

BAD LIVER AND JAUNDICE.



Was troubled for years with bad liver, and became yellow with jaundice. Heard about

ST. LEON MINERAL WATER.

Went to springs and got entirely well. That is four years ago. Have used the water ever since, and have the finest health I could desire. Never enjoyed life more. Also my skin has regained its natural colour.

Mrs. JOHN MASSI, Boston Falls.

THE ST. LEON MINERAL WATER Co. (Limited), HEAD OFFICE - 101 1/2 KING STREET WEST, TORONTO. Branch Office at Tidy's Flower Depot, 164 Yonge Street.

THE INTERNATIONAL BUSINESS COLLEGE

Corner College Street and Brunswick Avenue, Toronto. I do not say my College is "Better than the Best," the "Leading" or most "Reliable," but I am the oldest and most experienced Business School Teacher in the Dominion, and for twenty-three years was at the head of "Musgrove's National Business College," in Ottawa, the largest Business School in Eastern Ontario. I advertise very little. I give my personal attention to each student, and make his interest my own. A word to the wise is sufficient. Address J. M. MUGROVE, Proprietor.



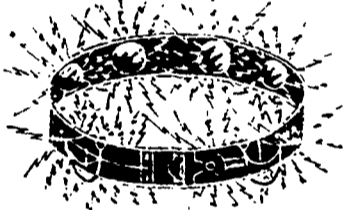
OF IMPORTANCE TO YOU.

We request all those seeking medical relief to write us confidentially and learn for themselves of what

THE GREAT MODERN REMEDY can do for them. To heal the sick we must destroy the cause. To do this the remedy must be an Anti-Septic, and destroy the living disease germs in the blood by actually coming in contact with them. Any other method of cure is a humbug. No Electricity. "Health without Medicine," (which contains nothing but the advice to use hot water enemata) or other remedies with no anti-septic qualities will do this. The reader should do his own thinking and careful investigating, and not let others do it for him, else they will soon profit by his ignorance.

WM. RADAM MICROBE KILLER COMPANY, L't'd 180 KING ST. W., TORONTO, ONT. Please mention this paper.

The Dorenwend Electric Belt and Attachments



RELIEVE AND CURE ALL DISEASES WITHOUT MEDICINE.

Indigestion, Liver and Kidney Complaints, Rheumatism, Neuralgia, Lumbago, Gout, Spinal Disease, Nervous Prostration, Sleeplessness, Heart Troubles, Impotence, Seminal Weakness, and Disorders of the Nervous and Muscular Systems. Dorenwend's Appliances are the very latest in Electro-Medical Discoveries. The current is under the control of the user, and can be made weak or strong. Every part is adjustable. The Belt will cure all diseases curable by electricity. They are endorsed by recognized authorities.

Expert electrical and medical examination invited. No other belt will stand this. Send for book on Electro-medical Treatments. The Dorenwend Electric Belt and Attachment Co., 103 Yonge Street, Toronto. Mention this paper. C. H. DORENWEND, Electrician.

B.B.B. Cures CONSTIPATION

ACTS ON THE BOWELS.

Rapid Recovery. DEAR SIR—I have tried your B.B.B. with great success for constipation and pain in my head. The second dose made me ever so much better. My bowels now move freely and the pain in my head has left me, and to everybody with the same disease I recommend B. B. B. MISS F. WILLIAMS, 415 Bloor St., Toronto.

FAT FOLKS

Send at once for a FREE BOTTLE and a valuable Treatise. This remedy is a sure and radical cure and is perfectly harmless as no injurious drugs are used in its preparation. I will warrant it to cure

FITS EPILEPSY OR FALLING SICKNESS CURED

H. G. BOO M. C., 186 West Adelaide St. Toronto, Ont.

VIRGINIA FARMS

SEATTLE No blizzard, heavy snow or storm. Average winter temperature 52° above zero. Seattle, largest city in Washington Territory. Population 25,000. Commercial, educational and financial center of Puget Sound Country. Full information a copy of our CATALOGUE, CHAS. H. ATTLINGER CITY, SEATTLE, Wash. Territory



SHOPPING IN SEDAN CHAIRS IN THE LAST CENTURY.

Queen Charlotte's Visit to Pears' for Soap for her Complexion, a Hundred Years Ago.

