

If and If.

"If you are suffering from poor health or languishing on a bed of sickness, take cheer, if you are simply ailing, or if you feel weak and dispirited, without clearly knowing why, Hop Bitters will surely cure you."

"If you are a Minister, and have overtaxed yourself with your pastoral duties, or a Mother, worn out with care and work, or a man of business or a labourer, weakened by the strain of your every day duties, or a man of letters, toiling over your midnight work, Hop Bitters will surely strengthen you."

"If you are suffering from over-eating or drinking, any indiscretion or dissipation, or are young and growing too fast, as is often the case."

"Or if you are in the workshop, on the farm, at the desk, anywhere, and feel that your system needs clearing, toning, or stimulating, without over-eating, if you are old, blood thin and impure, pulse feeble, nerves justly, faculties waning, Hop Bitters is what you need to give you new life, health, and vigour."

If you are constive or dyspeptic, or suffering from any other of the numerous diseases of the stomach or bowels, it is your own fault if you remain ill.

If you are wasting away with any form of Kidney Disease, stop tempting death this moment, and turn for a cure to Hop Bitters.

If you are sick with that terrible sickness Nervousness, you will find a "Balm in Gilead" in Hop Bitters.

If you are a frequenter, or a resident of a miasmatic district, barricade your system against the scourge of all countries—malaria, epidemic, bilious and intermittent fevers—by the use of Hop Bitters.

If you have rough, pimply, or sallow skin, bad breath, Hop Bitters will give you fair skin, rich blood, the sweetest breath, and health. \$500 will be paid for a case they will not cure or help.

That poor, bedridden, invalid wife, sister, mother, or daughter, can be made the picture of health by a few bottles of Hop Bitters costing but a trifle.

THAT HUSBAND OF MINE

is three times the man he was before he began using "Wells' Health Renewer." Druggists.

There is no excuse for suffering from Headache, Constipation and all the scaring train of symptoms of a disordered liver, when Burdock Blood Bitters is an unfailing remedy, and only costs One Dollar a bottle. Why suffer on without a trial? 25,000 bottles sold during the last three months, with almost universal satisfaction.

DON'T DIE IN THE HOUSE

"Rough on Rats." Clears out mice, roaches, bed-bugs, flies, ants, moles, chipmunks, gophers, etc.

It is now in season to warn our readers against the sudden attacks of Cholera, Cramp, Colic, and the various Bowel Complaints incident to the season of ripe fruit, vegetables, etc. Dr. Fowler's Extract of Wild Strawberry is the grand specific for those troubles.

WELLS' ROUGH ON CORNS

Ask for Wells' "Rough on Corns." Quick, complete, permanent cure. Cuts, warts, bunions.

A CURE FOR CHOLERA MORBUS.—A positive cure for this dangerous complaint, and for all acute or chronic forms of Bowel Complaint incident to summer and fall, is found in Dr. Fowler's Extract of Wild Strawberry; to be procured from any druggist.

Diamond Dyes are so perfect and so beautiful that it is a pleasure to use them. Equally good for dark or light colours. 10 cents.

MOTHER SWAN'S WORM SYRUP

Infallible, tasteless, harmless, cathartic, for feverishness, restlessness, worms, constipation. 25c.

Both Lydia E. Pinkham's Vegetable Compound and Blood Purifier are prepared at 233 and 235 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. Sent by mail in the form of pills, or of lozenges, or of capsules, or of powder. \$1 per box for either. Mrs. Pinkham's freely answers all letters of inquiry. Enclose 3c stamp. Send for "Guide to Health and Nerve Strain."

Wells' Health Renewer restores health and vigor, cures Dyspepsia, Impotence, Sexual Debility. \$1.

Scientific and Useful.

If a straw hat has been wet, and the stiffness has departed, rub a little white of egg mixed with cold water over it; put it on with a muslin cloth.

To give consistency to a pie-plant pie, allow to the coffee cupful of pulp, one heaping tablespoonful of cornstarch, then mix with this the yolk of three eggs, and use the whites for a meringue.

