

# RADWAY'S PILLS,

Always Reliable,  
Purely Vegetable.

Perfectly tasteless, elegantly coated, purge, regulate, purify, cleanse and strengthen. Radway's Pills for the cure of all disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Dizziness, Vertigo, Costiveness, Piles,

Sick Headache,  
Female Complaints,  
Biliousness,  
Indigestion,  
Dyspepsia,  
Constipation.

## All Disorders of the Liver.

Observe the following symptoms resulting from diseases of the digestive organs: Constipation, inward piles, fulness of blood in the head, acidity of the stomach, nausea, heartburn, disgust of food, fulness of weight of the stomach, sour eructations, sinking or fluttering of the heart, choking or suffocating sensations when in a lying posture, dimness of vision, dots or webs before the sight, fever and dull pain in the head, deficiency of perspiration, yellowness of the skin and eyes, pain in the side, chest, limbs, and sudden flushes of heat, burning in the flesh.

A few doses of RADWAY'S PILLS will free the system of all the above named disorders.

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Manufactured from the Best Canada Grapes without the use of either artificial coloring or distilled spirits in any form.

After repeated chemical analyses of the Wines made by Robert Bradford of No. 595 Parliament St., Toronto. I do not hesitate to pronounce them to be unsurpassed by any of the native Wines that have come under my observation.

Analyses show them to contain liberal amounts of the ethereal and saline elements, sugar and tannic acid etc. characteristic of true Wine and which modify materially the effects which would be produced by alcohol alone.

Retaining to a high degree the natural flavor of the grape, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

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the necessary, nay, the indispensable  
adjunct to the correct repast is

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BEST QUALITY OF BREAD.  
Brown Bread, White Bread.  
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To invest a small sum every month where  
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Or more, according to amount saved per  
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degree of our future wealth and pros-  
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2 Cents a day for 8 years and get \$100?  
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You can if you will.

So long as the masses of the people do not  
save anything out of their earnings, just so  
long will their SPENDINGS go into the  
hands of those who do save, and THEY  
are the capitalists. This is why the few  
own the houses and the many pay the rent.  
Do you wish to remain one of the "mas-  
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A FEW RELIABLE AGENTS WANTED.

Minard's Liniment for sale everywhere.

## HEALTH AND HOUSEHOLD HINTS.

Sanitary.—It is a good plan to keep a small dish of powdered charcoal on one of the upper shelves of the refrigerator, as it is an excellent absorber of odors. It should be changed every few days.

Egg Bread.—Beat two eggs till light. Beat a half cup of cold rice in a pint of milk until smooth. Melt a tablespoon of butter. Stir these together quickly, and add two cups of Indian meal, in which a teaspoon of salt has been stirred. Bake quickly in shallow tins.

Salt.—Those vegetarians who advise the disuse of salt in food might study to advantage the fact that during the last Paraguayan war it was noticed that the men who had been without salt for three months, and who had been wounded, however slightly, died of their wounds because they would not heal.

Popovers.—Beat two eggs very light without separating. Then add to them two cups of milk, stirring all the while. Pour this mixture on two cups of sifted flour, to which has been added a level teaspoonful of salt; beat until very light and smooth; strain through a sieve. Heat the greased popover pans, fill with the popover batter, and bake in a quick oven for twenty-five minutes.

Baked Mutton Chops.—Beat and trim the chops, roll each one in beaten egg and then in dried bread crumbs; put them in a dripping pan, with a small lump of butter on each one. Set in the oven, and as they brown, baste every few minutes with boiling water and a little melted butter. When nut brown, keep them hot, sprinkled with pepper and salt, while you thicken the gravy left in the pan by adding brown flour and a few tablespoonfuls of tomato catsup. Pour over the chops and serve.

Tomatoes Stuffed and Baked.—Choose some round, well shaped and very ripe tomatoes, cut a round off the stalk end of each, so as to be able to scoop out the interior without splitting the tomato. Put what you have taken out into a saucepan, with a little butter, some chopped parsley, onion, a wee bit of garlic, salt, pepper and let it reduce over the fire, then pass through a sieve. Mix in a little breadcrumb previously soaked in stock to give consistency, some butter and the yolks of two eggs. Put the tomatoes in a dish that will stand the fire, with the above mixture, strew some dried and brown bread crumbs over, put a little butter on the top of each and place the dish in the oven for about 10 or 15 minutes.

The Hay Quilt.—About the latest invention in bed covering is the hay quilt. It is made of flannelette, cretonne, or wool, and an armful of hay. The goods are sewed strongly across the top and bottom and down one side, and quilted across from side to side at distances of about fourteen inches. The hay is put in lightly, and the remaining side sewed down. When the hay becomes limp, hang the quilt before the fire and it soon becomes crisp again. The warmth of these quilts cannot be realized, except by those who have tried them. In making these quilts, they should be made quite as wide as the beds they are intended to cover. They are equal in warmth to two or three blankets. Such quilts are much used by the peasantry in the Swiss mountains.

The Way to Tell an Orange.—Very big oranges are not good. They are all skin and fibre. If you want "a yellow cup of wine," buy small fruit; that is, fruit that runs 176 or 200 to the box. Weigh it in the hand and take the heaviest. Sweet, sound oranges are full of wine and sugar and very heavy. A thin, smooth skin is a good sign. Wide, deep-pored skins are unmistakable signs of a coarse spongy article. Bright yellow oranges usually cost more than russet, because they are prettier. When the commission merchant buys in a hurry, he saves time by taking an orange between his hands and squeezing it to death. If it runs a cup of wine he takes as much of the cargo as he needs; if it runs dry he cuts the price or refuses to trade. There is no surer way to tell the real value of an orange, mandarine, or grape fruit.

The Perfection of Lemonade.—Good lemonade is one of the most perfect drinks ever devised. I can hardly understand why it is not in daily use in place of tea and coffee, and why it does not drive out every kind of alcoholic drink. Perfect lemonade is made as follows: For a quart, take the juice of three lemons, using the rind of one of them. Carefully peel the rind very thin, getting just the yellow outside; cut this into pieces and put with the juice and powdered sugar, of which use two ounces to the quart, in a jug or jar with a cover. When the water is just at the boiling point, pour it over the lemon and sugar, cover at once and let it get cold. Try this way once, and see if it is not delicious. While on the subject, let me say that I know a physician whose exclusive drink is lemonade. He uses about 3,000 lemons a year. He weighs 185 pounds, and does not know what it is to be ill.—*Journal of Hygiene.*

Minard's Liniment relieves Neuralgia.

# SCROFULA CURED BY B.B.B.



MRS. JAS. CHASE.

## Worst Kind of Scrofula.

DEAR SIR.—I had an abscess on my breast and scrofula of the very worst kind, the doctors said. I got so weak that I could not walk around the house without taking hold of chairs to support me. The doctors treated me for three years, and at last said there was no hope for me. I asked if I might take B.B.B. and they said it would do me no harm, so I began to take it, and before three bottles were used I felt great benefit. I have now taken six bottles and am nearly well. I find Burdock Blood Bitters a grand blood purifier and very good for children as a spring medicine.

MRS. JAMES CHASE,  
Frankford, Ont.

The best protection against infant troubles

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