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A NOTED BUT UNTITLED WOMAN. (From the Boston Globe.)



Mrs. E. Zellers - 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 love to call her. She is assiduously 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 release 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 says: "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 Obstruction, 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, satiatency, 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.

Bottles 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 Complaints 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.

AGENTS WANTED for the Best and Fastest-selling Pictorial Books and Bibles. Reduced 25 per cent. NATIONAL PUBLISHING CO., Phila., Pa.

TERRIBLE SUFFERINGS

Dr. E. V. Pierce, Buffalo, N.Y. I have a friend who suffered terribly. I purchased a bottle of your "Favourite Prescription," and, as a result of its use, she is perfectly well. J. BAILEY, Burdett, N.Y.

Dr. Pierce's "Golden Medical Discovery" and "Pleasant Purgative Pellets" purify the blood and cure constipation.

Scientific and Useful.

DELICIOUS PUDDING.—A delicious pudding is made thus: Stir two tablespoonfuls of flour, and mix with the beaten yolks of six eggs, add gradually one pint of sweet cream, a quarter of a pound of citron cut in very thin slices, and two tablespoonfuls of sugar; mix thoroughly, pour into a buttered tin, and bake twenty-five minutes. Serve with vanilla sauce.

TO PREVENT PICKLES FROM MOULDING.—Horse-radish will prevent pickles from moulding. Cut in little round slices a piece of horse-radish root as large as your finger, and twice as long, and throw into a two gallon jar of sweet pickles just before setting it away, and you will find them all right, when you go in haste to get a dishful for the table.

An agreeable dish for dessert is made in this way:—Line a deep pie-plate with rich crust, put a layer of red raspberry jam on this, and cover with a mixture made by beating three eggs, one cup of powdered sugar, a tablespoonful of butter; flavour with a very little almond extract; put this smoothly over the jam; bake till the crust is done; serve with cream.

FRIED SHAD.—Cut the shad across into rather large pieces, and if the fish is very thick, split each piece through the middle; season with salt, pepper, dredge with flour and fry in hot lard. Turn the pieces of fish frequently that they may not burn. The roe should also be seasoned nicely, and fried. Serve sauce tartare with fried shad. Bass may be fried in the same way.

SPANISH SHORT CAKE.—Spanish short cake is excellent for tea. Take three eggs, half a cup of butter, one cup of sugar, two-thirds of a cup of sweet milk, a little cinnamon, two cups of flour, and one teaspoonful of baking powder; stir the flour in, do not knead it; the eggs, butter, and sugar should be beaten together till very light. Bake in a shallow tin; when it is done spread a thin frosting over the top; make this of the white of one egg, a little pulverized sugar, and a teaspoonful of cinnamon; set it in the oven to brown.

CHICKEN CROQUETTES.—This recipe for chicken croquettes comes from the note-book of a cook of long experience: Chop the white meat of a cold boiled chicken very fine. Add a well-beaten egg, a spoonful of flour, a little salt, and teaspoonful of cream, stirred in with the chicken. Let this simmer on the back part of the stove for a few minutes, stirring it constantly to keep the cream from scorching. When the batter has thickened to about the consistency of custard pour from the saucepan into a shallow pan or dish to cool. When cold and stiff fashion it in balls or flat cakes, dip in egg batter and in bread or cracker crumbs, and fry in hot fat.

A GOOD, plain, unhurried breakfast is always important to the school child. The young are better off without coffee or tea; but some may need a warm drink for breakfast in cold weather—such as sweetened water, sugar and milk, and water or milk flavored with cocoa. If the child will not be at home and at dinner, within five hours after the close of breakfast, have him carry a small and easily-digested lunch to eat at recess or at an appointed time in school. It should be light bread and butter, with fruit or jelly, and not overlarge, if there is to be a meal at home by two o'clock. Have the child chew before swallowing, as it cannot chew after swallowing, as cows do. Let every boy know that tobacco in any form is so injurious to growth and vigour as to make its use by him a breach of school laws and of good sense.

