

Dr. J. Rolph Malcolm,

(ESTABLISHED 1863.)

Physician for Affections of Throat, Lungs and all other Chronic Diseases.

357 KING ST. WEST, TORONTO.

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FOR ALL WEAKNESSES of the generative organs of either sex, it is second to no remedy that has ever been before the public; and for all diseases of the KIDNEYS it is the Greatest Remedy in the World.

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LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of Humors from the Blood, at the same time will give tone and strength to the system. As marvellous in results as the Compound.

Both the Compound and Blood Purifier are prepared at 233 and 235 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. The Compound is sent by mail in the form of pills, or of lozenges, on receipt of price, \$1 per box for either. Mrs. Pinkham freely answers all letters of inquiry. Enclose 3 cent stamp. Send for pamphlet. Mention this Paper.

LYDIA E. PINKHAM'S LIVER PILLS cure Constipation, Biliousness and Torpidity of the Liver. 25 cents. Sold by all Druggists.

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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 then is the effort to maintain a perfect state of health? Dr. Carson's Stomach and Constipation Pills are a veritable "Health Giver." They free 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.

If you feel dull, drowsy, debilitated, have sallow colour of skin, or yellowish-brown spots on face or body, frequent headache or dizziness, a taste in mouth, internal heat, or chills alternate with hot flushes, low spirits and gloomy forebodings, irregular appetite, and tongue-coated, you are suffering from "torpid liver," or "biliousness." In many cases of "liver complaint" only part of these symptoms are experienced. As a remedy for all such cases Dr. Pierce's "Golden Medical Discovery" has no equal, as it effects perfect and radical cures. At all drug stores.

Scientific and Useful.

In all cakes where butter or eggs are used the butter should be well rubbed into the flour, and the eggs whipped to a foam, before the ingredients are mixed.

A SHEET of finely perforated zinc substituted for a pane of glass in one of the upper squares of a chamber window is the cheapest and best form of ventilator; there should not be a bedroom without it.

CRAB APPLE MARMALADE.—Boil very soft equal quantities of sweet and crab apples, and press through a wire sieve to remove skins and cores. Weigh the pulp, and add half the weight of sugar; return to the stewpan and simmer slowly until thick enough to stand.

MARMALADE PUDDING.—Grate the quarter of a loaf, quarter-pound suet chopped fine, mix both well, and half teacupful brown sugar, three tablespoonfuls marmalade, and one teaspoonful baking soda; add as much buttermilk as will wet. Boil three hours or steam in small shapes. When ready, above becomes dark brown in colour.

SAGO JELLY.—Put half a pint of water in a saucepan on the fire; add to it the rind of a lemon cut very thinly, the juice of one strained, and two ounces of castor sugar; then shake in one ounce of the finest sago, and stir quickly so that it shall not congeal; let this boil fifteen minutes, keep stirring all the time; when the sago looks clear, pour it into a mould; let it set, and when cold turn it out for use.

BUTTERMILK POP.—Heat six cupfuls of fresh, sweet buttermilk in an iron kettle; then in a basin stir eight large spoonfuls of cornmeal to a smooth batter with two cupfuls of buttermilk, adding a teaspoonful of salt. Stir the buttermilk occasionally while heating, and when it boils add the batter and agitate until it boils again. Eat on soup plates with syrup or sugar. This is not only healthful, but exceedingly palatable as a food.

TO COOK LAMB CHOPS.—Put in a stewpan with a very little water, so little that it will boil away by the time the meat is tender. Then put in lumps of butter with the meat and let it brown slowly, thus forming a brown crisp surface with a fine flavour. Serve for breakfast with potatoes cooked thus:—Choose small ones and let them boil until they are tender; draw off the water and pour over them, while still in the kettle, at least one teacupful of cream. Next mash them smooth in this.

