

Good Things to eat are still better when made with **COTTOLENE** for they are FREE from GREASE and are easily digested. For Frying, Shortening, and all cooking purposes **COTTOLENE** is better and purer than lard.



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The N. K. Fairbank
Company,
Wellington and Ann Sts.,
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JAMES WILSON

Bread, Cake and Pastry
... Baker ...

497, 499 and 607 YONGE STREET

For Parties and Church Socials a Special Line of Sandwich Bread, also Cakes and Ice Cream, the Celebrated Hygienic Brown Bread.
TELEPHONE 3252.



DOES YOUR WIFE DO HER OWN WASHING?

If she does, see that the wash is made Easy and Clean by getting her **SUNLIGHT SOAP**, which does away with the terrors of wash-day.

Experience will convince her that it **PAYS** to use this soap.

LITERARY NOTES.

A summer toilette from Worth, drawn by Sandoz, a garden party gown, and a travelling costume of rare simplicity and distinction are described in *HARPER'S BAZAAR* for June 23rd. The elegance of these Parisian creations commend them to all women of taste and refinement. "One Aspect of the City Almshouse," with a page of sketches drawn from life, appeals to the philanthropic. It is a touching revelation of the way some of the other half live and die. "Spectator" writes in a delightfully practical style of an ocean voyage. There is a poem by Clinton Scollard, entitled "Even Song." "Our Paris Letter" is very sprightly. Mrs. Candace Wheeler contributes a beautiful decorative design for embroidery.

The climate of the Sierra, although not so very pleasant on account of the winds, is extremely salubrious, the heat never becoming enervating, as it does not exceed 90 deg. F., while the nights are deliciously cool. Lung diseases are unknown, and the sanitary condition of the Sierra may perhaps be inferred from the reply of an old American doctor, who lives in the now almost abandoned mining place, Guacalupe y Calvo. When I asked him to give his experience as to the health of the people, he said: "Well, here in the mountains it is distressingly healthy. Despite a complete defiance of every hygienic arrangement, with the graveyard, a tannery, and the sewers at the river's edge, no diseases originate here.—From "Among the Tarahumars"—The American Cave-Dwellers," by Dr. Carl Lumholtz, in the July *Scientific*.

The Fourth of July special holiday number of the New York *Ledger* is a publication of unrivalled beauty and interest. The cover has a beautiful girl waving an American flag from a window as a decoration. The contents of this number of the *Ledger* make a strong appeal to patriotic Americans. "Johnny's Fourth of July" is an amusing poetical effusion, dedicated to the spirit of Young America intent on celebrating the holiday. The *Ledger* is now an illustrated paper of the first class, and one of the best and cheapest illustrated family papers published in America.

"Only the Scars Remain,"

Says HENRY HUDSON, of the James Smith Woolen Machinery Co., Philadelphia, Pa., who certifies as follows:

"Among the many testimonials which I see in regard to certain medicines performing cures, cleansing the blood, etc., none impress me more than my own case. Twenty years ago, at the age of 18 years, I had swellings come on my legs, which broke and became running sores. Our family physician could do me no good, and it was feared that the bones would be affected. At last, my



Mother Urged Me

to try Ayer's Sarsaparilla. I took three bottles, the sores healed, and I have not been troubled since. Only the scars remain, and the memory of the past, to remind me of the good Ayer's Sarsaparilla has done me. I now weigh two hundred and twenty pounds, and am in the best of health. I have been on the road for the past twelve years, have noticed Ayer's Sarsaparilla advertised in all parts of the United States, and always take pleasure in telling what good it did for me."

Ayer's Sarsaparilla

Prepared by Dr. J. C. Ayer & Co., Lowell, Mass.
Cures others, will cure you

Returning Delegates

To those delegates to the General Assembly who in returning pass through Toronto, we extend a special invitation to call upon us in our remodelled store, Cor. Yonge and Temperance Streets. To a greater extent than ever before attempted in Canada we are able to cater to your every requirement, and we shall deem it a pleasure to have you make free use of our premises for correspondence, etc.

Very truly,

FLEMING H. REVELL CO.,

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(Book Dept.)