

RADWAY'S READY RELIEF

FOR INTERNAL AND EXTERNAL USE.

Instantly stops the most excruciating pains, allay inflammation and cures congestion, whether of the Lungs, Stomach, Bowels, or other glands or mucous membranes.

ACHES AND PAINS.

For headache (whether sick or nervous), tooth-ache, neuralgia, rheumatism, lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds, the application of Radway's Ready Relief will afford immediate ease, and its continued use for a few days effect a permanent cure.

Strong Testimony of Emigrant Commissioner, the Hon. George Starr, as to the power of Radway's Ready Relief in a Case of Sciatica, Rheumatism.

VAN NESS PLACE, NEW YORK.

DR. RADWAY With me your Relief has worked wonders. For the last three years I have had frequent and severe attacks of sciatica, sometimes extending from the lumbar regions to my ankles, and at times to both lower limbs.

During the time I have been afflicted I have tried almost all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be failures.

I have tried various kinds of baths, manipulation, outward application of liniments too numerous to mention, and prescriptions of the most eminent physicians, all of which failed to give me relief.

Last September at the urgent request of a friend (who had been afflicted as myself) I was induced to try your remedy. I was then suffering fearfully with one of my old tumors. To my surprise and delight the first application gave me ease, after bathing and rubbing the parts affected, leaving the limbs in a warm glow, created by the heat of the sun. A short time the pain passed entirely away. Although I have slight periodical attacks approaching a change of weather, I know now how to cure myself, and feel quite master of the situation. RADWAY'S READY RELIEF is my friend I never travel without a bottle in my valise.

Yours truly, GEO. STARR

INTERNALLY—A half tea spoonful in half a tumbler of water: will in a few minutes cure Cramps, Spasms, Sour Stomach, Nausea, Vomiting, Heartburn, Nervousness, Sleeplessness, Sick Headache, Diarrhoea, Colic, Flatulency and all internal pains.

Malaria Cured and Prevented.

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After repeated chemical analyses of the Wines made by Robert Bradford of No. 555 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 flav of the grape, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

CHAS. F. HEBNER, Ph. G., Phm. B. Dean and Professor of Pharmacy, Ontario College of Pharmacy.

R. BRADFORD,

595 PARLIAMENT ST.,

TORONTO, - ONT.

References by permission.—Mr. Jas. Allison Treasurer Cookes Church, Toronto; Mr. John Duncan Clerk of Session, Knox Church, Toronto.



SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Post Office, Victoria, B.C.", will be received at this office until Friday, 19th Oct., 1894, for the several works required in the erection of a Post Office at Victoria, B.C.

Plans and specifications can be seen at the Department of Public Works Ottawa, and at the office of F. C. Gamble, Esq., Resident Engineer, Victoria, B.C., and tenders will not be considered unless made on the form supplied and signed with the actual signatures of tenderers.

An accepted bank cheque, payable to the order of the Minister of Public Works, equal to 5 per cent. of amount of tender, must accompany each tender. This cheque will be forfeited if the party decline the contract, or fail to complete the work contracted for and will be returned in case of non acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order, E. F. E. ROY, Secretary.

Department of Public Works, Ottawa, 6th Sept., 1894.

A CETOCURA TOUCHES THE SPOT IN NERVOUS DISEASES.

A CETOCURA TOUCHES THE SPOT IN NERVOUS DISEASES.

May 2nd, 1894.—MY DEAR SIRS—I may say that I have used your Acetocura with great results in my family. It has given great relief, especially in Nervous Affections and Rheumatism, and I can confidently recommend it to any troubled with these complaints. I am yours truly, J. A. Henderson, M.A., Principal of Collegiate Institute, St. Catharines.

Coutts & Sons.

A CETOCURA TOUCHES THE SPOT IN RHEUMATISM.

A CETOCURA TOUCHES THE SPOT IN RHEUMATISM.

Mr. C. H. Reeves, 169 State St., Chicago, Sept. 20th, 1894, writes:—I wish to certify for the benefit of Rheumatic sufferers of the great relief and cure I have experienced through your wonderful remedy. Three weeks ago after exhausting every known remedy and feeling completely discouraged, I commenced using your Acetocura and now I am another man and have no pain whatever.

A CETOCURA TOUCHES THE SPOT IN PARALYSIS.

A CETOCURA TOUCHES THE SPOT IN PARALYSIS.

A CETOCURA TOUCHES THE SPOT IN PARALYSIS.

Mrs. B. M. Hall, Fernwood, Ill., U.S.A., August 15th, 1894, writes:—"I am 61 years old. For two years I had been afflicted with partial paralysis of the lower limbs rendering me unable to walk a block without complete exhaustion. After using Acetocura for five days the pain had entirely disappeared, permitting me to enjoy a good night's rest, and after ten days' treatment I was able to walk two miles without fatigue."

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HEALTH AND HOUSEHOLD HINTS.

How to Cream Butter Easily.—Heat the bowl a little by pouring in hot water and pour it out again. It must not be hot enough to melt the butter.

