

OUT OF THE FRYING PAN

Has come not a little knowledge as to cookery—what to do, as well as what *not* to do. Thus we have learned to use

COTTOLENE,

the most pure and perfect and popular cooking material for all frying and shortening purposes.

PROGRESSIVE COOKING

is the natural outcome of the age, and it teaches us *not* to use lard, but rather the new shortening,

COTTOLENE,

which is far cleaner, and more digestible than any lard can be.

The success of Cottolene has called out worthless imitations under similar names. Look out for these! Ask your Grocer for COTTOLENE, and be sure that you get it.

Made only by
N. K. FAIRBANK & CO.,
Wellington and Ann Sts.,
MONTREAL.



After trying everything else I have been entirely cured of indigestion by using

ADAMS' TUTTI FRUTTI

Sold by Druggists and Confectioners.

Take no worthless imitation. See that "Tutti Frutti" is on each 5c. package.

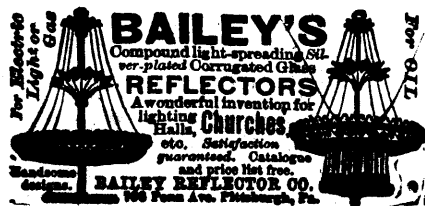
DALE'S BAKERY,
COR. QUEEN AND PORTLAND STS.,
TORONTO.

BEST QUALITY OF BREAD.
Brown Bread, White Bread.
Full weight, Moderate Price.
DELIVERED DAILY. TRY IT.

GILLETT'S
PURE
POWDERED 100%
LYE
PUREST, STRONGEST, BEST.

Ready for use in any quantity. For making Soap Softening Water, Disinfecting, and a hundred other uses. A can equals 20 pounds of Soda.

Sold by All Grocers and Druggists.
W. W. GILLET, Toronto



British and Foreign.

The record of sunlight in London this March has been double the average of the last few years.

Rev. William Young, of Barrhead, F.C., has been presented on his semi-jubilee with new pulpit robes and a gold chain, Mrs. Young receiving two bracelets.

The Mormon Temple at Salt Lake City was opened last week. It has taken forty years to build and has cost five million dollars.

Reference was made in Dundee presbytery to a growing demand from superintendents of Sabbath schools for a form of prayer.

An organ chamber has been built in Airlie church by Mrs. Nicoll in memory of her father, Mr. Reid, a former minister of the parish.

Germany is stated to have the most breweries, the number being 26,240. Next comes England with 12,874, and third the United States with 2,300.

Profr. Story, speaking at a church defence meeting at Uddingston, urged organization, as unless the supporters of the church were united its days were numbered.

The death of Mr. James Laing, of Edinburgh, long an official of the Royal Bank, removes one of the oldest elders in St. George's church, in which capacity he did much good work.

It is denied that a rupture has occurred between Lady Henry Somerset and Miss Willard but the American lady's ways are admitted to be objectionable to some of the other workers.

In a discussion on the city churches in Glasgow town council a suggestion was made, and approved of by several members, that the system of free seats should be tried in St. Enoch's, E. C.

Rev. Dr. Charles McGregor, of Lady Yester's, Edinburgh, has been presented by the congregation with pulpit robes, a hood, and a silver bowl in congratulation of his receipt of the degree of D. D.

Rev. Messrs. Murray Mitchell, of Nice, Macaskill of Dingwall, Dobbie of Makerstoun, Bruce of Rhynie, and F. Macdonald, of Edinburgh, have expressed sympathy with the movement against Home Rule.

It is explained that "Her Most Sacred Majesty" is the term enjoined by orders of the privy council dated 20th December, 1861, and 6th January, 1862, to be used in Scotland in prayer for the Queen.

Rev. William Howie of Ecclefechan, has excused himself to Lockerbie F. C. presbytery for not sending a report on religion and morals, on the ground that there are neither in his district. A bad account of Carlyle's country, remarked a member amid laughter.

Rev. Dr. MacGregor, of St. Cuthbert's, says nobody likes the suspensory bill, and Dr. Rainy least of all. Dr. MacGregor offers £10 to any man who shall bring him a paper showing that any stipend in the country is a tax raised by the government, and £10 to the producer of an act of parliament saying that the tithes is a tax paid in support of the parish minister.

Pro. Charteris, preaching in Greyfriars church, Dumfries, on Sabbath week, at a service in the course of which Mrs. Ratcliffe, a daughter of the late Sir Wm. Jardine, was set apart as a deaconess, stated that the office was not revived at the Reformation because there had not been time and also because, as Luther said, there were not women good enough for the post. Mrs. Ratcliffe was not elected to the office; she had offered herself.

IN TRAINING.