UNDER the present management of the International Throat and Lung Institute, those who unfortunately are suffering from Consumption, Asthma, Bronchitis, Catarrh, Catarrhal Deafness or any other condition of the air passages, can avail themselves of the advantage of receiving treatment by the Specialists of this Institute, which is acknowledged to be the best of the kind in America. In fact the only one where the above diseases alone are treated. Consultations free. Also a trial of the Spirometer, the wonderful invention of Dr. M. Souville, of Paris, Ex-aide Surgeon of the French Army. Those unable to come to the Institute, or see our surgeons who visit all the principal towns and cities of Canada, can be successfully treated by writing, enclosing a stamp for a copy of our International News, published monthly, which will give you full particulars and references, which are genuine. Address International Throat & Lung Institute, 173 Church Street, Toronto, or 13 Phillip's Square, Montreal.

Dr. J. Rolph Malcolm,

(ESTABLISHED 1863) Physician for Affections of the Throat, Lungs and all other Chronic Diseases, 357 KING ST. WEST, TORONTO.

SPECIALTY—The Treatment of Affections of the Respiratory Organs by Inhalation.

All those suffering from Catarrh, Bronchitis, Asthma, Consumption, or any other disease of long standing, are cordially invited to call. CONSULTATION FREE.

Books giving full particulars, mailed free, on application.

Biliousness and Bilious Patients.

The Bilious is a disorder of the human system. A technical definition of the term is this:—pertaining to the bile; disordered in respect to the bile; as a bilious patient; dependant on an excess of bile; as, bilious temperament; bilious symptoms.

The word bile, when employed in a sense in which it is to be understood in this article, signifies, according to the dictionary, "A yellow, greenish, bitter, viscid fluid secreted by the liver." "By derangement of the bile at once manifests itself in great bodily discomfort, in loss of appetite, and in despondency," recently remarked another author of a valuable treatise upon this subject.

The same writer further says: "Some of the following symptoms are usually prominent: Pain in the right side, which is very sensitive to pressure. The pain will sometimes appear to be located under the shoulder blade. There is also irregular appetite, flatulence, a sense of fullness in the region of the stomach, and, sooner or later, the skin and whites of the eyes become yellow, the stools clay-coloured, and the urine yellow, depositing a copious sediment." The balance of the too familiar train of ills needs no farther mention here. The bilious is, as will be seen, an affliction of great magnitude, and of varied forms of direct and indirect appearance. The disease is no respecter of persons or localities. Its deadly and implacable enemy is found in

KIDNEY-WORT.

It acts on the kidneys and liver at the same time, and by its mild but efficient cathartic effects moves the bowels freely. The morbid poisons that have been the cause of all this disease and suffering will be thrown off, new life will be infused into every organ, and nature, thus aided, will soon restore the patient to health.

Physicians of repute and standing, men who are honoured for their probity, and respected and trusted for their scientific attainments are using Kidney-Wort in their practice regularly. No stronger evidence of the worth of the remedy would seem to be necessary. Such endorsements are few and far between. We had almost said that they were without precedent in the history of a proprietary remedy. Be that as it may, however, the fact remains established that Kidney-Wort is a matchless remedy, and one that needs only to be tested to demonstrate its rare merit as a healer of most of the common maladies of the human family.

DR. PHILIP C. BALLOU,

lives in Monkton, Vt. Under date of April 20th, 1882, the Doctor wrote to the proprietors of Kidney-Wort, and said, among other things: "neatly a year ago I wrote you about the success I had had in the use of Kidney-Wort in my practice. The past year I have used it more than ever, and with the best results. It cured Mr. Ethan Lawrence, of this town, of a terrible case of bloated kidney disorder. I have also treated many other diseases successfully with it. Constipation, in all its forms, yields to it, and in rheumatic affections I have known it to give almost immediate relief. In female disorders it is equally successful. Take it all in all it is the most wonderful medicine I have ever used." Dr. Ballou does not stand alone in his experience with this remedy. R. K. Clark, M.D., of South Hero, Vt., says: "Kidney-Wort does all that is claimed for it." Whilst Dr. C. M. Summerlin, of San Hill, Washington Co., Georgia, says, in a nutshell: "Kidney-Wort cured my wife when my own and other physicians' prescriptions only palliated her troubles."

