R R R

RADWAY'S READY RELIEF

FOR INTERNAL AND EXTERNAL USE.

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

ACHES AND PAINS.

For headache (whether sick or nervous), toothache, 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 as 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, Diarrhœa 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.

25 cents per bottle. Sold by all Druggists

RADWAY & CO.,

419 St. James Street, Montreal.

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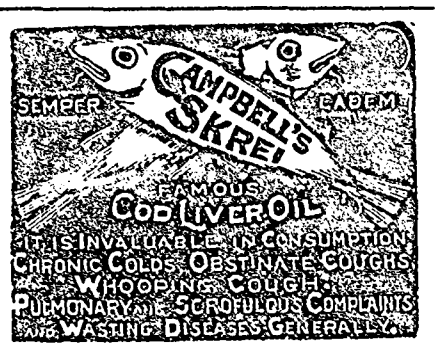
First Class $10.00 Sets teeth for $5.00

BBB CURES DYSPEPSIA.

Dyspepsia arises from wrong action of the Stomach and is the cause of much misery and many diseases such as Constipation, Biliousness, Bad Blood, Headache. Burdock Blood Bitters is a prompt and effectual cure because it tones the stomach, aids digestion and renovates the entire system. Cases which seemed past hope have been completely cured by B.B.B.

LIFE WAS A BURDEN.

"Life seemed a burden, the simplest food disagreed with me, and I was in misery from Dyspepsia, but two bottles of B B.B entirely freed me from it," says Miss L. A. Kuhn, Hamilton, Ont.



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SHE FOUND A FRIEND.

Strong and Mighty to Deliver from Torubles

This True, Tried and Honest Friend Proved to be Paine's Celery Compound.

Nature's Medicine Cures After a Series of Medical Failures.

The half has never been told regarding the suffering and misery endured from day to day by thousands of our Canadian women. Sleeplessness, nervousness, dyspepsia, indigestion and prostration claim a host of victims, who are earnestly desiring and seeking for deliverance from their burden of woes.

We wish briefly to draw attention to the fact that science has placed within reach of suffering women an agency—a cure—that fully meets the case of every woman in ill health. Thousands of Canadian women in all ranks of society have used Paine's Celery Compound with the most satisfactory results. It is the only medicine that has ever been thoroughly indorsed by the best medical men of the times. No other medicine has ever received such strong and flattering testimonials from our best people, and no other has ever been so much spoken of by the press of this country.

Every woman who is overworked, run-down, sleepless, nervous or dyspeptic, will find a friend in Paine's Celery Compound. This wonderful and life-giving medicine quickly builds up in flesh, muscle and tissue, it braces the nervous system, gives health, vigor and youthful strength There is no earthly reason why women should continue to live in a half-dead condition, while Paine's Celery Compound is doing such a work in our midst.

The following letter from Mrs. E. R. Wheeler, of Windsor Mills, P Q., proves that women have a mighty and strong friend to deliver from suffering and trouble :—

"I have been troubled with indigestion, sleeplessness and general debility for about three years; I have been under the care of doctors and have used medicines for a long time, but could find no relief from suffering. Your Paine's Celery Compound was highly recommended to me, and I finally decided to give it a fair trial. I am astonished at the great benefits I have received by using your medicine. I am now blessed with perfect digestion, I sleep well, and altogether I am a different woman. I most cheerfully recommend your Paine's Celery Compound to all who suffer from any of the troubles I have experienced, as I am sure it will give them instant relief."

Minard's Liniment Cures Distemper.

HEALTH AND HOUSEHOLD HINTS.

Too small a figure in wall paper destroys the effect.

A little flour dredged over a cake before icing it will keep the icing from spreading and running off.

After a room has been newly papered there should be ample opportunity given the paper to dry upon the walls before a fire is built in the apartment.

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

Toast Water for Invalids.—Toast a slice of bread very brown, break it into pieces and pour over them one cupful of boiling water. When cool this will be found a nourishing drink.

Oyster Toast.—Chop one-half a pint of oysters, add one cupful of milk, one egg one teaspoonful of butter rolled in cornstarch Cook about two minutes in a hot spider, and pour over slices of hot buttered toast.

