

# BY THEIR FRUITS YE SHALL KNOW THEM.

Bowmanville, Jan. 5th, 1883.

Dear Sirs,—I have been a sufferer for many years with bilious colic and torpid liver. I tried one of the Notman Pads, and derived great benefit from it. I can heartily recommend it to all persons affected in the same way. I would not be without one on any account.

One member of my family has been troubled for years with sick headache. A Pad effected a cure, while pills and nostrums did not benefit in the least.

Yours Respectfully,

HENRY MANN.

Regular Pad, 2s, sent free by mail on receipt of price. Send for description treatise.

**NOTMAN PAD CO'Y,**  
55 FRONT ST. EAST, TORONTO.

## A Fair Exchange.

Will you exchange a chronic case of Dyspepsia, or agree to break up a Bilious Temperament—to give your torpid liver activity, and thus strengthen your Digestion; regain energy, comfort, health, spirits, all for 75c? A single bottle of ZOPESA will do this. A few doses surprise those who try ZOPESA. For Biliousness and Dyspepsia in their many forms, ZOPESA is Panacea, and is warranted to cure them. It acts speedily and pleasantly. Try a 10 cent sample.



# THE GREAT CURE FOR RHEUMATISM

And all complaints of a Rheumatic nature, RHEUMATISM is not a sovereign remedy for the ills that flesh is heir to, but for NEURALGIA, SCIATICA, RHEUMATISM, and other complaints of Rheumatic nature, IT IS A SURE CURE.

From John Driscoll, Inspector of River Police, Calcutta, India.

TO CAPTAIN H. SUTHERLAND:

DEAR SIR,—Having been suffering these last three years from violent pains in the head, and sometimes in various parts of the body, I tried the best medical remedies in the city from time to time without effect. On your recommendation, I tried the bottle of medicine you so kindly prepared for me. I must be candid with you, and tell you that when you spoke to me about your medicine I had little or no faith in it, but being in pain I was determined to give it a trial, and I am happy to say that it had the desired effect. I only took about a bottle when all pain was thoroughly removed, and I feel now as well as I could wish, for your medicine is undoubtedly worth its weight in diamonds. I am sorry for the sake of the public that it is not publicly advertised, and if so I am quite certain it would have a great demand here. I wish you would give me your address in England so as to enable me to send for some of this wonderful and really useful medicine when required.

Yours, faithfully,  
JOHN DRISCOLL.

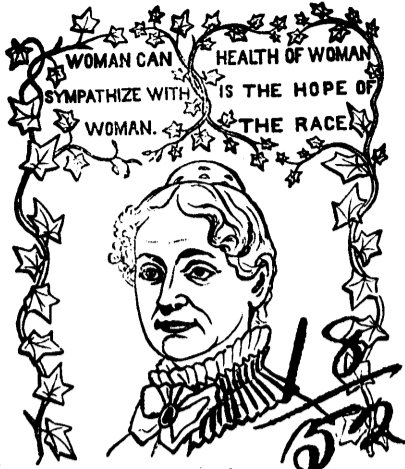
SOLD BY ALL DRUGGISTS.

The Rheumatism Manufacturing Co.,  
St. Catharines, Ont.

MESSRS. NORTHROP & LYMAN, WHOLE-  
SALE AGENTS, TORONTO.

**1000 Choice Lands**  
In the Great West Belt for sale by the WINONA & ST. PETER R. R. CO. at \$3 to \$8 per Acre, on easy terms, at low interest. Lowest fare. All expenses refunded to purchasers. Unsurpassed for healthful and market facilities. For Guide and Maps giving full information FREE, apply to CHAS. E. SIMMONS, Land Commissioner of Chicago & Northwestern R.R. Co., Chicago, Illinois. Mention this paper.

\$66 a week in your own town. Terms and full free. Address H. HALLET & Co., Portland, Me.



Yours for Health  
Lydia E. Pinkham

## LYDIA E. PINKHAM'S VEGETABLE COMPOUND.

A Sure Cure for all FEMALE WEAKNESSES, including Leucorrhoea, Irregular and Painful Menstruation, Inflammation and Ulceration of the Womb, Flooding, PRO-LAPSE UTERI, &c.

Pleasant to the taste, efficacious and immediate in its effect. It is a great help in pregnancy, and relieves pain during labor and at regular periods.

PHYSICIANS USE IT AND PRESCRIBE IT FREELY.

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.

KIDNEY COMPLAINTS of Either Sex Find Great Relief in Its Use.

LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of Humors from the Blood, and 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 23 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. Mentos 244 Paper.

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

Sold by all Druggists.

### DIAMOND DYES.

FOR ANY COLOR. Best Dyes Ever Made.

