

THE POWER OF CONVICTION



Is causing all the noise and demand for

St. LEON WATER

The reason is plain. This pure, natural life-giving mineral water is pre-eminently adapted to perfect the organism.

It regulates, gently builds up, steadily you reach that exalted pinnacle, finest health, full of enjoyment, and so friend urges friend to drink St. Leon Water.

You will find it so good, more than you can imagine.

Such convincing testimony explains why the rage for St. Leon is spreading so fast.

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

Corner College Street and Brunswick Avenue

J. M. MUMFORD. 6/26

Parents, give your boys a chance. Don't send them to fight the battle of life unprepared. It will be a times easier for them to succeed in business if they first obtain a sound business education. It does no cost much, and will be of untold value all through their future lives.



OF
IMPORTANCE
TO YOU.

27/2

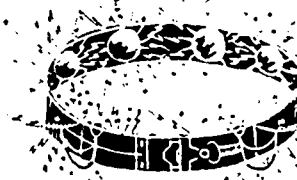
We request all those seeking medical relief to write us confidentially and learn for themselves of what

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 humbug. No Electricity. "Health without Medicine" (which contains nothing but the advice to use hot water enemas) 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."

WM. ADAM MICROBE KILLER COMPANY, LTD.
200 KING ST. W., TORONTO, ONT.

Please mention this paper.

The Dorenwend Electric Belt and Attachments



13/2

RELIEVE AND CURE ALL DISEASES WITHOUT MEDICINE.

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 Attachments Co., 103 Yonge Street, Toronto. Mention this paper.

C. H. DORENWEND, Electrician.

Burdock
BLOOD
BITTERS

CURES DYSPESIA.

CURES DYSPESIA.

CURES DYSPESIA.

32/2
PROMOTES
DIGESTION.

THE GREAT ENGLISH REMEDY
OF PURELY VEGETABLE INGREDIENTS
AND WITHOUT MERCURY, USED
BY THE ENGLISH PEOPLE FOR
OVER 140 YEARS. IS

**Cockle's
Pills**

These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

WHOLESALE AGENTS:
EVANS & SONS, LIMITED,
MONTREAL.

Pears' SOAP



The best for the
& most economical in use
PEARS
SOAPMAKERS BY SEAL OF APPOINTMENT
To H.R.H. the PRINCE OF WALES.

A REVELATION AND A REVOLUTION

BY THAT EMINENT SCIENCE WRITER AND CHRISTIAN SCHOLAR,

A. WILFORD HALL, Ph. D., LL. D.

Health Without Medicine—Greatest Discovery of the Age!

Dec 7/90

WHAT DO YOU THINK OF IT?

FIRST STATEMENT.—Nothing like this was ever published before. It has therefore nothing to do with drugs, patent medicine, electricity, magnetism, dietetics, or with any other pathy whatever.

SECOND STATEMENT.—We can fill every page of this paper with the most positive and enthusiastic testimonials ever written by the pen of man, proving that such is the almost miraculous power of this new treatment, that it takes right hold of and cures the worst cases of Dyspepsia, Constipation, Liver Complaint, Bronchitis, Chills and Fever, Kidney Complaints—even Diabetes and Bright's Disease, Weak Circulation, with its resultant "cold feet," Incipient Consumption, Internal Inflammations, Piles, Rheumatism, Cholera Morbus, Headaches, all Blood and Skin Diseases, indicated by Pimples, Blotches or Yellow Spots, Nervous and General Debility, etc., etc.

HOME TESTIMONY:

TWO SAMPLE LETTERS MUST SUFFICE—MORE ANOTHER TIME.

THE REV. COVERDALE WATSON, for the last three years Pastor of the Central Methodist Church, Bloor-street, Toronto, but now of Victoria, B.C., writes under date of Aug. 5th inst., as follows: "Dear MR. SIMPSON—Yours of the 20th July was duly received. I can only say with respect to Dr. A. WILFORD HALL'S Hygienic treatment that I regard it as a wonderful discovery, and I spontaneously used it cannot fail to be of great service. I would advise any one to get the pamphlet, begin the use of the treatment and throw medicine to the dogs. A very clever physician said to me the other day, 'Let medicine alone and get rid of the waste materials and the organs will perform their functions.' This is precisely what this treatment does."

