

# RADWAY'S READY RELIEF

FOR INTERNAL AND EXTERNAL USE.

Instantly stops the most excruciating pains, allays inflammation and cures congestions, whether of the Lungs, Stomach, Bowels, or of the glands or mucous membranes.

## ACHES AND PAINS.

For headache (whether sick or nervous), tooth-ache, neuralgia, rheumatism, lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds, the application of Radway's Ready Relief will afford immediate ease, and its continued use for a few days effect a permanent cure.

**Strong Testimony of Emigrant Commissioner, the Hon. George Starr, as to the power of Radway's Ready Relief in a Case of Sciatica, Rheumatism.**

VAN NESS PLACE, NEW YORK.

DR. RADWAY—With me your Relief has worked wonders. For the last three years I have had frequent and severe attacks of sciatica, sometimes extending from the lumbar regions to my ankles, and at times to both lower limbs.

During the time I have been afflicted I have tried almost all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be failures.

I have tried various kinds of baths, manipulation, outward application of liniments too numerous to mention, and prescriptions of the most eminent physicians, all of which failed to give me relief.

Last September at the urgent request of a friend (who had been afflicted by myself), I was induced to try your remedy. I was then suffering fearfully with one of my old turns. To my surprise and delight the first application gave me ease, after bathing and rubbing the parts affected, leaving the limbs in a warm glow, created by the Relief. In a short time the pain passed entirely away. Although I have slight periodical attacks approaching a change of weather, I know now how to cure myself, and feel quite-master of the situation. RADWAY'S READY RELIEF is my friend. I never travel without a bottle in my valise.

Yours truly, GEO. STARR.

**INTERNALLY.**—A half to a teaspoonful in half a tumbler of water will in a few minutes cure Cramps, Spasms, Sour Stomach, Nausea, Vomiting, Heartburn, Nervousness, Sleeplessness, Sick Headache, Diarrhoea, Colic, Flatulency and all internal pains.

## Malaria Cured and Prevented.

There is not a remedial agent in the world that will cure fever and ague and all other malarious, bilious and other fevers, aided by RADWAY'S PILLS, so quickly as RADWAY'S READY RELIEF.

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Manufactured from the Best Canada Grapes without the use of either artificial coloring or distilled spirits in any form.

After repeated chemical analyses of the Wines made by Robert Bradford of No. 595 Parliament St., Toronto. I do not hesitate to pronounce them to be unsurpassed by any of the native Wines that have come under my observation.

Analyses show them to contain liberal amounts of the ethereal and saline elements, sugar and tannic acid etc., characteristic of true Wine and which modify materially the effects which would be produced by alcohol alone.

Retaining to a high degree the natural flavor of the grape, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

CHAS. F. HEBBNER, Ph. C. Phm. B. Dean and Professor of Pharmacy. Ontario College of Pharmacy.

## R. BRADFORD,

595 PARLIAMENT ST., TORONTO, - ONT.

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Sold everywhere Price: RESOLVENT, \$1.50; OINTMENT, 75c.; SOAP, 35c. POTTER DRUG AND CHEM. CO., Sole Props., Boston. "How to Cure Skin and Blood Humors," free.

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For Dinners, House Parties, Afternoon Receptions, and Five o'Clocks, the necessary, nay, the indispensable adjunct to the correct repast is



**Chocolat-Menier?** Only Vanilla Chocolate of highest grade, is manufactured by MENIER—Beneficial even for the most delicate. Can be taken just before retiring.

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To invest a small sum every month where it will be safe and yield you in eight years

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Or more, according to amount saved per month. It is the DOLLARS SAVED, not those EARNED, which measure the degree of our future wealth and prosperity.

## CAN YOU AFFORD TO SAVE

2 Cents a day for 8 years and get \$100? 10 Cents a day for 8 years and get \$500? 20 Cents a day for 8 years and get \$1000? You can if you will.

So long as the masses of the people do not save anything out of their earnings, just so long will their SPENDING go into the hands of those who do save, and THEY are the capitalists. This is why the few own the houses and the many pay the rent. Do you wish to remain one of the "masses," or do you wish to become a capitalist? Write for particulars.

## THE EQUITABLE SAVINGS, LOAN AND BUILDING ASSOCIATION.

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Minard's Liniment Cures Burns, etc.