FOR SILK, WOOL, OR COTTON. DRESSES, COATS, SCARFS, HOODS, YARN, STOCKINGS, CARPET RAGS, RIBBONS, FEATHERS, or any fabric or fancy article easily and perfectly dyed to any shade, Black, Brown, Green, Blue, Scarlet, Cardinal Red, Navy Blue, Best Brown, Olive Green, Terra Cotta and 20 other best colors. Washed Fast and Durable. Single colors will color one to four lbs. of goods. If you do not have used Dyes try these once. Box 10 cents and any color wanted sent post-paid. 24 colored samples and a set of fancy cards sent for a 3c. stamp. WELLS, RICHARDSON & CO., Burlington, Vt.

### GOLD and SILVER PAINT.

Bronze Paint. Artists' Black. For Gilding Fancy Baskets, Frames, Lamps, Ornaments, and for all kinds of ornamental work. Superior quality of the high priced kinds and only 10c. per package, at the druggists, or post-paid from WELLS, RICHARDSON & CO., Burlington, Vt.

### DOWN'S' ELIXIR

N. H. DOWN'S' VEGETABLE BALSAM

# 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

\$6.25 for 39 cts.

Anyone sending 39 cents and the addresses of ten acquaintances will receive by return mail goods (not money) that is worth \$6.25. This is a chance offer to introduce a simple good. If you want a fortune, act now. J. J. HENRY, P. O. Box 274, Buffalo, N. Y.

## Scientific and Useful.

**COOKIES.**—Two and a half cups of sugar, one half cup butter, three eggs, one cup sour milk, one teaspoonful soda.

**SPONGE CAKE.**—Six eggs, three cups sugar, four cups flour, one cup cold water, three teaspoonfuls baking powder.

**FRENCH CAKE.**—Four cups sugar, one cup butter, two cups sweet milk, six cups flour, six eggs, six teaspoonfuls baking powder.

If salmon is not put in the water in which it is to be boiled until the water is boiling, the meat will be nicer in every way. It will be more firm, and keep its shape better.

**DOUGHNUTS.**—Four eggs, two cups sugar, two cups sour milk, two teaspoonfuls soda, five teaspoonfuls melted butter—last spoonful scant. Mix as soft as can be rolled; flavour to suit the taste.

**CORN MEAL GRIDDLE CAKES.**—To two-thirds of sifted meal allow one-third of wheat flour, with enough sour milk sweetened with soda to make a batter about as thick as for fritters. These cakes should be left on the griddle a few minutes longer than if of buckwheat or wheat flour alone. Be sure to add a good pinch of salt, and a little sugar to give a light brown colour.

A RELIABLE recipe for French breakfast rolls is as follows: One pint of sweet milk, heated almost to the boiling point, half a cup of butter, a third of a cup of sugar, one cup of yeast. Let the milk cool so that it will not scald the yeast, and yet will be more than lukewarm. Stir the yeast and sugar in it, and with the flour make a light sponge. When it has risen for the first time knead the butter into it, let it rise again, and then cut it into strips and roll in proper shapes, or cut it in round cakes and butter one-half of the top and double the cake over, a la baker's rolls. If started the night before and allowed to rise the last time an hour before breakfast, the time will be sufficient to insure delicious rolls. The oven should be hot, and from fifteen to twenty minutes will serve to bake them.

If one is obliged to sweep her house, empty the ashes from grate or stove, and to wash dishes, she cannot expect to keep her hands as white as idle hands are; but if she takes the precaution to put on a pair of old gloves or mittens when doing dusty work, one cause of rough skin will be removed. Then there are preparations which one may use: powdered borax is excellent to soften the skin; so is a mixture of lemon juice and glycerine. A mixture which is said to be a sure cure for undue perspiration of the hands is made of a quarter of an ounce of powdered alum, the white of one egg, and enough bran to make a thick paste; apply after washing the hands, let it remain two or three minutes, then wipe off with a soft, dry towel. Lukewarm water is better than hot or cold if the skin is inclined to be tender or to chap.

HERE is a recipe for a delicious pudding: Mix three teaspoonfuls of baking-powder with one quart of flour; chop a quarter of a pound of suet very fine, also one cup of raisins and one of currants; pour over the fruit a cup of molasses, a teaspoonful of mixed spice (cinnamon, cloves, and nutmeg, or mace), and one cup of milk; then gradually stir in the flour. This makes a stiff batter, but none too much so, as the pudding will have more body than if the batter is thinner; when every lump of flour is stirred out put the batter in a pudding-dish, and steam for four hours. The sauce which is best suited for this pudding is made in this way: Put four tablespoonfuls of white sugar in a basin on the top of the stove; add to it one tablespoonful of water; stir it every moment until it begins to be of a light brown colour; then take it from the fire, add enough wine to make the requisite amount of sauce; thicken with a little arrowroot or corn starch; sugar can be added also if the wine is a sour wine.

