

# BY THEIR FRUITS YE SHALL KNOW THEM.

Bowmanville, Jan. 5th, 1883.

Dear Sirs,—I have been a sufferer for many years with bilious colic and torpid liver. I tried one of the Notman Pads, and derived great benefit from it. I can heartily recommend them to all persons affected in the same way. I would not be without one on any occasion.

One member of my family has been troubled for years with sick headache. A Pad effected a cure. Sick bills and nostrums did not benefit by the least.

Yours Respectfully,

HENRY MANN.

Regular Pad, 2s, sent free by mail on receipt of price. Send for description treatise.

**NOTMAN PAD CO'Y,**  
55 FRONT ST. EAST, TORONTO

## A Fair Exchange.

Will you exchange a chronic case of Dyspepsia, or agree to break up a Bilious Temperament—to give your torpid liver activity, and strengthen your Digestion; regain energy, comfort, health, spirits, all for 75c? A single bottle of ZOFESA will do this. A few doses surprise those who try ZOFESA. For Biliousness and Dyspepsia in their many forms, ZOFESA is Panacea, and is warranted to cure them. It acts speedily and pleasantly. Try a 10 cent sample.



# THE GREAT CURE FOR RHEUMATISM

And all complaints of a Rheumatic nature, RHEUMATISM is not a sovereign remedy for all the ills that flesh is heir to, but for NEURALGIA, SCIATICA, RHEUMATISM, and complaints of Rheumatic nature, IT IS A SURE CURE.

From Mrs. N. H. Pawling, wife of one of the largest Fruit Growers in the County of Lincoln, Ont. LOUTH, April 20th, 1881. J. N. SUTHERLAND, Esq., St. Catharines, Ont.

Dear Sir,—I am much pleased to be able to inform you of the marked improvement in the condition of my wife since she has used the "Rheumatine."

For upwards of four years she has been unable to leave her chair without assistance; the greater part of the time her hands, feet, and limbs have been much distorted and almost powerless, while her sufferings from pain have been constant and frequently excruciating.

Four bottles of your preparation have driven away her pain, restored sleep, and by reducing the swelling about her joints, have so much improved the motion of her joints that she can now feed herself at the table, and be carried from room to room without suffering pain. The benefit to her has been wonderful, and should it cease now, I should still feel that a great obligation rests upon us for your kindness in bringing this relief within our reach.

I hope, however, to find even greater results from the use of the remedy.

Truly yours, N. H. PAWLING.

SOLD BY ALL DRUGGISTS.

The Rheumatine Manufacturing Co., St. Catharines, Ont.

MESSRS. NORTHROP & LYMAN, WHOLE-SALE AGENTS, TORONTO.

1,000,000 Acres Choice Lands for sale by the Great Wheat Belt Co. In the WINONA & ST. PETER RAILROAD. At \$3 to \$6 per Acre, on easy terms. Low interest. Lowest fare. Full particulars for purchase, and for market facilities, FREE. Address CHAS. E. SIMMONS, Land Commissioner of Chicago & Northwestern Railway Co., Chicago, Illinois. Mention this paper.

# TORONTO SHOE COMPANY,

KING AND HARVIS, THE GREAT ONE-PRICE SHOE WAREHOUSE.

WOMAN'S OIL GOAT BUTTON BOOTS, BRIGHT KID, DOCUMENTS THIS WEEK \$2



Prepared for Health Lydia E. Pinkham

## LYDIA E. PINKHAM'S VEGETABLE COMPOUND.

In a Positive Cure For all those Painful Complaints and Weaknesses so common to our best female population.

A Medicine for Women. Invented by a Woman. Prepared by a Woman.

The Greatest Medical Discovery Since the Dawn of History.

It revives the drooping spirits, invigorates and harmonizes the organic functions, gives elasticity and firmness to the step, restores the natural lustre to the eye, and plants on the pale cheek of woman the fresh roses of life's spring and early summer time.

Physicians Use It and Prescribe It Freely. It removes faintness, flatulency, destroys all craving for stimulant, and relieves weakness of the stomach. That feeling of bearing down, causing pain, weight and backache, is always permanently cured by its use. For the cure of Kidney Complaints of either sex this Compound is unsurpassed.

LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every vestige of humors from the Blood, and give tone and strength to the system, of man, woman or child. Insists on having it.

Both the Compound and Blood Purifier are prepared at 23 and 25 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. Sent by mail in the form of pills, or of lozenges, on receipt of price, \$1 per box for either. Mrs. Pinkham freely answers all letters of inquiry. Enclose 3-cent stamp. Send for pamphlet.