## HEALTH AND HOUSEHOLD HINTS.

**Fruit Salad Dressing.**—A dressing for such a fruit salad as a mixture of bananas, white grapes and oranges is sometimes made from sugar, water and wine. Dissolve half a cupful of sugar in two table-spoonfuls of water, then boil five minutes, and mix with the syrup after it cools a little a half cupful of good sherry. A little Maraschino improves the flavor. If wine is not used two table-spoonfuls of lemon juice may be added to the syrup.—*New York Evening Post.*

**To Cook Spinach.**—As spinach is often cooked it is a coarse dish, whereas it should be one of the most delicate and refined vegetables that come upon our table. In order to free it from a certain rankness of the green leaf it must be blanched. To do this wash it very thoroughly, cut off the stalks, and boil it in abundance of salted water for 15 minutes. Then drain it through a colander, and immerse it in the colander in a pan of cold water. When it has become thoroughly cold drain it again and chop it fine. It is now ready to be cooked, and is in the condition in which it is often found in the French markets. It may be kept in this condition over night or for a number of days. As a rule, spinach is cooked too long. It is not uncommon for New England housewives to cook it for one or two hours, and the result is a course, flavorless vegetable, poor in color and only made palatable by smothering it in vinegar.—*New York Tribune.*

### DO YOU KNOW.

Do you know that bread crumbs cleanse silk gowns?

That berry stains on damask will disappear if soaked in milk before sending to the laundry?

That ink stains can be removed by dipping the spot in buttermilk and rinsing in clear water?

That coffee or tea stains are removed by boiling hot water?

That salt as a tooth powder is better than almost any dentifrice?

That a heated bag of salt will relieve neuralgia?

That salt will kill weeds, if applied in quantities?

### SLEEPING ROOMS.

What shall we put into our sleeping-rooms? Nothing that cannot be cleaned or removed. The "ideal" sleeping-room will have neither paint nor paper on its walls. The woodwork will be of hard wood, finished in oil, or simply varnished. The walls should be finished in hard plaster, and tinted; then they can be easily cleaned. The windows will be low and of large size, to let in all the sun and air possible. The floor will be of hard wood, oiled or varnished, and have the dust wiped up every day. There will be a fire-place, where a little fire on the hearth in cold weather will help ventilate, especially in cases of sickness. We may have rugs on our floor as cheap or costly as our purses will allow, but the less we have the better the air. The draperies at the window will be of thin, washable material, and often washed. The furniture will be light, without carvings to catch the dust. Stuffed chairs, lounges and wollen hangings will not find a place here. A set bowl, with hot and cold water, is very convenient, but not always safe; therefore leave it in the bath-room; have a portable one in the sleeping-room, and be on the safe side.—*Good Housekeeping.*

### SUMMER HINTS.

Bathe daily. Save your steps. Drink milk slowly. Eat your meals slowly. For insomnia take a cold bath at bedtime. Sponge your babies with cold water at bedtime.

Have your house gowns made with open necks and elbow sleeves.

Have mercy on your cook in your arrangements of meals for hot days.

Allow double the amount of time in catching boats and trains than you do in winter.

Press towels, folded as usual, through your clothes wringer and thereby save your laundress.

Give your children water to drink during the hot weather. They need this to make up for the loss from perspiration.

Place a large dish of water in a room where the heat is oppressive. Change once or twice and the temperature will be perceptibly lowered.

Before going for a midday sail rub your face, neck and hands with simple cream, and powder gently with cornstarch. Wipe the powder off, and on returning wash well in warm water and with castile soap.

### A Puny and Fretful Baby.

This is now quite unnecessary! Like many others, you may have your baby fat, laughing and happy, if you give it Scott's Emulsion. Babies take it like cream.

Minard's Liniment Cures Dandruff.



**Which—Man or Shirt?** Has the man grown, or has the flannel shrunk? Usually, the shirt's to blame. No, not that, either—but the way it's washed.

Flannels ought to be washed with Pearline. If you're buying new ones, start right. Have them washed only with Pearline (direction on every package) and they won't shrink. As for the old ones, Pearline can't make them any larger, but begin with it at once; it will keep them from growing smaller. It will keep them from the wear of the washboard, too.

**Danger** As one wash is sufficient to ruin flannels, great care should be exercised as to the use of the many imitations which are being offered by unscrupulous grocers or peddlers. Pearline is manufactured 314 James Pyle, N.Y.



Royal Military College of Canada.

## INFORMATION FOR CANDIDATES.

**THE ANNUAL EXAMINATIONS** for Cadetships in the Royal Military College will take place at the Head Quarters of the several Military Districts in which candidates reside in June each year. In addition to the facilities the College affords for an education in Military Subjects, the course of instruction is such as to afford a thoroughly practical, scientific and sound training in all departments which are essential to a high and general modern education.

The Civil Engineering Course is complete and thorough in all branches. Architecture forms a separate subject.

The Course of Physics and Chemistry is such as to lead towards Electrical Engineering, Meteorological Service, and other departments of applied science.

The obligatory Course of Surveying includes what is laid down as necessary for the profession of Dominion Land Surveyor. The voluntary Course comprises the higher subjects required for the degree of Dominion Topographical Surveyor. Hydrographic Surveying is also taught.

Length of Course four years.

Four Commissions in the Imperial Regular Army are awarded annually.

Board and instruction \$200 for each term, consisting of ten months' residence.

For further information apply to the Adjutant General of Militia, Ottawa, before 15th May.

Department of Militia and Defence, 1894.

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