### "The Only One in America."

The International Throat and Lung Institute, Toronto and Montreal, is positively the only one in America where diseases of the air passages alone are treated. Cold inhalations are used through the Spirometer, an instrument or inhaler invented by Dr. M. Souvielle of Paris, ex-aide major of the French army, with proper dietetic, hygienic and constitutional treatment suitable to each case. Thousands of cases of Catarrh, Laryngitis, Bronchitis, Asthma, Catarrhal Deafness and Consumption have been cured at this institute during the past few years. Write, enclosing stamp, for pamphlet, giving full particulars and reliable references to 173 Church Street, Toronto, Ont.; 13 Phillip's Square, Montreal, P. Q.

## THE PUREST AND BEST

REMEDY EVER MADE.—IT IS COMPOUNDED FROM HOPS, MALT, BUCHU, MAN-DRAKE, AND DANDELION.

The oldest, best, most renowned and valuable medicine in the world, and in addition it contains all the best and most effective curative properties of all other remedies, being the greatest liver regulator, blood purifier, and life and health restoring agent on earth.

It gives new life and vigour to the aged and infirm. To clergymen, lawyers, literary men, ladies, and all whom sedentary employments cause irregularities of the Blood, Stomach, Bowels, or Kidneys, or who require an appetizer, tonic, and mild stimulant, it is invaluable, being highly curative, tonic and stimulating, without being intoxicating.

No matter what your feelings or symptoms are, or what the disease or ailment is, use Hop Bitters. Don't wait until you are sick, but if you only feel bad of miserable use the bitters at once. It may save your life. Hundreds have been saved by so doing, at a moderate cost. Ask your druggist, or physician. Do not suffer yourself or let your friends suffer, but use and urge them to use Hop Bitters.

If you have lameness in the loins, with frequent pains and aches; numbness of the thigh; scanty, painful and frequent discharge of urine, filled with pus, and which will turn red by standing; a voracious appetite and unquenchable thirst; harsh and dry skin; clammy tongue, often darkly furred; swollen and inflamed gums; dropsical swelling of the limbs; frequent attacks of hicough; inability to void the urine, and great fatigue in attempting it—you are suffering from some form of Kidney or Urinary Complaint, such as BRIGHT'S DISEASE of the kidneys, stone or inflammation of the bladder, gravel and renal calculi, diabetes, stranguary stricture and retention of the urine, and Hop Bitters is the only remedy that will permanently cure you.

Remember, Hop Bitters is no vile, drugged, drunken nostrum, but the purest and best medicine ever made, and no person or family should be without it.

Don't risk any of the highly lauded stuff with testimonials of great cures, but ask your neighbour, druggist, pastor or physicians what Hop Bitters has and can do for you and test it.

### SKINNY MEN.

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

"WHY SHOULD A MAN whose blood is warm within Sit like his grandaunt in alabaster?" Or let his hair grow rusty, scant and thin, When "Cingless Renewer" will make it grow the faster.

As the frosts of winter vanish under the calorific influence of the sun's rays, so does Bright's Disease, Dropsy, Stone in the Kidneys and Bladder, and Inflammation of the Kidneys, leave the body upon the administration of Dr. Van Buren's Kidney Cure.

The most brilliant shades possible, on all fabrics made by the Diamond Dye. Unequalled for brilliancy and durability. 10 cts.

A COMMON, and often fatal, disease is Jaundice. Regulate the action of the Liver, and cleanse the blood with Burdock Blood Bitters, and the worst case may be speedily cured.

No household should be considered complete without a bottle of Dr. VAN BUREN'S KIDNEY CURE in the closet. It is the only remedy that will positively, permanently and promptly cure all forms of kidney disease. Sold by druggists.

ERYSIPELAS, Scrofula, Salt Rheum, Eruptions, and all diseases of the Skin and Blood are promptly cured by Burdock Blood Bitters. It purges all bad humours from the system, imparting strength and vigour at the same time.

J. S. Webberell, writing from Winnipeg, says: "I can say more about PHOSPHATINE now than when I saw you last in Toronto. My health is much improved, and I am free from headaches, or any other aches, having only used two and a half bottles of your Phosphatine. For sale by all druggists."

MOTTIE HOWARD writes from Buffalo, N. Y.: "My system became greatly debilitated through arduous professional duties; suffered from nausea, sick headache, and biliousness. Tried Burdock Blood Bitters with the most beneficial effect. Am as well as ever."

Fortweak lungs, spitting of blood, night-sweats, and the early stages of Consumption. "Golden Medical Discovery" is specific. gists.