There are a good many in active training for aquatic sports who will do well to read the opinion of Mr. William Beach, a champion oarsman of Australia, who says: I have found St. Jacobs Oil of greatest service in training. For stiffness, cramps, muscular pains and soreness, it is invaluable. I always keep a bottle with me. It cures rheumatism. This is standard authority for athletes.

STRONG AND PROSPEROUS.

THE

SUN LIFE
ASSURANCE COMPANY
OF CANADA.

Minard's Liment cures Burns, &c.



INFLUENZA,

Or La Grippe, though occasionally epidemic, is always more or less prevalent. The best remedy for this complaint is **Ayer's Cherry Pectoral.**

"Last Spring, I was taken down with La Grippe. At times I was completely prostrated, and so difficult was my breathing that my breast seemed as if confined in an iron cage. I procured a bottle of Ayer's Cherry Pectoral, and no sooner had I begun taking it than relief followed. I could not believe that the effect would be so rapid and the cure so complete. It is truly a wonderful medicine."—W. H. WILLIAMS, Crook City, S. D.

AYER'S
Cherry Pectoral
Prompt to act, sure to cure

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BEAVER LINE STEAMSHIPS

Sailing weekly between

MONTREAL AND LIVERPOOL.

From Liverpool every Saturday. From Montreal every Wednesday at daybreak.

The Steamers of this Line have been built specially for the Atlantic passenger traffic. The Staterooms are very large, all outside, and have the best of ventilation. The Saloon accommodation is fitted throughout with all the most modern improvements for the comfort of passengers. There are bath and smoke rooms, also ladies' saloon.

Superior accommodation for Second Cabin and Steerage Passengers.

Rates of Passage, Montreal to Liverpool:—
SALOON, ROUND TRIP.
\$45, \$50 and \$60 \$90, \$100 and \$110
According to accommodation. The \$45 single and \$90 return per Lake Nipigon only.
Second Cabin.....\$30 Steerage.....\$24
Return do.....\$65

Passages and Berths can be secured on application to the Montreal office or any local Agent.

For further information apply to

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IMPERIAL
Cream Tartar
BAKING POWDER
PUREST, STRONGEST, BEST.

Contains no Alum, Ammonia, Lime, Phosphates, or any Injurious.

E. W. GILLET, Toronto, Ont.

Unlike the Dutch Process

No Alkalies

—OR—

Other Chemicals

are used in the preparation of

W. BAKER & CO'S
Breakfast Cocoa

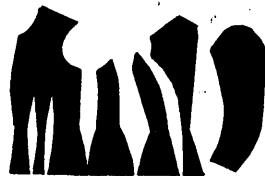
which is absolutely pure and soluble.

It has more than three times the strength of Cocoa mixed with Starch, Arrowroot or Sugar, and is far more economical, costing less than one cent a cup. It is delicious, nourishing, and EASILY DIGESTED.

Sold by Grocers everywhere.

W. BAKER & CO., Dorchester, Mass.

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THE NEW TAILOR SYSTEM.
The Leading System of the Day.

Drafts direction material. Perfection in form and fit, easy to learn guaranteed. Inducements to agents. Send for illustrated circular.

J. & A. CARTER, PRACTICAL DRESSMAKERS.
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Beware of models and machines.

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THE ONTARIO MUTUAL LIFE.

A Prosperous Home Company.

Assurance in force, Jan. 1, 1893.....	\$16,122,195
Increase over previous year.....	1,187,388
New Assurance taken in 1892.....	2,651,000
Increase over 1891.....	222,050
Cash Income for 1892.....	614,951
Increase over 1891.....	67,331
Assets, Dec. 31st, 1892.....	2,253,964
Increase over 1891.....	294,953
Reserve for security of Policy-holders.....	2,061,602
Increase over 1891.....	280,827
Surplus over all Liabilities, Dec. 31, 1892.....	176,301
Increase over 1891.....	20,749

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177 NEW BOND ST. LONDON.
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"Our readers who are in the habit of purchasing that delicious perfume, Crab Apple Blossoms, of the Crown Perfumery Company, should procure also a bottle of their invigorating Lavender Salts. It is a more rapid or pleasant cure for a headache is possible."—*Le Follet, Paris.*

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\$3 a Day Sure.

Send me your address and I will show you how to make \$3 a day; absolutely sure; I furnish the work and teach you free; you work in the locality where you live. Send me your address and I will explain the business fully; remember, I guarantee a clear profit of \$3 for every day's work; absolutely sure; don't fail to write to-day.

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COD LIVER OIL

IT IS INVARIABLE IN CONSUMPTION
CHRONIC COLDS, OBSTINATE COUGHS,
WHOOPIING COUGH,
PULMONARY SCROFULOUS COMPLAINTS,
WASTING DISEASES GENERALLY.