How to Clean White India Rubber.—Take some lukewarm water and a clean piece of flannel. Wet the flannel, soap it with any good laundry soap, and with it rub the India rubber, which will speedily become as clean as new.

Canned Plums.—Use the sour plums, allowing a half pound of sugar to each pound of the fruit. If the green gage variety are used, prick the skins of each several times before cooking. Make a syrup, bring to the boiling point slowly, skim and add the plums. When cooked till tender they are ready for the cans.

Plum Pudding.—Stew a quart of plums, remove the pits, sweeten, and pour them in to a earthen pudding dish. Cover them with a thick batter, made by taking a cupful of sweet cream or rich milk, one egg, a teaspoonful of baking powder and flour sufficient to give the right consistency. A soft biscuit dough may also be used for the pudding.

Plain Cake.—Cream together half a cupful of butter and two cups of sugar, add the beaten yolks of three eggs, half a cupful of milk and three cupfuls of flour into which has been sifted three teaspoonfuls of baking powder, and lastly the whites of the eggs, beaten until light and frothy. Stir briskly, pour into buttered baking tins, and bake in a moderate oven.

Pickled Plums.—Take seven pounds of plums, pour over them a pint of hot water, cover closely and steam till tender. Then add a pint of good vinegar, four pounds of brown sugar, and a tablespoonful each of cinnamon, allspice and cloves, with two-thirds of a teaspoonful of cayenne. Cover and steep for half an hour, when they are ready for the cans. Before serving on the pickle dish remove the pits.

Cucumber Soup.—Two large cucumbers, one tablespoonful butter, the yolks of two eggs, one cupful cream, one quart water, pepper and salt. Pare the cucumbers, quarter, and take out the seeds. Cut in thin slices, cover with salt and put on a plate to drain. Put into stewpan with the butter. When just warmed through add the water, pepper and salt. Boil forty minutes. Just before serving add the yolks of two eggs beaten with the cream.

Fresh Plum Pies.—Stew the plums well and sweeten just before taking from the fire. Any kind of plums may be used, but the more tart the fruit the more sugar will be required. After removing the pits, pour the pulp into a pie plate which has been lined with ordinary pie paste. Dredge the pulp with flour, and cover with a top crust, in which several gashes have been cut with a sharp knife. Bake till done, sprinkle the top with powdered sugar and serve cold.

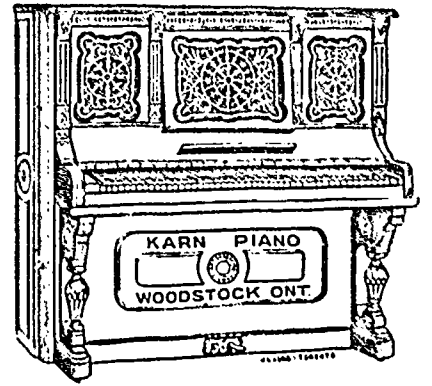
Plum Dumplings.—These are very attractively made by sifting three cupfuls of flour, with which two teaspoonfuls of baking powder have been mingled, slicing in a heaping teaspoonful of butter and making into a soft dough with water. Stir in a cupful of plums, using either stewed fresh fruit or the canned article, according to the season. Partially fill cups with the batter, set them in a pan of hot water in the oven, and steam for a half-hour. Invert the dumplings on dessert plates and serve warm with liquid sauce.

Peach Shortcake.—Mix together one pint of flour, one-half teaspoonful of salt and two teaspoonfuls of baking powder; rub in one fourth cupful of butter, and mix to a soft dough with sweet milk. Divide into two parts; pat out one half; put in a buttered, shallow pan; butter the top; pat out the other half and lay on the top. This will make the cake split open readily. When done, split open and fill with the peaches, mashed, or chopped fine. Put them on the top of the cake also, and pour over the whole whipped sweetened cream.

Variety of Diet Needed.—A physician maintains that it is not poverty of diet so much as monotony of diet that exercises an unhealthy influence on the poor. As a matter of fact, they eat "stronger" food than the rich, more bread, meat and simple vegetables, but their cooking is rude, and they eat the same things the whole year through. People who are well to do, or who are better cooks, get more variety with fewer things and always have something to tempt the appetite. Soup can be made to resemble greasy dish-water, or it can be made a really savory and nutritious thing, and there are a hundred different ways of serving potatoes.

It is important to keep the liver and kidneys in good condition. Hood's Sarsaparilla is the remedy for invigorating these organs.

KARN PIANO

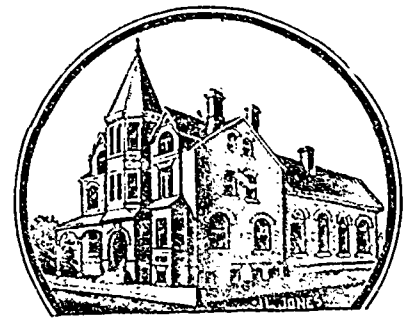


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