-bugs, skunks, chipmunks, gophers. 15c. Druggists.

J. S. Wetherell, writing from Winnipeg, says: "I can say more about PHOSPHATINE now than when I saw you last in Toronto. My health is much improved, and I am free from headaches, or any other aches, having only used two and a half bottles of your Phosphatine. For sale by all druggists."

"No household should be considered complete without a bottle of DR. VAN BUREN'S KIDNEY CURE in the closet. It is the only remedy that will positively, permanently and promptly cure all forms of kidney diseases. Sold by druggists."

"BUCKUPAIBA."  
Quick, complete cure, all annoying, Bladder and kindred Diseases. 50c. Druggists.

Now that there is a reliable remedy for kidney troubles, half the terrors attached to these complaints have been removed. For this let all be thankful, and to DR. VAN BUREN'S KIDNEY CURE award all praise for having thus removed a hitherto considered fatal disease from our path. It was never known to fail. Sold by druggists.

"Throw Phlegm to the Dogs, I'll Neat of it. We do not feel like blaming Macbeth for the oppression of Angus. Even now-a-days most of the cathartics are great repulsive pills, enough to ruin one's stomach. Had Macbeth ever seen Dr. Pierce's 'Purifying Pellets' he would not have uttered those words of contempt. By druggists."