Frozen oranges for dessert on a July day are delicious. Remove the peel and slice the oranges; to each pound of oranges add three quarters of a pound of sugar and one-half pint of water, and freeze.

CORN STARCH CAKE.—One cup butter; two cups sugar; one cup sweet milk; whites of six eggs; two cups flour; one cup corn starch, and two teaspoonfuls of baking powder; flavour to taste.

POUND CAKE.—One pound sugar, one pound butter, one pound flour, one dozen eggs. Scent with lemon. Sift the sugar and butter together until light. Add the flour, and bake in a moderate oven.

CRAB- & PRESERVED.—Scald the apples; then remove them from the water, and to every pound of apples add a pound of sugar. Put the apples and sugar over the fire, and cook slowly till the fruit is tender.

DELICIOUS BISCUIT.—Half cup butter, half cup lard, two tablespoonfuls white sugar, put into three tea-cups of new milk and let it scald, and add a cup of yeast or a yeast-cake, sponge over night and in the morning put in half teaspoonful soda. Mix soft and let them rise.

A ONE-EGG bread pudding is sometimes greatly to be desired. Beat one egg with one tablespoonful of flour, three of brown sugar, one pint of milk, a little salt; place some very thin slices of buttered bread in a pudding dish, then pour the custard already made over this, and bake for half an hour. Fruit may be added, and spices to suit the taste.

FRENCH mustard is thus made in America:—Four tablespoonfuls of mustard, one tablespoonful of sugar, one teaspoonful of cinnamon, one-half teaspoonful each of cloves, black pepper, and of flour, with vinegar enough to cover these; mix all well, and let it come to a boil; when cold add a little salad oil, say one or two tablespoonfuls; this gives smoothness to the whole.

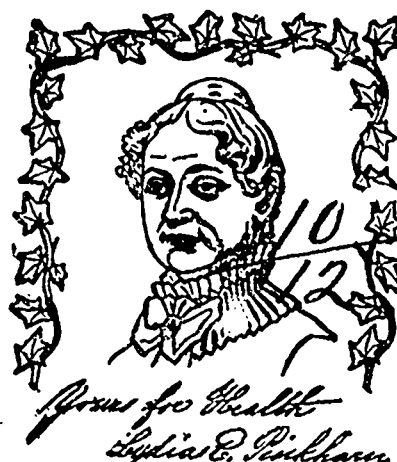
Now that boneless herring can be purchased at almost any grocery, the only objection to making herring salad is removed. The herring should soak in cold water for two or three hours, cut them up in small pieces, and add boiled potatoes in the proportion your taste indicates; hard-boiled eggs cut in small bits and the ordinary salad-dressing should be added just before serving. This is a good dish for a picnic.

BREAD cake fried may be a novelty to some cooks. To two cups and a half of bread dough, allow one cup and a half of sugar, two eggs, a quarter of a cup of melted butter, half a teaspoonful of salt, and a little nutmeg. Knead them well into the dough, using as much flour as is needed to make a smooth dough. Let it rise then until it is very light, then knead again, and cut out in fancy shapes; let them rise again, and fry in boiling fat.

FLEMISH CARROTS.—Cut carrots, after washing and scraping them, into thick, round slices, boil them for five minutes and then set them to simmer with an ounce of butter, a little salt and twice as much stock as is necessary to cover them. When the stock is reduced to one-third of its original quantity, add a little butter, a sprinkling of sweet herbs, and a spoonful of Liebig's extract. Boil once more and serve with fried bread dice.

A PRETTY ornament for a bracket or shelf in a dining-room is made by gilding, or purchasing already gilded, a little easel which will hold a panel of plush about ten inches high, and five or seven wide. To this is to be fastened a small pitcher of china or some fancy ware; it is fastened by having a ribbon put through the handle, and then having this tied to the easel itself. A little white china pitcher with a spray of flowers hand-painted is very effective.

