

VERY BENEFICIAL TO HEALTH.



I take pleasure in stating that the **ST. LEON MINERAL WATER**

I have used has been very beneficial to my health. The saline properties of the water seem to invigorate the whole system. I can recommend its use as highly conducive to general health.

D. B. READ, Q.C., 23rd University Street.

THE ST. LEON MINERAL WATER Co. (Limited), HEAD OFFICE - 101 1/2 KING STREET WEST, TORONTO. Branch Office at Tidy's Flower Depot, 164 Yonge Street.

THE INTERNATIONAL BUSINESS COLLEGE *Cornes College Street and Brunswick Avenue, Toronto.* I do not say my College is "Better than the Best," the "Leading" or most "Reliable," but I am the oldest and most experienced Business School Teacher in the Dominion, and for twenty-three years was at the head of "Musgrove's National Business College," in Ottawa, the largest Business School in Eastern Ontario. I advertise very little. I give my personal attention to each student, and make his interest my own. A word to the wise is sufficient. Address J. W. MUSGROVE, Proprietor.



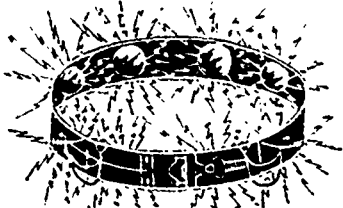
OF IMPORTANCE TO YOU.

We request all those seeking medical relief to write us confidentially and learn for themselves of what

THE GREAT MODERN REMEDY can do for them. To heal the sick we must destroy the cause. To do this the remedy must be an Anti-Septic, and destroy the living disease germs in the blood by actually coming in contact with them. Any other method of cure is a *sham*. No Electricity. "Health without Medicine," (which contains nothing but the advice to use hot water enemata) or other remedies with *no anti-septic* qualities will do this. "The reader should do his own thinking and careful investigating, and not let others do it for him, else they will soon profit by his ignorance."

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Indigestion, Liver and Kidney Complaints, Rheumatism, Neuralgia, Lumbago, Gout, Spinal Disease, Nervous Prostration, Sleeplessness, Heart Troubles, Impotence, Seminal Weakness, and Disorders of the Nervous and Muscular Systems. Dorenwend's Appliances are the very latest in Electro-Medical Discoveries. The current is under the control of the user, and can be made weak or strong. Every part is adjustable. The Belt will cure all diseases curable by electricity. They are endorsed by recognized authorities. Expert electrical and medical examination invited. No other belt will stand this. Send for book on Electro-medical Treatments. The Dorenwend Electric Belt and Attachment Co., 103 Yonge Street, Toronto. Mention this paper. C. H. DORENWEND, Electrician.

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About Boiling Clothes and Disease-Breeding Germs



Dr. H. M. Lassing, in an article in *American Analyst*, says: "The dirt and all soap must be entirely removed from the interstices of the clothes, and all microbes must be destroyed. The only and easiest way to do this is by heating the water in which the clothes are contained to the boiling point. The boiling water, by constant self-agitation, is forced through the interstices of the fabrics, and thus cleanses them from dirt and disease-breeding microbes as they can be cleansed in no other way, and without in any manner injuring the fabric."

James Pyle's Pearline will wash in hot or cold, hard or soft water, and by any of the so-called "new labor-saving methods;" but for the easiest and best way of washing, refer to the directions for washing by boiling given on back of each package of Pearline.

Beware of Imitations. JAMES PYLE, New York.

A few thoughts concerning

ASTHMA

Its Cause and Cure

Must interest every one afflicted with this terrible disease. To describe this disease to one that has suffered for years the untold agonies of suffocation and distress night after night and who (in many extreme cases) would only gladly welcome death in order to be relieved from such suffering with no prospect of ever being any better is not pleasant to contemplate. All the boasted remedies heretofore claimed to cure Asthma have failed or only given temporary relief. The smoking of leaves and barks, saturated paper and pastilles has been resorted to as the last means for only a temporary relief anything being considered a blessing that will release the grasp of the fingers of death (even for a short time), which seems to be tightening every moment more and more; the sufferer knows that this is Asthma. To-day suffocating, in a few days relieved, and no good reason can be given as to the cause of these sudden changes and return of suffering, only by the poisonous blood acting on the nerves producing the disease. In Asthma there is a

