A FORTUN**İ** 

JAS. LEE & CO. Montreal, Canada.

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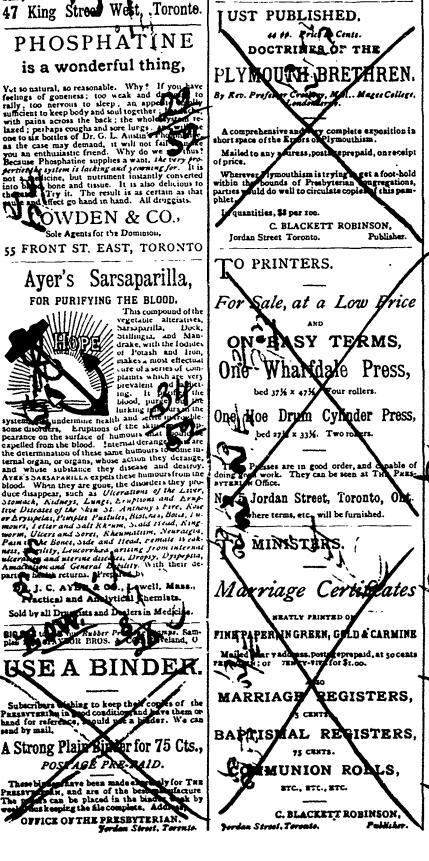
NORMAN'S

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ESTABLIS







Neuralgia, Sciatica, Lumbago, Backache, Soreness of the Chest, Gout, Quinsy, Sore Throat, Swell-ings and Sprains, Burns and Scalds, General Bodily Pains,

Tooth, Ear and Headache, Frosted
Feet and Ears, and all other
Pains and Aches.

We Preparation on earth equals 3t. Jacons One
as a seff, sures, simple and cheep External
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trifling outlay of \$40 Cents, and every one suffering
with pain can have cheep and positive proof of its
claims.

ctions in Eleven Languages SOLD BY ALL DRUGGISTS AND DEALERS IN MEDICINE.

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## WILL YOU **EXCHANGE**

a case of Dyspepsia or Biliousness for 75 cents? It is awfully unwise to agonize underthemany ail ments
arised from
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Stong thand
Live, then
this oner is
made to you

this offer is made to you in your own home in all sincerity, with an absolute certainty of coding you.

EOPESA (from Brazil) cures before and Biliousness. A tagle dose relieves; a sample bettle convinces; a 75 cent bottle cures.

It acts directly upon the Stomach, Liver, and Kidneys. Cleansing, Correcting, Regulating, Zopesa gives energy and vim to the Brain, Nerve, and Muscle, Simply by working wonder when the Digestion, and vivia activity to the Liver.

Cut this out, take to any dealer in medicines, and get at least one 75 cent bottle of Topesa, and tell your neighbor how it acts. It is warranted to ince Dyspepsia and Billeriness.

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es Street, Montreal,

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## Scientific and Aseful.

PEAR MARMALADE. - Boil the pears until soft; when cold, rub the pulp through a sieve, and boil to a jelly, allowing one pound of sugar to two pounds of pears. Many kinds of marmalade are made in the same way.

CANNED PEACHES.—Peel the peaches, cut them in halves, and remove the atones. To four pounds of peaches take one pound of sugar; make a syrup of the sugar and a little water, and add the peaches. Cook slowly twenty minutes, and put in cans while hot

SPONGE CAKE.—One pound of sugar, one pound flour, ten eggs. Break the eggs in a vessel. Add the sugar. Keep over a fire until slightly warm. Beat till very light. Add the flour, and flavour with lemon to suit the taste. Bake immediately in a quick

PEACH PRESERVES .- Peel and halve the PERCH PERSERVES.—Peet and haive the peaches. To four pounds of fruit take three pounds of sugar; make a syrup of the sugar, add the peaches, and cook twenty minutes. Put them into a jar. The ext day pour off the juice, boil it down, and pour it hot over the peaches.

THE MAYONNAISE SAUCE FOR CHICKEN THE MAYONNAISE SAUCE FOR CHICKEN—If you have six shells of chicken allow four eggs; separate the yolks carefully from the wintes, put them into a basin with a salt-spoonful of dry mustard, and with a wooden spoon incorporate all well together; then add slowly almost drop by drop, for table-spoonful of salad oil alternately with about one desergespoonful of vinegar, most carefull added (the whole quantity of vinegar in the sauce should be but one desergespoonful; they stirring one way all the time, in a very cool place, with a wooden spoon.

GOOD BEEF TEA.—Cut a pound of rump steak in quarter-inch cubes on a board with a very sharp knife. Sprinkle salt on the but of beef-about as much as would season it it were broiled. Put it in a glass present it were broiled. Put it in a glass presere jar, and let it stand fifteen minutes. Add four great spoonfuls of cold water, cover the jar air-tight, and let it stand one hour. The set the jar into a kettle of cold water on the stove. Let it come very slowly to a boil. The set it on the back part of the stove where will keep at a boiling heat, but without boiling, until wanted. After straining it forus, add more salt if necessary, and a sprinkled red pepper if the case allows it. This concentratements nourishment, and makes it.

red pepper if the case allows it. This cocentrates the nourishment, and makes it
more paintable.

Night Ask.—An extraordinary fallary is
the dread of night air. What air can we
bred best wight but night air? The chose
is between pure night air from without and
foul air from within. Most people prefer
the latter—an unaccountable choice. What
will they say if it is proved to be true that
fully one-half of all the diseases we suffer
from are occasioned by people sleeping with from are occasioned by people sleeping with their windows shut? An opened window, their windows shut? An opened window, most nights in the year, can never hurt ary one. It great cities, night air is often the best are the est air to be had in the twenty-four hand. I could better understand shuting the indows in town during the day then during the night, for the sake of the sack. The absence of smoke, the quiet, at tend to make night the best time for any the patient. One of our highest medial authorities on consumption and climate he said that the sir in London is never so god authorities on consumption and climate his said that the air in London is never so good as then 10 o clock at night. Always are your come, then, from the outside air, if the come with the consumption of But the fewer passages there are n poital the better.

## EFFECTIVE WORK.

paric following specific information, is parter by thoroughly reliable people, will convey clearer idea than any amount abstract reference, how certain desirable negative being accomplished. Mr. Alexander that the people with the large of the people with the people wit as ever. I consider as ever. I consider of Jacob Oll a 'dec sure' cure for rhemathm in every form' Mr. James Demysey, Cobary street, Ottaw, is pleased to mark: "Having suffered for some time past with rhematism in the back, I are gratified to say that I have been complicity cured after a few applications of St. Jacobs Oil, and can confidently recom-mend it to any one suffering in like manner.