TASTEFUL curtains for the sitting room windows are made of drab moccie cloth. Put them up with a cornice, and in the usual way; then, where they part, fit in a piece of the moccie cloth on which a pretty group of flowers is embroidered in Kensington stitch; the edges may be trimmed with fringe or with lace crocheted of linen thread. Tie the draped part of the curtains back with narrow bands of the moccie cloth on which is a nice matching the bouquet of the curtains.



LYDIA E. PINKHAM'S VEGETABLE COMPOUND.

Is a Positive Cure For all those Painful Complaints and Weaknesses so common to our best female population.

A Medicine for Women. Invented by a Woman. Prepared by a Woman.

The Greatest Medical Discovery Since the Dawn of History. It revives the drooping spirits, invigorates and harmonizes the organic functions, gives elasticity and firmness to the step, restores the natural lustre to the eye, and plants on the pale cheek of woman the fresh roses of life's spring and early summer time.

Physicians Use It and Prescribe It Freely. It removes faintness, flatulency, destroys all craving for stimulants, and relieves weakness of the stomach. That feeling of bearing down, causing pain, weight and backache, is always permanently cured by its use. For the cure of Kidney Complaints of either sex this Compound is unsurpassed.

LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of Humors from the blood, and give tone and strength to the system, of man, woman or child. Insist on having it.

Both the Compound and Blood Purifier are prepared at 233 and 235 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. 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 3c stamp. Send for pamphlet.

No family should be without LYDIA E. PINKHAM'S LIVER PILLS. They cure constipation, biliousness, and torpidity of the liver. 25 cents per box.

Sold by all Druggists.

DIAMOND DYES.

Best Dyes Ever Made. FOR SILK, WOOL, OR COTTON.

DRESSES, COATS, SCARFS, HOODS, YARN, STOCKINGS, CARPET BAGS, RIBBONS, FEATHERS, or any article easily and perfectly dyed in any shade. Black, Brown, Green, Blue, Scarlet, Cardinal Red, Navy Blue, Rust Brown, Olive Green, Terra Cotta and 20 other best colors. Warranted Fast and Durable. Each package will color one to four lbs. of goods. If you have never used Dyes try these ones. You will be delighted. Sold by druggists, or send us 10 cents and any color wanted sent post-paid. 24 colored samples and a set of fancy cards sent for a 3c stamp.

GOLD and SILVER PAINT.

Bronze Paint. Artists' Black. For gilding Fancy Baskets, Frames, Lamps, Chandeliers, and for all kinds of ornamental work. Equal to any of the high priced kinds and only 10c a package, at the druggists, or post-paid from WELLS, RICHARDSON & CO., Burlington, Vt.

WHAT'S WANTED!

G. S. PAPERS. S. S. PAPERS. S. S. PAPERS.

Just what is required in Canadian Sunday Schools. Three different papers. Pronounced by the Press to be superior to anything published in the Dominion.

Golden Hours and Merry Days, bright, beautifully illustrated, and denominational papers, are suited to any School; while the Sabbath School Presbyterians, as its name indicates, is adapted to Presbyterian Schools.

It is claimed for the above publications that they are as cheap as imported papers of the same class, and altogether better suited to young Canadian readers.

Specimen Copies forwarded to any address free of charge on application. G. BLACKETT ROBINSON, Publisher. 5 Jordan Street, Toronto.

Sparkles.

A WIDOWING wife is not "a joy for ever"—she is only a temporary affair.

ON his annual round: "What was it Laura ate?" "Why, 'twas 'bacca laureate."

"PASS! of course I'll pass!" replied a twelve-year-old girl the other day. "Doesn't your brother keep company with the school-ma'am, and will she dare snub one of the family?"

THE PROGRESS OF MEDICAL ENLIGHTENMENT has led to the abandonment of many antiquated remedies of questionable value, and the adoption of newer and more rational ones. Prominent among the latter is Northrop and Lyman's Vegetable Discovery and Dyspeptic Cure, the justly celebrated Blood Purifier, a comprehensive family remedy for liver complaint, constipation, indigestion, loss of physical energy and female complaints.

