

*Pretty strong* reasons for trying Dr. Sage's Catarrh Remedy. In the first place, it cures your catarrh—no matter how bad your case, or of how long standing. It doesn't simply palliate—it cures. If you believe it, so much the better. There's nothing more to be said. You get it for 50 cents, from all druggists.

But perhaps you won't believe it. Then there's another reason for trying it. Show that you can't be cured, and you'll get \$500. It's a plain business offer. The makers of Dr. Sage's Remedy will pay you that amount if they can't cure you. They know that they can—you think that they can't. If they're wrong, you get the cash. If you're wrong, you're rid of catarrh.

## A FRIEND IN NEED!



"Here, Johnnie, your mother doesn't understand why I am able to get out my big washings quicker and nicer than she does. Take this tablet of 'Sunlight' Soap, and tell her to use it according to directions, and she will soon find out why my washings have been done quicker and better than hers. Tell her also that this soap will keep her hands nice and soft, and doesn't shrink flannels, and is so lasting that it is the cheapest as well as the best soap she can buy."

## INWARD PILES CURED.

### ST. LEON TRIUMPHANT.

Having been troubled with constipation and inward piles, was recommended to take

ST. LEON MINERAL WATER. I did so, and received the best satisfaction, being entirely cured.

W. F. JOHNSTON,  
Farist and Farm,  
TORONTO.

THE ST. LEON MINERAL WATER Co. (Limited)

107 1/2 KING STREET WEST, TORONTO

Branch Office at Tidy's Flower Depot, 164 Yonge Street

Minard's Liniment cures Colds, etc.

## HOUSEHOLD HINTS.

**SWEATING FEET.**—A safe and efficacious remedy for sweating feet is prepared chalk; rub it over the surface of the foot, the sole especially, night and morning.

**FOR BURNING FEET.**—Wash at bedtime in cold water, to which a teacupful of vinegar has been added. Burning sensations are most frequently caused by constipation; if the bowels are freely moved every day and the feet daily washed the condition will soon cease to exist.

**BAKED BANANAS.**—Select large ripe bananas and bake them in the oven as you would potatoes. When the skin begins to split at the seams they are done. Take them out and serve one to each person, as a vegetable. They should be peeled and eaten with butter and a little salt.

**VEAL WITH ONIONS.**—Some thin slices of veal; one cup of milk; half a cup of butter; teaspoonful of corn starch; cupful of celery chopped fine; half a cupful of water; eight small white onions which have been parboiled. Put milk, water and butter, creamed with corn starch, into a chopping dish; add the onions and stew five minutes with the cover on the dish. Remove the cover, add the celery, slices of veal, salt and pepper, and stew for ten minutes longer.

**CAULIFLOWER WITH CREAM SAUCE.**—Take off the green leaves and stalk of the cauliflower. Wash and put on to cook in slightly salted boiling water. Boil gently for half an hour. Turn off the water and add one pint of milk, one pint of boiling water and one teaspoonful of salt. Simmer half an hour longer. Take up with a skimmer, being careful not to break it. Pour over this a good milk sauce, thickened with corn starch, and serve.

**PICKLING WHITE ONIONS.**—Select small white onions and one large one; remove the outside skin and wash them; put in a jar and pour over them hot brine sufficient to cover them; make the brine strong enough to bear up an egg; let them stand three days; throw the brine away and wash the onions; boil the onions five minutes in vinegar and water, using half of each; take from the vinegar and let them stand till next day; drain and stick the large onion full of cloves, and cover the whole with cold vinegar, allowing twelve pepper-corns to each quart of vinegar.

**A DELIGHTFUL COUGH CANDY.**—Break up a cupful of slippery-elm bark, and let it soak an hour or two in a cupful of water. Half fill a cup (use the same cup for measuring) with flaxseed, and fill up to the brim with water, leaving it to soak at the same time as the slippery-elm. When you are ready to make the candy put one pound and a half of brown sugar in a stew pan over the fire; pour the water from the slippery elm and flaxseed over it (straining the latter), and stir constantly until it boils and begins to turn back to sugar; then turn it out, and it will break up into small, crumbly pieces. For teachers or preachers who use their voices much it will be an admirable and agreeable medicine, the taste being peculiarly pleasant. It is highly recommended to anyone subject to throat affections. A little lemon juice can be added, if desired.

**Dr. Price's Cream Baking Powder.**

Sold in Millions of Homes—  
40 Years the Standard.

## CURE YOUR COUGH

With Ayer's Cherry Pectoral—the most prompt and effective remedy for all diseases of the throat and lungs. It cures bronchitis and croup, relieves asthma, removes hoarseness, promotes expectoration, soothes and heals the inflamed mucous membrane, and induces repose. If taken in the first stages of consumption, Ayer's Cherry Pectoral prevents further progress of the disease, and even at a later period, it relieves many of the distressing symptoms. Mrs. L. I. Cloud, Benton, Ark., writes: "I have been a life-long sufferer from weak lungs, and, till I used Ayer's Cherry Pectoral, was scarcely ever free from a cough. This medicine always relieves my cough and strengthens my lungs, as no other medicine ever did. I have induced many of my acquaintances to use the Pectoral in throat and lung troubles, and it always proved beneficial, particularly so in the case of my son-in-law, Mr. Z. A. Snow, of this place, who was cured of a severe cough by its use."

"In the winter of 1885 I took a severe cold, which, in spite of every known remedy, grew worse, so that the family physician considered me incurable, supposing me to be in consumption. As a last resort, I tried Ayer's Cherry Pectoral, and, in a short time, the cure was complete. I am never without this medicine."—G. W. Youker, Salem, N. J.

## Ayer's Cherry Pectoral

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

Sold by all Druggists. Price \$1; six bottles, \$5.



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168 YONGE ST., TORONTO.

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IS WHAT



IMPARTS.

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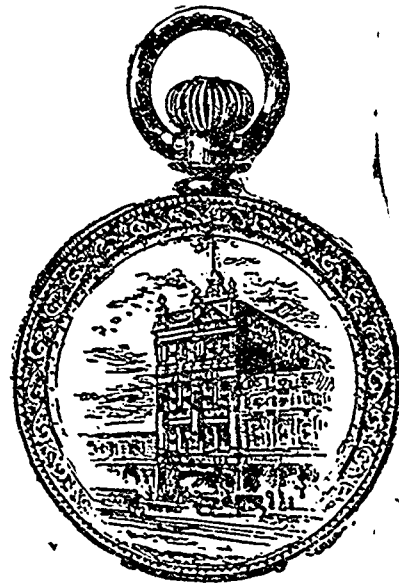
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N.B.—Advice gratis, at the above address, daily, between the hours of 11 and 4, or by letter.