Fried Apples.—Pare sound apples, slice them half an inch thick, remove the cores without breaking the slices, fry them in hot butter until tender, lay them in little piles with sugar and spice dusted over them, and serve them on slices of toast.

Pressed Beef or Beef Loaf.—Four pounds round steak; take out fiber and fat; chope fine and add two eggs, one cupful of milk, a slice of toasted or dry bread grated to make crumbs, a piece of butter the size of a walnut, one teaspoonful of salt, one tea spoonful pepper, put a weight on the loaf when in the pan, and bake.

Cream Salad.—Chop fine one-half head of cabbage, and mix thoroughly with one half cupful of sweet cream and one-quarter teaspoonful of salt. Into one-half cupful of vinegar stir one beaten egg, one teaspoonful of sugar, and one half teaspoonful of made mustard. Pour this, while very hot, over the cabbage, and serve immediately.

Stewed Celery.—In preparing celery for the table reserve the outer stalks, not sufficiently blanched to be eaten raw. Clean them thoroughly and cut them into pieces half an inch long. Stew the pieces in water until quite tender. Drain off the water, add the butter, a little flour and sufficient milk to make a sauce to cover the celery, besides salt and pepper. Heat up to boiling and serve.

The Need of Acids.—When there is much fat meat eaten, there will be a demand for acids. This is a genuine call of the system, but there is no especial call for strong acids, such as lemons and pickles, if one has from day to day the proper supply of moderately sour fruit. It is a common mistake to use fruit only for "sauce" on the table, or encased in a rich crust as pie for dinner. No more healthful fruit can be eaten out of hand than apples, but remember the old saying: "Apples are golden if eaten in the morning, silver if eaten at noon, and lead at night." Much sickness would be prevented if apples were freely used as an article of food.

Prune Pudding.—After the prunes have been soaked and cooked until tender and the sugar added, stand them aside to cool. Cover a quarter of a box of gelatine with a cup of water and soak for half an hour. Stand it over the teakettle until dissolved, and then add it to the prunes. Press them through a colander to remove the stones, or, if you have the time, the prunes are a little better whipped up with an egg beater and the stones taken out, as in this way they are not so fine. When this begins to stiffen stir in the well beaten whites. The gelatine must not be added to the whites, but to the prunes. The mixture must be cool when the whites of the eggs are added and the whole turned into a mould to cool.

A GOOD APPETITE

Always accompanies good health, and an absence of appetite is an indication of something wrong. The universal testimony given by those who have used Hood's Sarsaparilla, as to its merits in restoring the appetite, and as a purifier of the blood, constitutes the strongest recommendation that can be urged for any medicine.

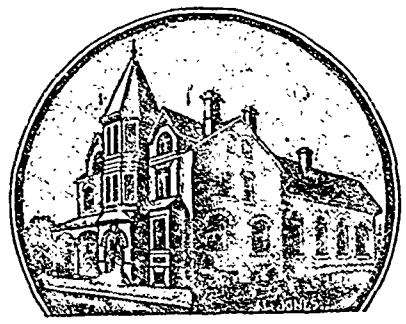
Hood's Pills are purely vegetable, carefully prepared from the best ingredients. 25c.

A man that keeps riches and enjoys them not is like an ass that carries gold and eats themselves.

Minard's Liniment Cures Diphtheria.

After Bathing the first time with Pearline, you feel as if you never had been clean before, possibly you haven't. Only baths like the Turkish or the Russian can make you as clean as Pearline does. There's the same feeling of lightness and luxury after it, too. Bathing with Pearline costs almost nothing. It's like everything else—you would long for it, if it were expensive, but you're apt to overlook it when it's cheap. Directions on every package.

Beware Peddlers and some unscrupulous grocers will tell you "this is as good as" or "the same as Pearline." IT IS FALSE Pearline is never peddled, and if your grocer sends you something in place of Pearline do the honest thing—



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BRITISH DOMINION WINE.

Manufactured from the Best Canada Grape 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. HEEBNER, Ph. G, Phm. D. Dean and Professor of Pharmacy. Ontario College of Pharmacy.

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595 PARLIAMENT ST.,

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References by permission.—Mr. Jas. Allen Treasurer Cookes Church, Toronto; Mr. John Dunn Clerk of Sessions, Knox Church, Toronto.

Minard's Liniment Cures Colds, etc.