PEACH SKIN MARMALADE.—In paring peaches save the skins in a clean basin, having another at hand in which all the refuse, stems, bones, rotten pieces, etc., are thrown. If a good quantity of marmalade is desired, all bits of broken peach can also be put with the skins. Cover with water and boil until the skins are thoroughly tender; then turn the mass into a wire sieve and rub through; it is a task, but amply repays all trouble. Measure the pulp; to each quart allow two large cupfuls of white sugar, and stew slowly until very thick.

EXTRA NICE CAKE.—One of the nicest recipes for cake is here given. A pleasing peculiarity of it is that it obviates the necessity of having more than one kind on the table. One coffee cup of sugar, three-quarters of a cup of butter, two cups of flour, the whites of five eggs, three teaspoonfuls of baking powder; flavour with vanilla. Take from this one large tablespoonful; bake the rest in two cakes, as for jelly cake. To this tablespoonful add half a cup each of chopped raisins, of chopped citron, of flour, and of molasses; two teaspoonfuls of cinnamon, half a teaspoonful of cloves, and one wineglass of brandy. Bake this in one layer. Put the cake together with soft frosting, putting the fruit layer in the middle. The top may be frosted or not as you please.

The Great Dr. Virchow

has resigned from the medical association of Berlin. He won't be forced to keep "his light under a bushel." He approves of advertising any remedy or combination that will cure, regardless of medical ethics. The surgeons of the International Throat and Lung Institute, head office in London, England, and branch offices in Toronto, Winnipeg, and Detroit, Michigan, Dr. M. Souvielle's wonderful invention, the Spirometer, are curing thousands of cases of bronchitis, consumption, catarrh, asthma, and general deafness, and are making it known to physicians and sufferers all over the world. Physicians and sufferers are invited to call and try the Spirometer free. If impossible to call personally, write, enclosing stamp, for list of questions and copy of "International News," published monthly. Address Dr. M. Souvielle & Co., 173 Church street, Toronto, or 13 Philips square, Montreal.



FOR THE 24 HOURS KIDNEYS, LIVER & URINARY ORGANS THE BEST BLOOD PURIFIER.

There is only one way by which any disease can be cured, and that is by removing the cause—whatever it may be. The great medical authorities of the day declare that nearly every disease is caused by deranged kidneys or liver. To restore these therefore is the only way by which health can be secured. Here is where WARNER'S SAFE CURE has achieved its great reputation. It acts directly upon the kidneys and liver, and by placing them in a healthy condition drives disease and pain from the system. For all Kidney, Liver and Urinary troubles; for the distressing disorders of women; for Malaria, and physical troubles generally, this great remedy has no equal. Beware of impostors, imitations and concoctions said to be just as good.

For Diabetes ask for WARNER'S SAFE DIABETES CURE. For sale by all dealers.

H. H. WARNER & CO.,

Toronto, Ont., Rochester, N.Y., London, Eng.

To Dyspeptics.

The most common signs of Dyspepsia, or Indigestion, are an oppression at the stomach, nausea, flatulency, water-brash, heart-burn, vomiting, loss of appetite, and constipation. Dyspeptic patients suffer untold miseries, bodily and mental. They should stimulate the digestion, and secure regular daily action of the bowels, by the use of moderate doses of

Ayer's Pills.

After the bowels are regulated, one of these Pills, taken each day after dinner, is usually all that is required to complete the cure.

AYER'S PILLS are sugar-coated and purely vegetable—a pleasant, entirely safe, and reliable medicine for the cure of all disorders of the stomach and bowels. They are the best of all purgatives for family use.

PREPARED BY

Dr. J. C. Ayer & Co., Lowell, Mass.

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Advertisement for N. H. Down's ELIXIR, featuring a portrait of a man and text: 'DOWN'S ELIXIR N. H. DOWN'S VEGETABLE BALSAMIC ELIXIR Has stood the test for FIFTY-THREE YEARS, and has proved itself the best remedy known for the cure of Consumption, Coughs, Colds, Whooping Cough and all Lung Diseases in young or old. SOLD EVERYWHERE. Price 25c. and \$1.00 per Bottle. DOWN'S ELIXIR'

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Delicate and Feeble Ladies.