PEARS' SOAP

has been established in London 100 YEARS, both as a COMPLEXION and as a SHAVING SOAP, has obtained 15 INTERNATIONAL AWARDS, and is sold in every city of the world. It is the purest, cleanest, most elegant and economical, and therefore the best of all soaps for general toilet purposes; and for use in the nursery it is recommended by thousands of intelligent mothers throughout the civilized world, because while serving as a cleanser and detergent, its emollient properties prevent the chafing and discomforts to which infants are so liable. PEARS' SOAP can now be had of nearly all Druggists and first-class Grocers in Canada. Be sure that you get the genuine, as there are worthless imitations.

ONE OF THE MISERIES OF WINTER:

CHAPPED HANDS.

At this season of the year many people are troubled with chapped hands, especially those who have household duties to attend to, and who do their own washing.

Poor soap does this. It irritates and injures the skin. Those who use "SUNLIGHT" SOAP are not afflicted with this trouble. This Soap is made of materials which soften and nourish the skin, as all who use it can testify. No home is complete without "SUNLIGHT" SOAP.

THE GREAT ENGLISH REMEDY OF PURELY VEGETABLE INGREDIENTS, AND WITHOUT MERCURY, USED BY THE ENGLISH PEOPLE FOR OVER 100 YEARS, IS

Cockle's Pills

These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

WHOLESALE AGENTS: EVANS & SONS, LIMITED, MONTREAL.

THE WONDER OF THE AGE



A NEW IMPROVED DYE FOR HOME DYEING Only Water required in Using.

10¢ a package. For sale everywhere. If your dealer does not keep them, send direct to the manufacturer. J. S. ROBERTSON & Co., MONTREAL.

HOUSEHOLD HINTS.

POTATO OMELET.—Cut cold-boiled potatoes into dice or small lumps. Rub smoothly together, without scorching, a tablespoonful each of butter and flour; thin slightly with stock or water; when boiling add the diced potatoes, and heat thoroughly. Melt a tablespoonful of butter in a spider, pour into it the potatoes, brown underneath, add chopped parsley, and fold like an omelet. Serve quickly. This makes an excellent accompaniment for hash. If minced meat has been left from a previous meal, warm it and fold within the omelet instead of parsley.

ENGLISH MUFFINS.—One quart flour, one-half teaspoonful sugar, one teaspoonful salt, two teaspoonfuls Cleveland's Superior Baking Powder, one and one-quarter pints sweet milk. Have butter a little stiffer than for griddle cakes. Have a griddle hot and greased, lay greased muffin ring on it, fill them half full, and turn when risen to the top with cake turner. Do not bake too brown. When done, pull apart, toast slightly and butter. Serve at once.

LEMON PIE.—Two lemons, six eggs, two tea-cups sugar, two tablespoonfuls flour, one tea-cup boiling water, rich pastry for lining pans. These materials will make two pies. Grate the yellow rind of the lemon for flavouring, throw away the thick white skin, but the remainder of the lemons fine, being careful not to lose the juice. Add to this the sugar, the yolks of six eggs, well beaten, then the flour and lastly the boiling water. Pour the mixture into lined pie-pans and bake. Beat the whites of the eggs with sugar for a frosting, and when the pies are done spread it on them and return for a minute or two to the oven.

STEAMED CUSTARD.—Put one quart of milk in a double kettle over the fire. When boiling add four large eggs well beaten and half a cupful of sugar, cook five or ten minutes until like thick cream (but not too long, or it will be spoiled), then remove from the stove, flavour with one and a-half teaspoonfuls of vanilla, pour into twelve custard cups, set them in a steamer over a kettle of hot water, and steam until they are like custard in a pie. Cover, but watch closely that they do not cook too long, then grate nutmeg over each one, and serve cold.

BROWN BETTY.—One cupful of bread-crumbs; two cupfuls of chopped apples (tart), one-half cupful of sugar, one teaspoonful of cinnamon, two tablespoonfuls of butter cut into small bits. Butter a deep dish, and put a layer of the chopped apple at the bottom; sprinkle with sugar, a few bits of butter and cinnamon; cover with crumbs; more apple. Proceed in this order till the dish is full, having a layer of crumbs at top. Cover closely and bake forty-five minutes in a moderate oven; then uncover and brown quickly. Eat warm with sweet sauce or cream. This quantity makes a small pudding.

FOUND AT HOME WHAT HE SOUGHT FOR IN VAIN ABROAD.

A Toronto man a few years ago travelled for some months in Europe. The next year he roamed over the prairies of our own North-West, all in search of health and relief from dyspepsia. Three years ago he began to diet on Deseccated Wheat made by the Ireland National Food Co., and that cured him. He gained fifteen pounds in weight, and is now in excellent health.

Dr. Price's Cream Baking Powder. Used in Millions of Homes—40 Years the Standard.