

## VERY BENEFICIAL TO HEALTH.



I take pleasure in stating that

ST. LEON  
MINERAL WATER

I have used has been very beneficial to my health. The saline properties of the water seem to invigorate the whole system. I can recommend its use as highly conducive to general health.

D. B. READ, Q.C.,  
237 University Street.

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, Toronto.

I do not say my College is "Better than the Best," the "Leading" or most "Reliable," but I am the oldest and most experienced Business School Teacher in the Dominion, and for twenty three years was at the head of "Musgrove's National Business College," in Ottawa, the largest Business School in Eastern Ontario. I advertise very little. I give my personal attention to each student, and make his interest my own. A word to the wise is sufficient. Address

J. M. MUSGROVE, Proprietor.

"A Skin of Beauty is a Joy Forever."

DR. T. FELIX GOURAUD'S

ORIENTAL CREAM, OR MAGICAL BEAUTIFIER,

Purifies as well as beautifies the skin. No other cosmetic will do it.



Removes Tan, Pimples, Moth-Patches, Rash, Freckles, and Skin Diseases, and every blemish on beauty, and defies detection. On its virtues it has stood the test of forty years; no other has, and is so harmless we taste it to be sure it is properly made. Accept no counterfeit of similar name.

The distinguished Dr. L. A. Sayer, said to a lady of the hauton (a patient): "As you ladies will use them, I recommend 'Gouraud's Cream,' as the least harmful of all the skin preparations." One bottle will last six months, using it every day. Also Poudre Subtile removes superfluous hair without injury to the skin.

FERD T. HOPKINS, Prop., 37 Great Jones St., N.Y. For sale by all Druggists and Fancy Goods Dealers throughout the U. S., Canada and Europe.

Beware of base imitations. \$1,000 reward for arrest and proof of any one selling the same.

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IMPORTANCE  
TO YOU.

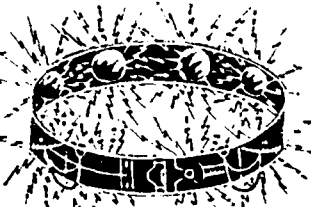
We request all those seeking medical relief to write us confidentially and learn for themselves of what

**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. RADAM MICROBE KILLER COMPANY, Ltd.  
200 KING ST. W., TORONTO, ONT.

Please mention this paper.

## The Dorenwend Electric Belt and Attachments

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

C. H. DORENWEND, Electrician.

**VIRGINIA FARMS**  
FREE CATALOGUE  
R. B. CHAFFIN & CO. RICHMOND VA.

**FAT FOLKS**  
"Anti-Corpulency Pills" from 15¢ to 25¢. They cause no sickness, contain no poison and never fail. Sold by Druggists everywhere or sent by mail. Particulars (sealed) 10¢. **WILCOX BROTHERS CO., Phila., Pa.**

**SEATTLE** No blizzards, heavy snows or cyclones here. Average winter temperature 42° above zero. Seattle, largest city in Washington Territory. Population 25,000. Commercial, educational and financial center of Puget Sound Country. Full information on CITY, SEATTLE, CHAS. E. KITTINGER.

## Pears' Soap



"OUR BABY." E. O. W.

From the original picture by The Honourable John COLLIER.  
The property of the Proprietors of PEAR'S Soap.

## THE GREAT ENGLISH REMEDY

OF PURELY VEGETABLE INGREDIENTS,  
AND WITHOUT MERCURY, USED  
BY THE ENGLISH PEOPLE FOR  
OVER 120 YEARS. IS

**Cockle's**  
COMPOUND  
ANTIBILIOUS  
**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.

"The Unkindest Cut of All."

**ENCORE**  
**DYES**  
ONLY 5 CENTS

A PACKAGE.

**THE BEST**  
DYES IN THE WORLD  
FOR HOME DYEING.

Equal to any Package Dye for bright and fast colors. Send for Sample Card to **J. S. ROBERTSON & Co.,** Manufacturers, Montreal.

STRENGTH

IS WHAT

**JOHNSTON'S**  
FLUID BEEF

IMPARTS!

One pound of JOHNSTON'S FLUID BEEF contains as much actual and real nutrition as FOURTEEN AND A-QUARTER POUNDS OF PRIME BEEFSTEAK.

AN INVALUABLE FOOD FOR THE SICK.

## HOUSEHOLD HINTS.

**CANNED CORN.**—Put a quart of canned corn in a saucepan; boil in its own liquor fifteen minutes. Add half a teacup of cream and a teaspoonful of butter; season with pepper and salt.

A TEASPOONFUL of ammonia in a quart of water will clean windows. Such a strong chemical ought not in any form to be taken into the stomach.

**COCOANUT PIE.**—Beat half a pound of sugar, a quarter of a pound of butter, three eggs and half a pound of grated cocoanut together. Bake in rich puff paste.

**DOUGHNUTS.**—One cup of sugar, three cups of flour, a piece of butter the size of an egg, one cup of milk, two eggs, one-half teaspoonful of soda, one teaspoonful of mace; mix together, roll out, cut in shape and fry in hot lard.

**ROAST SPARE RIB.**—Take a nice spare rib with part of the tenderloin left in; season with salt and a little pepper; sprinkle with summer savoury; put in a pan with a little water; baste often and roast until nicely browned and thoroughly well done.

**GINGERBREAD LOAF.**—Ingredients: Five teaspoonfuls of flour, one ditto treacle, one ditto sugar, one liquified butter, half a pound of raisins, half a pound of currants, half a pound of candied peel finely shred, half a pound of finely-powdered ginger, one teaspoonful of powdered coriander seed, one teaspoonful of carbonate of soda and two of cream of tartar. Warm the treacle and butter, then mix with the other ingredients, and bake in a mould in a slow oven for about an hour and a half.

**MINCE MEAT.**—A wholesome receipt for mince meat is as follows: Boil fresh beef perfectly tender, take out all the gristle, bone and tough parts when hot. As soon as cold chop very fine and season as follows: To every two quarts of chopped meat a half teacup of ground cinnamon, a tablespoonful of ground cloves, a teaspoonful of ground pepper and a tablespoonful of salt. Pack firmly in a jar and pour molasses over it; by looking at it occasionally and keeping covered with molasses, it will remain fresh a long time if kept in a cool place. When making into pies use one-third meat to two-thirds apples chopped very fine, adding raisins, currants and more spices. It is almost unnecessary to add that boiled cider greatly improves a mince pie.

If the odour of ammonia is detected in baking powder, it shows the probable presence of alum, as most alum baking powders show ammonia reactions.

## OUR NATIONAL FOODS.

Every grocer and general merchant who wishes to make hay while the sun shines should see to it without delay that he has in stock an assortment of "Our National Foods." They are gradually growing in popularity, and storekeepers who have not yet handled them would undoubtedly bring grist to their mills by doing so. Popular as these foods are, there is yet ground waiting for the wide awake business man to cultivate, and he who first breaks the soil will reap the first fruits. The Ireland National Food Co. (Limited) of Toronto are the manufacturers of these invigorating, health-giving and delicious foods, a partial list of which will be found in another column.

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

Used in Millions of Homes—  
40 Years the Standard.