MR. ROBERT LINN, Miller, with Messrs. McLaughlin & Moore, Bay and Esplanade-streets, Toronto, writes August 1st, as follows: "To J. J. WESLEY SIMPSON—Dear Sir,—A remarkable experience prompts me to write concerning DR. HALL'S 'Health Pamphlet' purchased of you some time ago. The treatment unfolded therein, is to my mind, the greatest health discovery of the present century. It certainly has proved a great boon to me in a recent and severe attack of inflammation and hemorrhage of the kidneys, accompanied with piles of a painful character. The treatment acted like a charm in allaying the inflammation, stopping the issue of blood and causing the piles to disappear almost immediately. The rapidity with which the inflammation was arrested and healthy action restored was simply wonderful. I do not believe that any system of drug treatment in a case so critical could possibly have accomplished a cure so safely, effectively and rapidly. The treatment has also cured me of a very distressing headache, periodical in character and threatening to become obstinately chronic. The unique home treatment is simply of priceless value, and should be known and practised by everybody, however slightly out of health, as it would not only eradicate the disease from the system, but prevent much sickness and suffering and save most people many times its cost every year. I never invested \$4 to better advantage."

THE MICROSCOPIC EGMO, containing Portrait of Dr. Hall, history of his most remarkable discovery, with scores of letters from Ministers, Doctors, Editors, and others attesting the marvels of this wonderful Revolution will be sent FREE to any address by THE SIMPSON PUBLISHING CO., 60 ADELAIDE STREET EAST TORONTO, CANADA.

CURE FOR ALL.
HOLLOWAY'S OINTMENT

Is an infallible remedy for Bad Legs, Bad Breasts, Old Wound Sores and Ulcers. It is famous for Gout and Rheumatism.

For Disorders of the Chest it has no equal.

FOR SORE THROATS, BRONCHITIS, COUGHS, COLDS.

(Laudular Swellings and all Skin Diseases it has no rival; and for contracted and stiff joints it acts like a charm.

Manufactured only at THOMAS HOLLOWAY'S Establishment, 87 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.

BAKED PEARS.—Pack the fruit in a pudding-dish, and pour c.c. one cupful of sugar dissolved in one cupful of water. Cover and bake.

SCOTCH BAKED APPLES.—Peel, fill the core with sugar, butter and candied lemon peel. Brush all over with sweetened water, and sprinkle with bread crumbs, browned in hot butter. Bake. Sauce.

TUTTI FRUTTI.—Put a layer of bread crumbs, sprinkled with butter, in a dish, then sliced apples sweetened, then a layer of seeded raisins, then crumbs, apples, layer sliced citron, then crumbs, plenty of butter. Cover and bake.

CHOCOLATE CREAM.—One quart of milk, five even tablespoonfuls of grated chocolate. When hot, strain; put on again, add one cupful of sugar, four tablespoonfuls of cornstarch (previously wet with cold milk), and cook till it thickens like ordinary boiled custard.

QUICKLY-MADE SALLY LUNN. For quickly-made Sally Lunn use one cupful of sugar and half a cupful of butter. Stir it well together and two eggs; put in one pint of milk and sufficient flour to make a batter about as stiff as cake. Use three teaspoonfuls of baking powder in the flour. Serve as soon as baked.

WAFFLES.—One quart sweet milk, four teaspoonfuls Cleveland's Superior Baking Powder, mixed in flour enough to make stiff batter, one cup melted butter, six eggs, whites and yolks beaten separately and whites added last. Salt. Bake at once. Can be made with fewer eggs, but are delicious with the quantity named in the receipt.

EGG PUDDING.—Four eggs well beaten, four tablespoonfuls of flour, one pint of milk, one pinch of salt. Add all together (the milk last and slowly), put in a well-buttered dish and bake in slow oven. Eat with sauce made of butter and sugar beaten together into a cream. Flavour this sauce with a few drops of vanilla or lemon.

TAPIOCA JELLY.—One cup of tapioca. Wash it well and soak it in water four or five hours. Simmer it in the same water in which it was soaked, adding salt and bits of fresh lemon peel until it is transparent. Then add lemon juice and loaf sugar. Simmer all together, pour into glasses.

POTATO SURPRISES.—Take six large, well-washed potatoes of uniform size. Boil until nearly tender, then cut off one end of each, reserving the ends to be used as "lids." Scoop out the centre, leaving a wall about a quarter of an inch in thickness. Fill with cold chicken, chopped fine, and well seasoned with pepper, salt and parsley. A teaspoonful of the chicken gravy, if at hand, may be put into each to moisten the meat. Put the end on each potato—securing it in place with a fine thread—then put into the oven and bake until the potatoes are brown. Almost any cold meat will do in place of chicken.

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 e-l-i-c-i-o-u-s.

**Dr. Price's
Cream
Baking
Powder**

Used in Millions of Homes—
40 Years the Standard.