

An Absolute Cure **INDIGESTION**
—for—
ADAMS' PEP SIN
TUTTI FRUTTI
IMPARTS TONE TO THE SYSTEM.
Take no worthless imitation.

Strengthens the Voice;
Purifies the Breath;
Keeps the Teeth Clean;
Improves the Appetite;
Builds up the System.

Sold by all Druggists and Confectioners
5c. Packages.

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COLLEGE,
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For Young Women

Graduating courses in Literature, Languages,
Music, Fine Art, Commercial Science, Education,
Faculty of University Graduates. Specialists in Art
and Music. Certificated Teachers, etc. Buildings and
accommodations unsurpassed. UNIVERSITY AFFI-
LIATION. PREPARES FOR JUNIOR AND SENIOR
MATRICULATION. RE-OPENING SEPTEMBER 7th,
93. B. F. AUSTIN, A.M., B.D., Principal.

B B BAD BLOOD
CURES

This complaint often arises from Dys-
pepsia as well as from Constipation, Heredi-
tary Taint, etc. Good blood cannot be
made by the Dyspeptic, and Bad Blood is a
most prolific source of suffering, causing

BOILS, PIMPLES, BLOTCHES,
Eruptions, Sores, Skin Diseases, Scrofula,
etc. Burdock Blood Bitters really cures bad
blood and drives out every vestige of im-
pure matter from a common pimple to the
worst scrofulous sore. H. M. Lockwood, of
Lindsay, Ont., had 53 Boils in 8 months, but
was entirely cured by 3 bottles of B.B.B.,
and is now strong and well. Write to him.

Minard's Liniment cures Burns, &c.

BABY'S BLOOD AND SKIN

Cleansed and purified of every humor, eruption,
and disease by the celebrated

CUTICURA REMEDIES



These great skin cures, blood
purifiers, and humor remedies
afford immediate relief in the
most torturing of Itching and
Burning Eczemas and other Itch-
ing, scaly, crusted, and blotchy
skin and scalp diseases, permit
rest and sleep, and point to a
permanent and economical (be-
cause most speedy) cure when
the best physicians and all other
remedies fail. Thousands of
grateful testimonials attest their wonderful, un-
failing, and incomparable efficacy. Sold every-
where. POTTER DRUG AND CHEM. CO., Boston.
"All About the Skin, Scalp, and Hair," mailed free.

BABY'S Skin and Scalp purified and beautified
by CUTICURA SOAP. Absolutely pure.



HOW MY SIDE ACHES!

Aching Sides and Back, Hip, Kidney,
and Uterine Pains, and Rheumatism re-
lieved in one minute by the Cuticura
Anti-Pain Plaster. The first and only
instantaneous pain-killing, strengthening plaster.

The Crown Perfumery Co's
INVIGORATING
LAVENDER SALTS

Regd. Sold Everywhere

INVIGORATING
LAVENDER SALTS
OR SALTS OF LAVENDER (PERUVIAN)
These Salts are the most agreeable deodoriser
that exists. By leaving the stopper out a few
minutes the apartment will be purified, and
the air rendered strongly invigorating and
refreshing. FROM
THE CROWN PERFUMERY COMPANY
177, NEW BOND STREET, LONDON.

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BEWARE OF COUNTERFEITS
Genuine Crown Stopped Bottles

Sold by Lyman, Knox & Co., Toronto, and all
leading druggists.

HEALTH AND HOUSEHOLD HINTS.

Tomatoes au Gratin.—Prepare the to-
matoes in the same way as the forego-
ing, but fill them with minced chicken
or veal, which is mixed in a little white
sauce, seasoned with salt and pepper and
the raw yolk of an egg. Cover the meat
in, with nicely browned bread crumbs, and
stand each tomato on a round piece of
fried bread; place them on a baking tin
and bake till the tomato is done; arrange
them on a dish, paper and garnish with
fried parsley.