WE were dining together at a French restaurant, and spied to our intense disgust a fly in the soup. "Waiter!" I indignantly cried. My friend interposed. "Whatever you do, don't mention the fly; they'll charge it extra in the bill."

CONSUMPTION is a disease contracted by a neglected cold—how necessary then that we should once get the best cure for Coughs, Croup, Laryngitis, and all diseases of the Throat and Lungs—one of the most popular medicines for these complaints is Northrop and Lyman's Emulsion of Cod Liver Oil and Hypophosphites of Lime and Soda. Mr. J. F. Smith, Druggist, Dunville, writes: "It gives general satisfaction and sells splendidly."

A GERMAN went to a friend and said: "Tomorrow I owe you \$20,000. I am ruined. I can not pay it, and I can not sleep a wink." The creditor said: "Vy didn't you wait to tell me to-morrow? Now neither can I sleep a wink."

A COLLEGE president says that every student should thoroughly understand three languages—English, German, and French; and an alarmist wants to know what will become of the three B's—boating, boxing, and baseball—if English is taken up.

N. McNEAR, Wyebidge, writes: "I had sold large quantities of Dr. Thomas' Electric Oil. It is used for colds, sore throat, croup, etc., and for any affection of the throat it works like magic. It is a sure cure for burns, wounds, and bruises."

"THEY say Charlie has married. Do you know his wife? Is she a woman of any intelligence? Is she well informed?" "Well-informed! Well, I should say so. She has belonged to the village sewing circle for ten years and never missed a meeting."

A WELL-DRESSED gentleman sauntered up to a street-car driver to ask him what time it was, when the driver, with an emphatic gesture, called out: "Keep away from that mule. He kicked at a dude yesterday. He isn't afraid of anybody."

Mrs. O'HARA, River street, Toronto, writes: "Dr. Thomas' Electric Oil for her cows for Croup and Sore Teats; she thinks there is nothing like it. She also used it when her horses had the colic with the very best results. Do not be persuaded to take any other Oil in place of Dr. Thomas' Electric Oil."

"YES," said Mrs. Towser, as she expatiated upon the beauties of her flower garden, "I have given it great care, and if you come over in a week or two, I expect to be able to show you some beautiful scarlet pneumonias and China oysters."

PRIEST. "Pat I understand you are going to be married again." Disconsolate widower: "Yis, your riv'rence." Priest: "But your wife, Pat, has only been dead two weeks." D. W.: "Yis, yer riv'rence; but shure ain't she as dead now as she iver will be?"

AMOS HUDGIN, Toronto, writes: "I have been a sufferer from Dyspepsia for the past six years. All the remedies I tried proved useless, until Northrop and Lyman's Vegetable Discovery and Dyspeptic Cure was brought under my notice. I have used two bottles with the best results, and can with confidence recommend it to those afflicted in the manner."

Why go limping and whining about your legs when a 25-cent bottle of Holloway's Corn Cure can remove them?

MOTHER GRAVES' WORM EXTERMINATOR is pleasant to take; sure and effectual in destroying worms.

A FLORIDA hotel-keeper was charging a Western traveller three prices for bad accommodations. "What will you do when you have killed the goose that lays the golden egg?" said the grumbling traveller. "Wait for another goose!" said the huzd-faced landlord.

A GALVESTON child, little Charlie, was having a wordy war with the nurse. His father came out: "Now, Charlie, are you going to be quiet, or shall I come with a switch?" "Never mind the switch, papa," responded the youngster. "I can set her right without your help."

AN Arkansas boy, writing from college in reply to his father's letter, said: "So you think that I am wasting my time in writing little stories for the local papers, and cite Johnson's saying, that the man who writes except for money, is a fool. I shall act upon Dr. Johnson's suggestion, and write for money. Send me fifty dollars."