The cause of death. It is known almost to a certainty that in fatal diseases the individual dies either by the brain, heart or lungs. How wise then is the effort to maintain a perfect state of health? Dr. Carson's Stomach and Constipation Bitters are a veritable "Health Giver." They purify the system from all impurities; cure Biliousness, Dyspepsia, and all diseases of the Stomach, Liver or Bowels. In large bottles at 50 cents. Sold by all druggists.

Advertising Cheats!!!

"It has become so common to write the beginning of an article, in an elegant, interesting manner, "Then run it into some advertisement that we avoid all such, "And simply call attention to the merits of Hop Bitters in as plain, honest terms as possible, "To induce people "To give them one trial, which so proves their value that they will never use anything else."

"THE REMEDY so favourably noticed in all the papers, "Religious and secular, is "Having a large sale, and is supplanting all other medicines. "There is no denying the virtues of the Hop plant, and the proprietors of Hop Bitters have shown great shrewdness "And ability "In compounding a medicine whose virtues are so palpable to every one's observation."

Did She Die?

"No! "She lingered and suffered along, pining away all the time for years." "The doctors doing her no good;" "And at last was cured by this Hop Bitter the papers say so much about." "Indeed! Indeed!" "How thankful we should be for that medicine."

A Daughter's Misery.

"Eleven years our daughter suffered on a bed of misery, "From a complication of kidney, liver, rheumatic trouble and Nervous debility, "Under the care of the best physicians, "Who gave her disease various names, "But no relief, "And now she is restored to us in good health by as simple a remedy as Hop Bitter, that we had shunned for years before using it.—THE PARENTS.

Father is Getting Well.

"My daughters say "How much better father is since he used Hop Bitters." "He is getting well after his long suffering from a disease declared incurable." "And we are so glad that he used your Bitter.—A Lady of Utica, N.Y.

ROUGH ON RATS.

Clears out rats, mice, roaches, bed-bugs, skunks, chipmunks, gophers, &c. Druggists.

THOUSANDS UPON THOUSANDS of dollars have been spent in advertising the celebrated Burdock Blood Bitters, but this fact accounts only in part for its enormous sale. Its merit has made in what it is—the best blood medicine ever devised by man.

Twenty-four beautiful colours of the Diamond Dyes, for Silks, Wool, Cotton, etc. 10 cents each. A child can use with perfect success.

EVERY PERSON TO BE A REAL SUCCESS in this life must have a speciality; that is, must concentrate the abilities of body and mind on some one pursuit. Burdock Blood Bitters is its speciality as a complete and radical cure for dyspepsia, liver and kidney complaints, and all impurities of the blood.

SKINNY MEN.

"Wells' Health Renewer" restores health and vigour, cures Dyspepsia, &c. General Debility. \$1.

DR. S. B. BRITTON says: "As a male physician do not, by their professional methods, build up the female constitution, while they seldom cure the diseases to which it is always liable in our variable climate and under our imperfect civilization. Special remedies are often required to restore organic harmony and strengthen the enfeebled powers of womanhood; and for most of these we are indebted to persons outside of the medical profession. Among the very best of these remedies I assign a prominent place to Mrs. Lydia E. Pinkham's Vegetable Compound."

"GRUNT IT OUT."—The above is an old saw as sage as it is senseless. You can't grunt out dyspepsia nor liver complaint, nor nervousness if they don't get a good hold. They don't remove themselves in that way. The taking a few doses of Burdock Blood Bitters is better than "grunting it out." What we can cure let's not endure.

"BUCHUPAINE"

Quick, complete cure, all annoying Kidney, Bladder and kindred Diseases. \$1.50 per bottle.

IT PAYS to use Hand Rubber Sponges, Sponges, &c. JAMES & CO. Ltd., London, O. A. O. A.