No family should be without LYDIA E. PINKHAM'S LIVER PILLS. They cure constipation, biliousness, and torpidity of the liver. 25 cents per box.

Sold by all Druggists.

## WELLS, RICHARDSON & CO'S IMPROVED BUTTER COLOR A NEW DISCOVERY.

For several years we have furnished the Dairy-men of America with an excellent Artificial color for butter so meritorious that it met with great success everywhere, receiving the highest and only prizes at both International Dairy Fairs.

But by patient and scientific chemical research we have improved in general quality, and now offer this new color as the best in the world. It will Not Color the Buttermilk. It will Not Turn Rancid. It is the Strongest, Brightest and Cheapest Color Made.

And, while prepared in oil, is so compounded that it is impossible for it to become rancid.

BEWARE of all imitations, and of all other oil colors, for they are liable to become rancid and spoil the butter.

If you cannot get the "Improved" write us to know where and how to get it without extra expense.

WELLS, RICHARDSON & CO., Hartlogoc, Vt.

## KIDNEY-WORT IS A SURE CURE

for all diseases of the Kidneys and LIVER.

It has specific action on the most important organs, enabling it to throw off torpidity and infection, stimulating the healthy action of the bile, and by keeping the bowels in a good condition, effecting its regular discharge.

Malaria. If you are suffering from Malaria, dyspepsia, or constipated, Kidney Wort will surely relieve & quickly cure.

In this season to cleanse the System, every one should take a thorough course of it. (51) SOLD BY DRUGGISTS. Price \$1.

KIDNEY-WORT

## Scientific and Useful.

LEMON SYRUP.—To every pint of juice, add one pound and a quarter of white sugar. Simmer until clear, then cool and bottle, corking tightly.

MINCE PIE.—If you wish to be exact about the distribution of raisins in a mince pie, this is the way to be so: When the mincemeat is ready to be put in the crust, prepare the raisins, and put them in a basin on the stove with enough water to cover them. Let them cook until tender; then after you fill the crust you can put the raisins in so that about the same number will come in each piece. Then if you wet the edges of the crust so that no juice can escape, you will never know by the taste that the raisins were not cooked with the mince.

STEAMED CHICKEN.—Rub the chicken on the inside with pepper and half a teaspoonful of salt, place in a steamer in a kettle that will keep it as near the water as possible, cover, and steam an hour and a half; when done, keep hot while dressing is prepared, then cut up, arrange on the platter, and serve with the dressing over them. The dressing is made as follows: Boil one pint of gravy from the kettle without the fat, add cayenne pepper, and half a teaspoonful of salt; stir six tablespoonfuls of flour into a quarter of a pint of cream until smooth, and add to the gravy. Corn starch may be used instead of the flour, and some cooks add nutmeg, or celery salt.

FAIRY GINGERBREAD.—One cupful of butter, two of sugar, one of milk, four of flour, three-fourths of a teaspoonful of soda, one tablespoonful of ginger. Beat the butter to a cream. Add the sugar gradually, and when very light, the ginger, the milk, in which the soda has been dissolved, and finally the flour. Turn baking pans upside down and wipe the bottoms very clean. Butter them and spread the cake mixture very thin on them. Bake in a moderate oven until brown. While still hot, cut into squares with a case-knife and slip from the pan. Keep in a tin box. This is delicious. With the quantities given a large dish of gingerbread can be made. It must be spread on the bottom of a pan as thin as a wafer, and cut the moment it comes from the oven.

A CUP OF TEA.—At a recent cooking class, writes a lady, I was introduced to a new method of making tea on the principle of "putting the cat before the horse," or, in other words, first filling the teapot with boiling water and then throwing in the tea to float on the top. This plan, so totally at variance with any commonly received notions respecting "the cup that cheers," surprised the students at the class not a little. But our lecturer explained that it was scientifically correct. The tea leaves being thrown on to the boiling water, instead of the boiling water being thrown on them, retarded the extraction of the tannin, which is so injurious, and the result was a most refreshing beverage, neither too strong nor too weak, and with a delicate aroma seldom to be obtained in the ordinary way. The following conditions, however, were to be strictly observed: The water must be at boiling point and freshly boiled, not water which has simmered all the afternoon. There must be one good spoonful of tea for each person and "one for the teapot," according to tradition, and the tea must be thrown in the instant after the water boils, and not allowed to stand longer than five minutes. A little wire strainer is placed over the spout of the tea-pot to prevent any of the leaves escaping, and when all the cups have been poured out the tea-pot may be half-filled again with boiling water for the "second brew."

