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Perfectly tasteless, elegantly coated, purge, regulate, purify, cleanse and strengthen. Radway's Pills for the cure of all disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Dizziness, Vertigo, Costiveness, Piles,

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Indigestion,

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- AND-

All Disorders of the Liver.

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(HAS, F. HEERNER, Ph. C. Phys. R.

CHAS. F. HEEBNER, Ph. G. Phin. B. Deau and Professor of Pharmacy. Ontario College of Pharmacy.

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Delicious and Invigorating.

ASK YOUR GROCER FOR CHOCOLAT MENIER

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BEST QUALITY OF BREAD.

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Full weight, Moderate Price. DELIVERED DAILY. TRY IT.

MILITIA.

CEALED TENDERS for the supply of Clothing for the Militia and Permanent Corps, comprising Tunics, Trousers Great Coats and Caps Militia Store Supplies and Necessaries consisting of Boots Gloves, Shirts, Drawers, Socks, Iron Bedsteads, Brooms, Brushes, Saddlery, Horse Blankets, etc. Hard and Soft Coal Hard and Soft Wood (English measure) for the heating of all Military Buildings in each of the Military Businets, will be recoved up to moon Thursday, St. 51 July, 1891 Toulers to be marked on the left hand corner of the envelope Tender for "Militia Clothing," "Militia Store, Supplies," "Coal," or "Fuel Wood," as the case may be, and addressed to the Honourable the Minister of Militia and defence, Ottawa.

The contracts for Clothing are to cover a period of

The contracts for Clothing are to cover a period of three years from the 1st July, 1994; those for Store Supplies and Necessaries. Coal and Wood, are for one year from 1st July, 1894.

Printed forms of tonder containing full particulars may be obtained from the Department at Ottawa, and at the following Militia Stores, viz. The offices of the Superintendents of Stores at London, Teronto, hing ston. Montreal Quebec Halifax NS St John NB and Winnipeg, Main.

Every article of Clothing, Store Supplies and Necessaries to the furnished, as well as the material therein, must be of Casadana manufacture, and similar in all respects to the scaled interns, which can be seen at the Militia Stores at Ottawa. This does not apply to material for sæddlery.

No tonder will be received unless made on a printed form furnished by the Department, nor will a tender be considered if the printed form is altered in any manner whatever.

Each tonder must be accompanied by an accepted cheque on a Canadian Chartered Bank for an amount equal to ten per cent. of the total value of the articles tendered for, which will be forfeited if the party making the tender declines to sign a contract when called upon to do so If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

A. BENOIT, Capt., Secretary.

Department of Militia and Defence, Ottawa, 2nd June, 1894.

Minard's Liniment Cares LaGrippe.

HEALTH AND HOUSEHOLD HINTS.

Rub a creaking hinge with a very soft lead pencil.

In packing gowns they will be found to crease very little if paper is placed between the folds.

Keep the piano closed at night and in damp weather; open on bright days and let the sun shine on the keys, as the light will keep them from turning yellow.

Lemon will do for the yellow white sailor what shoe polish does for the worn black one. Remove the ribbon band and with a slice of lemon clean the straw thoroughly.

A good broom holder may be made by putting two large screws-nails will answer -into the walls about two inches apart. Drop the broom between them, handle downward.

No matter how large the spot of oil, any carpet or woollen stuff can be cleaned by applying buckwheat plentifully, brushing it into a dustpan after a short time, and putting on fresh until the oil has disappeared.

To Clean Kid Gloves .- The following dry process of cleaning kid gloves has been found satisfactory: Prepare a generous quantity of cracker crumbs; button the gloves upon the hands and rub thoroughly with the crumbs. This process is especially efficacious in cleansing those of light undressed kid.

New Conveniences.—A coffee pot with a strainer of aluminum that will not rust nor corrode, a bread knife with the cutting edge in reflex curves that is warranted not to crumble or crush warm or very light bread, and liquid chocolate in pound cans ready for use in layer cake, are some of the new conveniences offered by the shops.

Important adjuncts to beauty are good teeth, red lips and a clear complexion. Strict cleanliness and frequent visits to dentists will secure the first. Parents cannot take too good care of their children's teeth. Instead of having them crooked and deformed, by a little forethought and slight expense they could have them made straight and well proportion

Broiled Shad .- Wash the fish and wipe it carefully. Split it down the back, season with pepper and salt, and lay flesh-side down on a buttered grid iron or boiler. When brown on this side turn it and cook it on the other. A medium sized fish will require about twenty minutes' cooking. Serve on a warm dish with bits of butter sprinkled over it. Garnish with slices of lemon.

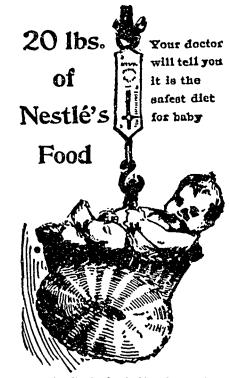
When preparing onions for cooking hold them below the surface of the water in a deep pan and your eyes will not be affected, though you should pare and slice a large quantity. This method is used in pickling establishments, where bushels of them are put up daily; but remember the hands, knife and onions must be kept under the water. It is a good plan to have two pans of water when the onions are to be sliced, so that they may be pared in one pan and then thrown into the other one for slicing. Drain through a colander before cooking.

A number of little things in the care of one's brushes determines the length of their service and the condition in which they last. For one thing a hair brush should be washed often enough to keep it thoroughly cleansed. For this soda water or ammonia water must be used, and then the wet bristles set downward
-do not turn it on its back-and left in the sun to dry. A nail or tooth brush should never be left in the holder with the bristles uppermost. It stands to reason that water will soak into them in time with such treat-ment, and that discoloration and general demoralization will follow.

Mutton Broth.-Mutton is less nutritious than beef but fit is more easily digested, and can often be given when the latter should not be introduced into the system. The sticking-piece is the best part to use. Take one and one-half pounds of meat and one and onehalf pints of water, and two tablespoonfuls of previously washed rice (if necessary the rice may be omitted), put on a slow fire and allow to come to the boiling point; then remove any fat that may come to the surface, and allow to simmer for three hours. Keep the pan covered so as to prevent the evaporation of the water; strain and rewarm as needed. Celery salt can often be added, and this imparts a nice flavor. The milky color is due to

The Supply of Towels.—Have plenty of towels. Comfort and cleanliness depend upon it. You can better go without some of your household decorations than to "get along" with a scant supply of towels. Have them of good size. They are more satisfactory and wear longer than the curtailed sort. Shall the towel be fringed? That is a matter of taste. Shall our towels be damask or huckaback? That is also a matter of taste. And it is a spinal disease nearly 40 years matter of complexion. Huckaback and all we say about our remedy.

Turkish are desirable for bath use. But for the face use the damask. With that you may rub the skin without producing a battered-up teeling which is certainly not advisable for the complexion. It is well to persistently rub the face, but it is never improved by scouring.



Nestlé's Food is invaluable in hot weather. Prepared for use with water only, all danger from using milk of tuberculous cows is avoided. If you have not used Nestle's Lood, send for sample and our dainty book, "THE BABY," both free of charge.

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