

"Citizens of Toronto, rejoice and be glad." You have within your reach a mineral water called St. Leon, which, for gout, rheumatism and diseases of the kidneys, including diabetes and even Bright's disease of the kidneys, when freely used is superior to all other mineral waters without any exception. It contains purgative and revivifying agents of the highest order. For persons in health it is an excellent regulator and health preservative as well as an agreeable beverage. It is the strongest antidote known to science as a blood purifier. To crown all, it carried off the gold medal and diploma, the highest honour awarded at Quebec in September, 1887, the judges giving it a very strong recommendation. The company owning the St. Leon Springs have a fine hotel in connection with them, managed by your well known fellow citizen, Mr. M. A. Thomas, than whom as a caterer there is none such. The hotel opens on the 15th of June with a full staff of efficient cooks and waiters, and with rates to suit all. They expect to fill the hotel, which can accommodate between five and six hundred guests. The baths in connection are an institution that many of our own citizens can speak of in the most glowing terms. Mr. Thomas invites you all to come, to drink and to be merry.

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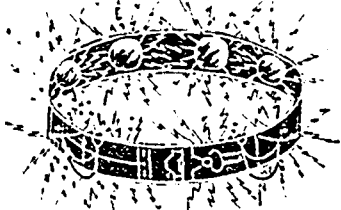
do for them. To heal the sick we must destroy the cause; to do this the remedy must be an Anti-Septic, and destroy the living disease germs in the blood by actually coming in contact with them. Any other method of cure is a humbug. No Electricity. "Health without Medicine," which contains nothing but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

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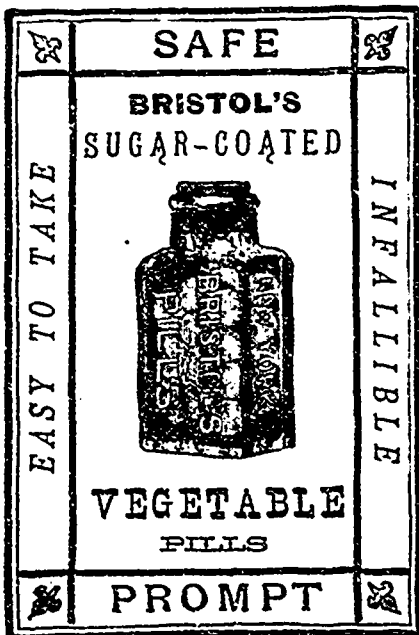


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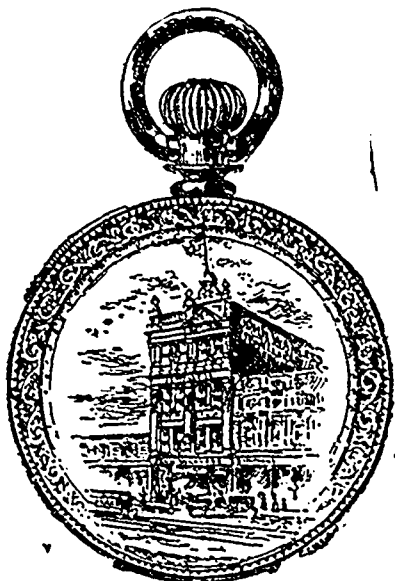
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WE have purchased a large line of Fine Wall Papers at Specially Low Prices, and shall offer them after Tuesday, June 10 at a great reduction on regular prices. These are the first quality of the best makers, and are Great Bargains. We shall sell Embossed Gold Papers at 25c. per roll, usually sold at 40c., Fine Embossed Golds at 60c. and 75c., usually sold at \$1; Wide Friezes from 15c. per yard

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HOUSEHOLD HINTS.

BREAKFAST CAKE.—Two eggs, well beaten, two cups milk, two and a-half cups flour, one tablespoonful melted butter, one teaspoonful baking powder, little salt. Bake in hot iron gem pans.

2.—One pint milk, one quart sifted flour, one tablespoonful melted butter, three table-
spoonfuls sugar, a pinch of salt. Bake in gem
pans.

CORN MUFFINS.—One cup meal, one cup
flour, half-cup sugar, scant; two eggs, one
cup milk, two teaspoonfuls powder, one
tablespoonful melted butter. Bake in muffin
rings.

FRANKIE'S GINGERBREAD.—Three-quarters
of a cupful of butter, three quarters of a cup-
ful of molasses, half-a-cupful of sugar, two
eggs, half-a-cupful of sweet milk, one teaspoon-
ful of soda, two cupfuls of flour, ginger and
cinnamon to taste.

RED POUND CAKE.—Any good pound cake
recipe will do for this, the sole difference be-
tween this and other pound cakes being that
granulated sugar, coloured red, is used instead
of ordinary sugar. Put in raisins and citron
in the quantities mentioned in the usual recipes
for pound cake.

PLAIN POUND CAKE.—Ten eggs, whites
and yolks beaten separately; one pound of
powdered sugar, sifted; one pound butter, one
pound finest flour, dried and sifted; one pound
citron, chopped fine and dredged; one-half
ounce bitter almonds, blanched and pounded
with rose water to prevent their oiling. Beat
the butter and sugar to a cream, add the whip-
ped yolks, then the whites, the fruit, almonds,
lastly the flour very gradually. Pour into well-
buttered pans, which fill two thirds full; bake
from an hour and a-half to two hours in a mod-
erate oven. Flavour the icing of this cake with
lemon.

BOILED EGGS.—Boiled eggs form the foun-
dation for many egg dishes. 1. To cook even-
ly, pour boiling water over them; set where
they will keep just below the boiling point, and
cook eight minutes for soft and twenty min-
utes for hard boiled eggs. 2. Put on in cold
water; when it has boiled the eggs are done,
the whites being soft. 3. Drop into boiling
water, cooking three minutes for soft, five min-
utes for hard, and ten to thirty minutes for
very hard, to slice. 4. An ornament dish.—
Slice the eggs thinly, remove the yolks, toss
them lightly into mound shape in an egg sauce
and season. Place around this, on lettuce or
parsley leaves, the interlaced rings of the
whites.

HANOVER POUND CAKE.—One pound loaf
sugar, pounded fine; one pound butter, one
pound flour, dried, sifted three times; ten
eggs, whites and yolks whipped separately;
half-pound sultana raisins, dredged; one-half
pound currants, washed and picked; one-
quarter pound candied citron, very finely
minced. Rub the butter and sugar to a cream,
add the whipped yolks, then the whites, stir-
ring them in lightly; then the fruit, and lastly
the flour very gradually. Pour into well-but-
tered pans, filling them about two-thirds full,
and bake the cake from an hour and a half to
two hours in a well-heated oven. Ice with a
plain icing, flavoured with rose water or bit-
ter almonds. This is a capital cake, always
made in North Germany at Christmas time.

3/8-2
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