

keep clean with one ablution a day. At table I eat to live. I have what I want, but I never want what I know to be unhealthy. Rare beef, fresh fruit and vegetables, bread and enough wine to keep me from choking, make up my menu. I am very fond of coffee, but use it moderately. I am also fond of pastry and sweets, but never touch them. Success, if that is what you call my good health, I owe to fresh air, moderation and a quiet life."

WORTH KNOWING.

Hall's Journal of Health, in an article condemning the use of the drug ammonia as an ingredient used in certain articles of food, and showing its baneful effects upon the human economy, refers to the influence of ammonia upon horses, causing blindness, etc., and says:

"It is this that produces the pungent and sickening odour in urinals and neglected stables. It is, in its concentrated form, peculiarly destructive to the delicate tissues of the animal economy. The action of ammonia on the sensitive membranes of the eye is the most prominent cause of blindness in horses. Animals that are confined in close stables, where manure is allowed to accumulate in considerable quantity, are, in addition to blindness, peculiarly liable to diseases of the lungs and the kidneys, from the action of ammonia. The effect of this drug seems to be cumulative, and when taken into the stomach in small doses repeatedly, it is easy to conceive that its action must be irritating to the coating of the stomach, and to those far more sensitive membranes that line the passage of the urinary apparatus."

HOME SEEKERS' EXCURSIONS.

The Burlington Route, C., B. & Q. R. R., will sell on Tuesdays, April 22 and May 20, Home Seekers' Excursion Tickets at *Half-Rates* to points in the Farming Regions of the West, North-West and Southwest. Limit thirty days. For folder giving details concerning tickets, rates and time of trains, and for descriptive land folder, call on your ticket agent or address P. S. Eustis, General Passenger and Ticket Agent, Chicago, Ill.

WHY YOU HAVE TO USE LESS THAN OTHERS.

Because it is purer, stronger and better. One trial of Imperial Cream Tartar Baking Powder will convince the most prejudiced cook.

RÉCAMIER SARSAPARILLA.



The safety of human life depends upon a proper observance of all natural laws, and the use in cases of sickness of only such medicine as are known to be of greatest value. In this unique Spring season, after a winter remarkable for the sickness which prevailed, a Blood Purifier and Tonic is needed to expel from the life current every trace of impure matter, and to stimulate, strengthen and build up the system and prepare it for the warmer weather of Summer. To accomplish this:

RÉCAMIER SARSAPARILLA

should be freely used, as a Blood Purifier of the highest value. It acts with quick yet pleasant potency upon the Stomach, Liver, Kidneys and Bowels. Is cleansing, soothing and invigorating. It constructs the wasted tissues, returning to the entire system perfect health. By its use Catarrh can be cured by the expulsion of the wretched matter from which the disease arises, neutralizing the acidity of the blood. To sufferers from Rheumatism there is nothing like it in the world. It will effect a cure where cure is possible.

RÉCAMIER SARSAPARILLA

RÉCAMIER SARSAPARILLA

is a Spring Medicine, pre-eminently superior to all others. A medicine pure and simple, not a beverage.

Success beyond all comparison has attended its presentation wherever it has been introduced, placing it above and beyond all others of like description in the world.

PRICE \$1.00 PER BOTTLE.

The trade supplied in Canada by the

50 Wellington St. East, Toronto. RÉCAMIER MANUFACTURING Co., 374-376 St. Paul St., Montreal.



PEARLINE

Is the latest and greatest improvement in the way of soap. It combines miraculous dirt-removing, time and labor-saving qualities with perfect harmlessness; the finest and coarsest articles are alike washed more easily and better than with any other soap or compound. Pearl-line does away with the most of the rubbing, hence it saves the most of the wear. It is the continuous rubbing on a board which wears out your clothes, rubs off the buttons and strings—not so much the wearing. It cleans paint, china, windows, glassware and carpets without taking up. Over one million families are now using Pearl-line. Its popularity is unparalleled.

Beware

Peddlers and some unscrupulous grocers are offering imitations which they claim to be Pearl-line, or "the same as Pearl-line." IT'S FALSE—they are not, and besides are dangerous. PEARLINE is never peddled, but sold by all good grocers. Manufactured only by JAMES PYLE, New York.

R.R.R.—RADWAY'S READY RELIEF

CURES AND PREVENTS

Colds, Coughs, Sore Throat, Influenza, Inflammation, Rheumatism, Neuralgia, Headache, Toothache, Asthma, 29/52

DIFFICULT BREATHING.