Those languid, tiresome sensations, causing you to feel scarcely able to be on your feet; that constant drain that is taking from your system all its former elasticity; driving the bloom from your cheeks; that continual strain upon your vital forces, rendering you irritable and fretful, can easily be removed by the use of that marvellous remedy, Hop Bitters. Irregularities and obstructions of your system are relieved at once, while the special cause of periodical pain is permanently removed. None receive a more benefit, and none are so profoundly grateful and show such an interest in recommending Hop Bitters as women.

FEELS YOUNG AGAIN.

"My mother was afflicted a long time with Neuralgia and a dull, heavy, inactive condition of the whole system; headache, nervous prostration, and was almost helpless. No physicians or medicines did her any good. Three months ago she began to use Hop Bitters with such good effect that she seems and feels young again, although over 70 years old. We think there is no other medicine fit to use in the family."—A lady, in Providence.

BRADFORD, PA., May 8, 1875.

It has cured me of several diseases, such as nervousness, sickness at the stomach, monthly troubles, etc. I have not seen a sick day this year, since I took Hop Bitters. All my neighbours use them.

MRS. FANNIE GREEN.

\$3,000 LOST.—"A tour of Europe that cost me \$3,000 done me less good than "one bottle of Hop Bitters; they also cured "my wife of fifteen years' nervous weakness, "sleeplessness, and dyspepsia."

R. M., Auburn, N.Y.

HIGH AUTHORITY.

Hop Bitters is not, in any sense, an alcoholic beverage or liquor, and could not be sold for use, except to persons desirous of obtaining a medicinal bitters. GREEN B. RAUM, U. S. Com. Inter'l Rev.

So. BLOOMINGVILLE, O., May 1, '79. SIRS,—I have been suffering ten years and I tried your Hop Bitters, and it done me more good than all the doctors.

MISS S. S. BOONE.

BABY SAVED!

We are so thankful to say that our nursing baby was permanently cured of a dangerous and protracted constipation and irregularity of the bowels by the use of Hop Bitters by its mother, which at the same time restored her to perfect health and strength.—The Parents, Rochester, N.Y.

SKINNY MEN.

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

DR. FOWLER'S Extract of Wild Strawberry will never fail you when taken to cure Dysentery, Colic, Stomach, or any form of Summer Complaint. Relief is almost instantaneous—a few doses cure when other remedies fail.

"MOTHER SWANN'S SYRUP." Infallible, tasteless, non-narcotic; for feverishness, restlessness, worms, constipation, &c.

THE most miserable mortal in existence is probably the one who is dyspeptic. Burdock Blood Bitters cure Dyspepsia and all diseases of the Stomach, Blood, Liver and Kidneys. Do not trust our word simply, but address the proprietors for proof.

"ROUGH ON RATS." Clean out rats, mice, roaches, ants, bed-bugs, skunks, chipmunks, gophers, &c. Druggists.

W. J. GUPPY, druggist of Newbury, writes: "Dr. Fowler's Wild Strawberry is just the thing for Summer Sickness. I sold out my stock three times last summer. There was a great demand for it." Dr. Fowler's Extract of Wild Strawberry is infallible for Dysentery, Colic, Sick Stomach and Bowel Complaint.

BE CAREFUL!

The genuine "Rough on Cats" is made only by E. S. Wells (Proprietor of "Rough on Rats"), and has laughing faces on the labels. 15c. & 25c. Bottles.

MR. H. McCRAW, Custom House, Toronto, writes: "My wife was troubled with Dyspepsia and Rheumatism for a long time; she tried many different medicines, but did not get any relief until she used Hop & Lyman's Vegetable Discovery and Dyspeptic Cure. She has taken two bottles of it, and now finds herself in better health than she has been for years."

BAD temper often proceeds from these painful disorders which women are subject to. Female complaints Dr. J. V. Pierce's "Favorite Prescription" is a certain cure. By all druggists.