cream of tartar and soda for many years, but too often with poor success, owing, I suppose, to the variable quality of the cream of tartar. I desire to use baking powder, but find myself puzzled to determine which kind is pure. Can't you give me a simple test that I can make at home which will settle the vexed question? If (An Enquirer. so you will oblige

In reply to our correspondent we give the following simple but effective test for baking powder :-

Mix in a tin cup, or other small suitable vessel, one heaping teaspoonful of the powder with one teaspoonful of water, or a little more water if required to wet the powder to the consistency of paste. Place it over a hot fire, stir to prevent burning, and let it boil rapidly for a few moments. At intervals lift the cup from the fire, and smell, and notice whether you detect the odour of AMMONIA in the steam that rises. Pure baking powder will not give the faintest odour of ammonia.

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Absolutely the Best.

All the Ingrekients used are pure and wholesome, and are published on every label. One Trial Proves its Superiority.

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To Remove Deadly Poisons, Make the Weak Strong, and Raise the Sick, is Wonderful. But to hear people who claimed good

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1890. A NEW LIST OF HOME TESTIMONIES.

Senator A. C. Botsford, Sackville, N. B., says Actina is good for defective eyesight. He tried it.

Rev. Chas. Hole, Halifax, N. S., recommends Butterfly Belt for general debility.

Jas. S. Musselman, Berlin, Ont., general debility and catarrh—cured.

Mrs. Geo. Planner, Toronto, Liver and Kidneys—now free from all pain and strong and happy.

John Arnott, Iona, Ont, Lame Back cured after trying everything.

D. D. Gilles, Lucknow, Ont., Dyspepsia and Kidneys—after suffering eight months—cured.

Daniel Campbell, Port Talbot, Lame Back and Headache, after suffering for years, cured in less than a month.

Mrs. Lottie Collier, Simcoe, Ont., Weakness and Spinal Affection, strength fully recovered.

G. R. Glassford, Markdale, Ont., Sciatica and Dyspepsia, 15 years, cured in six weeks.

Mrs. McKay, Ailsa Craig, Ont., Sciatica 13 years—no pain after the first day.

Mrs. McKay, Ailsa Craig, Ont., Sciatica 13 years—no pain after the first day.

A. G. Henderson, Hudson, Ont., Lame Back entirely cured.

B. C. McCord, Medicine Hat, N.W.T., Butterfly Belt worked wonders—Rheumatism, Back, Shoulders and Side.

J. Cameron, Beaver, B.C., feels like a new man after wearing our Butterfly Belt 4 weeks. [in 2 weeks.

F. W. Martin, St. John, Newfoundland, suffered several years with Inflammation of the gy—Actina cured.

W. J. Gould, Gurney Stove Works—After laying off 3 weeks went to work—Wore Butterfly Belt 4 days—Sciatica.

James Story, Fitzroy, Ont., after wearing Butterfly Belt one night, attended a fair, a walking advertisement for us, 70 years old.

J. R. Johnson, Solgrith, Man., tried a hundred remedies, nothing effective, Butterfly Belt cured Biliousses and Dyspepsia.

Jas. Mansfield, Saskatchewan, N.W.T., Piles and complete prostration—completely cured.

Josiah Fennell, Toronto, for six weeks could not write a letter—went to work on 6th day—Neuralgia.

Miss Flora McDonald, 21 Wilton avenue, reports a lump drawn from her wrist.

Goo. B. Balley, Union, Ont., a suffering cripple for 17 years with Rheumatism and Scaly Sore-Feet, cured in one month.

Jas. Nicholson, Zephyr, Ont., Rheumatism 18 years—Resumed work in the harvest fields the second day.

Mrs. Connell, Lambton, Ont., Catarrhal Bronchitis 2 years, relieved in one treatment; cured in one month.

L. D. Good, Berlin, Ont., cheerfully recommends Actina for Catarrh and Cold in the Head.

David Bichards, Toronto, Your Butterfly Belt cured me of Liver and Kidney Complaint of long standing in 2 weeks

Thos. Guthers, Arg. a, Man., says our Butterfly Belt aud Suspensory did him more good than all the medicine in paid for inli2 years

Thos. Bryan, 341 Dundas street, Nervous Debility—imployed from the first da until cured.

Chas. Corems, P.M. Trowbride, Ont., after five weeks feels like his folumer self.

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