

THOSE ACHES
down your
Back and through
your
Limbs MEAN
RHEUMATISM, NEURALGIA
OR KINDRED ILLS.
BETTER HAVE

St. Jacobs Oil
HANDY



THE GREAT REMEDY for PAIN

INWARD PILES CURED.



ST. LEON TRIUMPHANT.

Having been troubled with costiveness and also inward piles, was recommended to take

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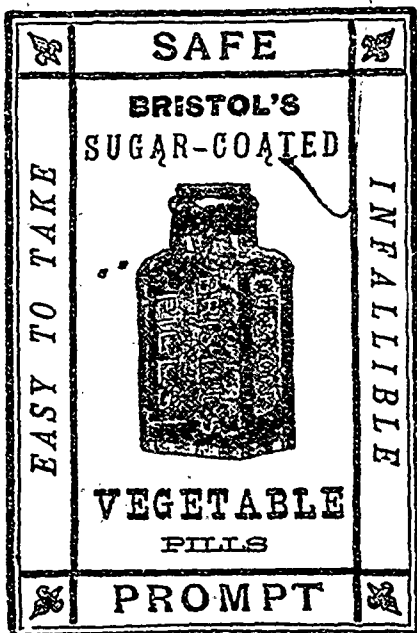
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H. G. ROOT, M.C., 186 ADELAIDE ST. WEST, TORONTO, ONT.



MINARD'S Liniment Lumberman's Friend.

HOUSEHOLD HINTS.

DOUGHNUTS.—One cup sugar, one cup sweet milk, two eggs, nutmeg. Two teaspoonfuls baking powder, flour, but not too much. Mix and roll out. Fry in deep lard.

COOKIES.—One cup of molasses, one cupful of sugar, one cupful of butter, one teaspoonful of soda, one-half cupful of water, one teaspoonful of ginger. Flour to roll out.

JUMBLES.—One cupful of butter, two cupfuls of sugar, two eggs, one-half cup of milk or cream, one-half teaspoonful of soda. Mix stiff; roll out, sprinkle with sugar and cut in shapes.

FURNITURE POLISH.—Half-pint of alcohol, half an ounce of rosin, half an ounce of gum shellac, a few drops of analine brown; let stand over night and add three gills of raw linseed oil and two gills of spirits of turpentine. Shake well before using. Apply with cotton flannel and rub dry with another cloth.

FROSTING.—One cup of sugar, one egg. Dissolve the sugar and boil to a thick syrup, pour into the beaten egg and beat till cold. This is enough for one cake. No. 2. Into unbeaten whites of eggs beat confectioner's sugar, and beat all together until it is too thick to pour. This frosting keeps moist and firm. The difference between confectioner's sugar and ordinary pulverized sugar is this: the former is pure sugar, the latter is mixed with corn-starch.

MEAT PIE.—A nice meat pie to take for a picnic may be made as follows: Cut some ham and veal into small pieces and season with salt and pepper, adding sufficient cold stock, or if you have none, water, to cover the meat. Add a few mushrooms and a few drops of lemon juice, a saltspoonful of vinegar and some forcemeat balls made of mince veal or sausage meat, rubbed into a paste with butter and bread crumbs, adding the yolk of an egg to bind it, and roll it into little balls which are dropped among the chopped veal and ham. Cover the pie with a good puff paste, cutting a hole in the top to allow the steam to escape, and bake rather slowly till it is a fine brown.

AROMATIC VINEGAR.—The following recipe makes a delightful, refreshing wash. It is invaluable in the sick-room, and cools the aching head. A tablespoonful to a quart of water is about the right proportion, although more can do no harm. Bathe the patient freely, as it is very cooling. Take of rosemary, wormwood, lavender, rue, sage and mint, an ounce of each (either dry or green will do). Place in a stone jar, and pour over it one gallon of strong cider vinegar; cover closely and keep near the fire for four days; then strain and add one ounce of pounded camphor gum. Bottle and keep tightly corked. Another mode of using it is to wash the face and hands with it before exposing one's self to any infection.

AFTERNOON'S EASE.



What a comfort to be able to get through the week's washing in the forenoon, and have the afternoon to one's self. "Sunlight Soap" enables you to do this. No hard work; lovely white clothes; nice soft hands! What can be more desirable? Try "Sunlight."

MINARD'S Liniment is used by Physicians.

CURE YOUR COUGH

With Ayer's Cherry Pectoral—the most prompt and effective remedy for all diseases of the throat and lungs. It cures bronchitis and croup, relieves asthma, removes hoarseness, promotes expectoration, soothes and heals the inflamed mucous membrane, and induces repose. If taken in the first stages of consumption, Ayer's Cherry Pectoral prevents further progress of the disease, and even at a later period, it relieves many of the distressing symptoms. Mrs. L. I. Cloud, Benton, Ark., writes: "I have been a life-long sufferer from weak lungs, and, till I used Ayer's Cherry Pectoral, was scarcely ever free from a cough. This medicine always relieves my cough and strengthens my lungs, as no other medicine ever did. I have induced many of my acquaintances to use the Pectoral in throat and lung troubles, and it always proved beneficial, particularly so in the case of my son-in-law, Mr. Z. A. Snow, of this place, who was cured of a severe cough by its use."

"In the winter of 1885 I took a severe cold, which, in spite of every known remedy, grew worse, so that the family physician considered me incurable, supposing me to be in consumption. As a last resort, I tried Ayer's Cherry Pectoral, and, in a short time, the cure was complete. I am never without this medicine."—G. W. Youker, Salem, N. J.

Ayer's Cherry Pectoral

Prepared by Dr. J. C. Ayer & Co., Lowell, Mass.

Sold by all Druggists. Price \$1; six bottles, \$5.



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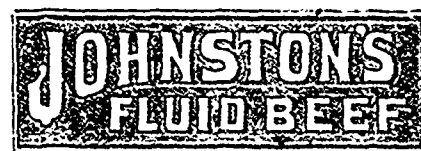
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It can be reduced to any strength.

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