## "The Only One in America."

The International Throat and Lung Institute, Toronto and Montreal, is positively the only one in America where diseases of the air passages alone are treated. Cold inhalations are used through the Siphonometer, an instrument or inhaler invented by Dr. M. Souvielle of Paris, ex-acting Surgeon of the French army, with proper hygienic and constitutional treatment suitable to each case. Thousands of cases of Croup, Laryngitis, Bronchitis, Asthma, Catarrhal Deafness and Consumption have been cured at this institute during the past few years. Write, enclosing stamp, for pamphlet, giving full particulars and reliable references to 173 Church street, Toronto, Ont.; 13 Phillip's Square, Montreal, P. Q.

## VALUABLE TRUTHS.

"If you are suffering from poor health or languishing on a bed of sickness, take cheer, for Hop Bitters Will Cure You."

"If you are simply ailing, if you feel weak and dispirited, without clearly knowing why, Hop Bitters will Revive you."

"If you are a minister, and have over-taxed yourself with your pastoral duties, or a mother, worn out with care and work, Hop Bitters will Restore you."

"If you are a man of business, or laborer weakened by the strain of your every-day duties, or a man of letters, toiling over your midnight work, Hop Bitters will Strengthen you."

"If you are suffering from over eating, or drinking, any indiscretion, or dissipation, or are young and growing too fast, as is often the case, Hop Bitters will Relieve you."

"If you are in the workshop, on the farm, at the desk, anywhere, and feel that your system needs cleansing, toning, or stimulating, without intoxicating, Hop Bitters is what you need."

"If you are old, and your blood thin and impure, pulse feeble, your nerves unsteady, and your faculties waning, Hop Bitters will give you new Life and Vigour."

"HOP BITTERS is an elegant, healthy, and refreshing flavouring for sick-room drinks, impure water, etc., rendering them harmless, and sweetening the mouth, and cleansing the stomach."

## Cleanse, Purify, and Enrich the Blood with Hop Bitters.

And you will have no sickness, or suffering, or doctor's bills to pay!

## HOP BITTERS

is an Elegant, Pleasant, and Refreshing Flavouring for Sick-room Drinks, and Impure Water, rendering them harmless, sweetening the mouth, and cleansing the stomach.

J. S. Waterell, writing from Winnipeg, says: "I can say more about PHOSPHATINE now than when I saw you last in Toronto. My health is much improved, and I am free from headaches, or any other aches, having only used two and a half bottles of your Phosphatine. For sale by all druggists."

"If you are a woman and want both health and beauty, remember that all superficial efforts to increase your personal charms are vain! Freshness and purity accompany health, and to secure this Mrs. Lydia E. Pinkham's remedies for all female weaknesses offer the surest means of renovation. The highest intelligence loses its lustre when its most fine expression through a bilious complexion. Good for either sex."

THE QUESTION OF THE DAY.—"What is good for a cold?" is a question often asked, but seldom satisfactorily answered. We can answer to the satisfaction of all, if they will follow our advice and try HARRIS'S Pectoral Balsam, a safe, pleasant and certain throat and lung healer. Sold by all druggists.

"Troubles often come from where we least expect them." Yet we may often prevent or counteract them by prompt and intelligent action. Thousands of persons are constantly troubled with combination of diseases. Diseased kidneys and constipated bowels are their tormentors. They should know that Kidney-Wort acts on these organs at the same time, causing them to throw off the poisons that have clogged them, and renewing the whole system.

The Diamond Dye for family use has no equal. It takes all colors easily dyed, fast and beautiful. 10 cents a package.

AMONG THE MOST obstinate of chronic diseases is salt rheumatism. Mr. Isaac Brown of Bothwell was troubled with salt rheumatism for years, and by using one bottle of Burdock Blood Bitters has done him more good than \$500 paid for other medical treatment.

Lord Byron, in reference to a beautiful lady, wrote to a friend:—"Lady \_\_\_\_\_ has been a great sufferer from ill, but now she is ~~delicately~~ well. I think American balm, when attended by any of the all-gods, is best to be kept ~~in~~, and avoid ~~the~~ ~~use~~ of it by taking Dr. R. V. Pierce's 'Favorite Preparation,' which restores female weakness, and restores the bloom of health. By all druggists."