SPECIFIC POISON IN THE BLOOD THAT MUST BE DESTROYED before Asthma can be

CURED

This poison is oft-times inherited and passed through many generations, like Scrofula, never losing its power to produce Asthma and oft-times affecting the lungs and bringing the sufferer down to a Consumptive grave. Location, with surrounding causes will arouse and set to work this poison in the blood, so that in some sections of the country an Asthmatic cannot live, even in one part of a city their suffering is intense, move to another part and they are entirely free from Asthma. Thus you learn that there exists a certain poison in the system, that when certain influences are brought to bear that exist in the Atmosphere in many localities will develop this poison in an unusual degree thereby affecting the NERVES, producing spasms and difficult breathing, which every Asthmatic has had such sad experience with, suffering, and no hope of being cured; for having tried every known remedy, exhausted the skill of the physicians, have given up in despair. After years of study and patient research and watching this disease in all its various phases under various circumstances we present a cure for Asthma known as DR. TAFT'S ASTHMALENE, which will entirely destroy this poison in the blood and restore the nerves to a healthy condition and when this is done the spasms will cease, the choking will subside, and the injury done to the lungs will begin at once to be repaired and the nerves restored to perfect health. ASTHMALENE is unlike all other so-called Asthma cures, as it CONTAINS NO Opium, Morphine, Ipecac, Squills, Lobelia, Ether, Chloroform or any other Anodyne or Narcotics, but its combination is of such a nature that it will destroy every particle of this poison in the blood and eliminate it from the system, effect a cure and give a night's sweet sleep. We have received thousands of testimonials from every State in the Union of the marvelous cures from the use of the ASTHMALENE. We have never published them, for testimonials have been manufactured so extensively and sold so cheap that people have no confidence in them.

WE DO NOT WANT YOU TO SEND US MONEY

We do not make out a long list of prying, personal and impertinent questions, nor do we resort to any clap trap or any nonsense of any kind in order to make monthly or permanent patients; we only ask any one suffering from Asthma to TRY A FEW DOSES of Asthmalene. We make NO CHARGE FOR a trial bottle to sufferers from this terrible malady. Send us your name on a postal card and we will mail

FREE

enough of Dr. Taft's Asthmalene to show its power over the disease, stop the spasms and give a good night's rest, and prove to you (no matter how bad your case) that ASTHMALENE CAN CURE ASTHMA, and you need no longer neglect your business or sit in a chair all night gasping for breath for fear of suffocation. Send us your full name and post office address on a postal card. THE DR. TAFT BROS. MEDICINE CO., ROCHESTER, N. Y.

HEALTH FOR ALL!! HOLLOWAY'S PILLS

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.

Manufactured only at THOMAS HOLLOWAY'S Establishment, 78 New Oxford St., London; And sold by all Medicine Vendors throughout the World. N.B.—Advice gratis, at the above address, daily, between the hours of 11 and 4, or by letter.

HOUSEHOLD HINTS.

PIES need a quick oven and should be baked from the bottom.

COLD rain-water will remove machine grease from washable fabrics.

SALT and vinegar brighten brasses as well as any more modern and expensive potions.

A CRYSTALLINE appearance is given to plain glass by washing over with Epsom salts.

IN boiling meat, take the fat from the top of the water and save it for cooking purposes.

RICE PUDDING.—Boil a teacup of rice in a quart of milk, add a pound of sugar, half a pound of butter and six eggs. Flavour to taste and bake. Eat with butter sauce.

CHEESE PIE.—Beat a cup of sugar, three eggs and a cup of butter together, flavour with lemon. Bake in a rich crust and spread over with the beaten whites of eggs sweetened.

Do you have a dull headache, indigestion or constipation? If so, your health is probably being insidiously undermined by the use of a baking powder containing alum or ammonia.

CHICKEN SALAD.—For two fowls boiled and cut up, taking off the skin, use the yolks of nine hard-boiled eggs, mashed smooth, half pint of sweet oil, half pint of vinegar, one gill of mixed mustard, half teaspoonful of cayenne pepper, one teaspoonful salt and two large heads of celery—if not celery a little crisp lettuce. Chop up the white of the eggs and put over the salad after it is ready for the table.

MINCE PIE.—Take five pounds of beef; boil, chop fine with three pounds of suet; seed four pounds of raisins, wash four pounds of currants, slice a pound of citron, chop four quarts of apples. Put in a saucepan, with cinnamon, cloves, ginger, nutmeg, the juice of two lemons, one teaspoon of pepper and two pounds of sugar. Pour over all a quart of cider, one pint of molasses and a teacup of melted butter. Bake in a rich crust, without tops, then bake a crust of puff paste and lay on.

CHICKEN PIE.—Parboil a good-sized chicken after carving it as if to be served; take out of water. Then put in a cupful of milk, to which has been added flour enough to moderately thicken it; salt and pepper. Let this boil gently quarter of an hour. Put at bottom and sides of a pie-dish a lining of paste; lay the pieces of chicken in with a quarter of a pound of pork in very thin slices. Fill the dish with the liquor you have ready. You can ornament the paste with strips, but be sure to leave a small aperture in the top of the crust. It will be done in fifty minutes in a moderately hot oven.

AMMONIA is an excellent thing to remove grease spots, but dangerous to take into the stomach; yet some unscrupulous manufacturers, we understand, adulterate baking powder with ammonia.

OUR HEALTHY CITY.—Toronto mortality is considerably lower than in other cities in the Dominion, as seen by the statistics published by the Government every month. Why? One reason is the people eat the right kind of food. The choice Breakfast cereals and hygienic foods, manufactured in this city by the Ireland National Food Co., undoubtedly contribute much to the health and longevity of the people who use them, and they are d-e-l-i-c-i-o-u-s.

Dr. Prices' Cream Baking Powder

Baking Powder

Used in Millions of Homes—40 Years the Standard.