Very few housekeepers, says Hall's
Journal of Health, can realize the nutri-
tive value of cream, and understand its
superiority to any other solid fats, in per-
mitting the gastric juice to mix with it
in the most thorough and perfect man-
ner, and in this way aiding and hasten-
ing digestion. It is invaluable in the
case of invalids, for it serves a nutritive
in a very available form. It is superior
to butter, because it contains more
volatile oil than butter made from it.
It is frequently ordered by the physi-
cians, for those consumptively inclined, for
those with feeble digestions, for aged
persons, and those who suffer from im-
paired circulation, cold feet, and who
feel chilly from want of nutriment. No
other article of food gives such satis-
factory results.

A perfectly safe substance for clean-
ing silver, will always be found in
French whiting. For all ordinary pur-
poses, such whiting, wet with water, is
all that is necessary; but if the silver
is very much discoloured, it should be
wet with alcohol. This will give a
brilliant polish. It is important that
the materials used to clean silver should
be perfectly free from any gritty sub-
stance. The whiting should be sifted
through a hair sieve or a piece of mus-
lin, to insure against anything that
might scratch the plate. Silver, as well
as steel, must be washed perfectly clean
before being rubbed with the polishing
material. A soft silver-brush will be
required for brushing the chased and
repose work, which is found on nearly
all the silver-handled knives. Only sub-
stances which are well known have been
suggested for the cleaning and care of
the various articles spoken of.—Ladies'
Home Journal.

A LETTER FROM EMERSON.

"I have used Dr. Fowler's Extract of
Wild Strawberry, and I think it the
best remedy for summer complaint. It
has done a great deal of good to my-
self and children." Yours truly,
Mrs. Wm. Whitely, Emerson, Man.

Spiced Peaches.—Six pounds of peach-
es, three and one-half pounds of gran-
ulated sugar, one ounce of vinegar,
one-half pint of water, one ounce of cinna-
mon, a little less than an ounce of cloves,
one tablespoonful of salt and two blades
of mace. Pour boiling water over the
peaches, allow them to stand a few mo-
ments, then drain them and remove the
skins. Tie the spices loosely in a cheese-
cloth bag and place in the kettle with
sugar, vinegar, water and salt. Allow
the syrup to boil a short time, then
add the peaches a few at a time, and
cook until tender. Skim them carefull-
ly into a stone jar, and when all are
cooked, pour the syrup over them. The
day following, drain the syrup from
them, boil it again, and pour over the
fruit. When cold, cover closely and
store away for winter use. It some-
times happens that one has a quantity
of imperfect fruit which cannot be spiced
whole. In this case cut the fruit into
quarters, and though not quite so at-
tractive in appearance, the spiced peach-
es will still be excellent.

Talking of patent medicines—you know the
old prejudice. And the doctors—some of them
are between you and us. They would like you
to think that what's cured thousands won't cure
you. You'd believe in patent medicines if
they didn't profess to cure everything—and so,
between the experiments of doctors, and the
experiments of patent medicines that are sold
only because there's money in the "stuff,"
you lose faith in everything.

And, you can't always tell the prescription
that cures by what you read in the papers. So,
perhaps, there's no better way to sell a reme-
dy, than to tell the truth about it, and take
the risk of its doing just what it professes to
do.

That's what the World's Dispensary Medi-
cal Association, of Buffalo, N. Y., does with
Dr. Pierce's Golden Medical Discovery and Dr.
Pierce's Favorite Prescription.

If they don't do what their makers say
they'll do—you get your money back.

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to every thing washable—
Pearline. All the harm comes
from neglecting it. You can
get things clean by scrubbing,
but you wear them out. You
can wash by main strength,
but it's hard work. *Pearline*
saves work and wear. It
saves time and money in all
you have to do; all you have
to do is to get *Pearline*.

Beware Peddlers and some unscrup-
ulous grocers will tell you "this
is as good as" or "the same as"
Pearline. IT'S FALSE—
Pearline is never peddled, and if your grocer sends
you something in place of *Pearline*, do the honest
thing *send back*. JAMES DYLE, N.Y.

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EXTRA GRANULATED,
Very Superior Quality.

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Of all Grades in Barrels and half Barrels.

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the sum insured, estimated at about 31 years from
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That's the policy for you.

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Purify the Blood, correct all Disorders of the
LIVER, STOMACH, KIDNEYS AND BOWELS.
They invigorate and restore to health Debilitated Constitutions, and are invaluable in all
Complaints incidental to Females of all ages. For children and the aged they are priceless.

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