CURES THE WORST PAINS in from one to twenty minutes. NOT ONE HOUR after reading this advertisement need any one SUFFER WITH PAIN.

Radway's Ready Relief is a Cure for Every Pain, Sprains, Bruises, Pains in the Back, Chest or Limbs. It was the first, and is the only PAIN REMEDY. That instantly stops the most excruciating pains, allays inflammation, and cures Congestion, whether of the Lungs, Stomach, Bowels, or other glands or organs, by one application. Half a teaspoonful in half a tumbler of water will in a few minutes cure Cramps, Sour Stomach, Heartburn, Nervousness, Sleeplessness, Sick Headache, Diarrhoea, Dysentery, Colic, Flatulency and all Internal Pains.

MALARIA Cured in its Worst Forms.

CHILLS AND FEVER.

FEVER AND AGUE cured or prevented. There is not a remedial agent in the world that will cure Fever and Ague and all other Malarious, Bilious and other fevers (aided by RADWAY'S PILLS) so quick as RADWAY'S READY RELIEF.

Price 25 cents a bottle. Sold by all Druggists.

RADWAY & CO., 419 St. James Street, Montreal.



THE ONLY APPLIANCES

HAVING

ABSORBENT QUALITIES.



A New Lease of Life - A Cure Without Medicine.

All Diseases are Cured by our Medicated Electric Belt and Appliances. On the principle that Electricity is Life, our appliances are brought directly into contact with the diseased part. They act as perfect absorbents, by destroying the germs of disease and removing all impurities from the body. Diseases are successfully treated by correspondence, as our goods can be applied at home.

ANOTHER NEW LIST OF HOME REFERENCES:

GEO. NICHOLSON, Zephyr, Ont., rheumatism 18 years. After two days resumed work in the harvest field. HENRY WHITE, Markham, Ont., rheumatism, shoulders and knees, cured after doctoring ten years. WM. DRINKWATER, V.S., Dutton, Ont., a martyr to rheumatism, cured in three weeks. MRS. McKAY, Ailsa Craig, Ont., sciatica 15 years, no pain from the first day. JAS. MANSFIELD, Saskatchewan, N.W.T., piles and complete prostration completely cured. JAS. STORY, Fitzroy, Ont., after wearing Butterfly Belt one night, attended a fair; a walking advertisement for us—70 years old. W. J. GOULD, Bathurst St., City, after laying off 3 weeks went to work wore Butterfly Belt 4 days—sciatica. GEO. H. BAILEY, Yarmouth, Ont., a cripple from rheumatism, liver and kidney, completely cured in one month. MRS. WALTER LUNN, Port Talbot, Ont., not able to work for two years, cured in one month, lame back and liver complaint. JOSIAH FENNELL, 287 Queen St. East, for 6 weeks could not write a letter, went to work on the sixth day—neuralgia. S. FLOYD, 1194 Portland St., cured against his will, liver and kidney trouble. FLORENCE O'NEILL, Pakenham, neuralgia, cured in four days, doctors could do nothing more for her. MISS FLORENCE McDONALD, 21 Wilton Ave., reports a lump drawn from her wrist. RICHARD FLOOD, 40 Stewart St., tried everything for catarrh, Actina cured him. L. D. GOOD, Berlin, Ont., cheerfully recommends Actina for catarrh. J. R. JOHNSON, Solgirth, Man., tried a hundred remedies, nothing effective, Butterfly Belt cured biliousness and dyspepsia. SENATOR A. E. BOTSFORD, Sackville, N.B., says Actina is good for defective eye-sight. THOMAS GUTHRIE, Argyle, Man., received more good from our Butterfly Belt and Suspensory than from the medicine he paid for in twelve years.



"Your Belt and Suspensory have cured me of impotency," writes G. A. "I would not be without your Belt and Suspensory for \$50" writes J. McG. Says S. M. C. "For general debility your Belt and Suspensory are cheap at any price." H. S., Fleetwood, a weak mentally and physically, cause nightly emissions, perfectly cured. Many more such testimonials on file.

Catarrh Impossible under the Influence of Actina.

Actina will cure all diseases of the eye.

Send for Illustrated Book and Journal giving full list, Free. No Fancy Prices.

Combined Belt and Suspensory, only \$5.00—Certain Cure. NO VINEGAR OR ACID USED.

W. T. BAER & CO.,

MENTION THIS PAPER.

171 Queen Street West, Toronto