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Machinists' Tools and Supplies,
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STOMACH AND LIVER INVIGORATOR
For diseases of Stomach, Liver, Kidneys, Skin, Nervousness, Female Weakness, &c. Cancer taken out by one plaster. Old Sores and Tumours cured. Rheumatism cured in three days.
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THE OLD-ESTABLISHED
Cook's Friend Baking Powder
PURE, HEALTHY, RELIABLE
Manufactured only by
W. D. McLAREN,
Retailed Everywhere. 55 & 57 College St.

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Manufacturer of LADIES' AND GENTS' BOOTS AND SHOES, to order.
No. 9 Revere Block, King Street West, Toronto.
Perfect fit guaranteed.

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Spectacles and Eyeglasses
fitted with SUPERIOR LENSES, and adapted to all kinds of vision.

C. POTTER, Optician
31 KING ST. EAST, TORONTO.
Special attention paid to the proper fitting of glasses to the eye.

AWARDS OF 1881
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FOR
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TWO DIPLOMAS and THREE FIRST PRIZE MEDALS at London, Toronto, and Montreal.
GOLD MEDAL, Hamilton, 1880; SILVER MEDAL, Ottawa, 1879.
Send for prices, etc.

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Watches, Diamonds,
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MANUFACTURERS AND PRINTERS
PAPER BAGS AND FLOUR SACKS, PRINTED WRAPPERS, WRAPPING PAPER, TWINES, ETC.
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R. MERRYFIELD,
PRACTICAL BOOT & SHOE MAKER,
THE OLD STAND
190 YONGE STREET
Order Work a Specialty.

JOHN B. CARTER,
216 Terauley Street and 60 Haver Street,
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Dealer in School Supplies, Maps, Globes,
Normal School and Teachers' Laboratories.
Send for Circulars and further information.
Awarded Diplomas at Toronto and First Prizes at London Exhibition, 1881.

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of
Tweeds and Fancy Goods
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SPRING SUITS
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JAS. J. FOLLETT'S, 188 Yonge St.

W. WHARIN & CO.,
Established 1854.
Watches, Clocks,
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Every description of English, Swiss, and American Watches and Clocks cleaned, repaired and regulated.
Jewelry and Silverware manufactured, and repairs neatly executed.
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LONDON UMBRELLA STORE.
ESTABLISHED 1856.
H. W. EAST, manufacturer and importer of Umbrellas, Parasols, Trunks, Satchels, and Valises, to Her Royal Highness Princess Louise, (Formerly near Agnes Street.)
336 Yonge St., opposite Gould St., Toronto.
Covering, lining and repairing promptly attended to. Call and see our new stock of Umbrellas & Parasols.
P.S.—This is my ONLY place of business.

PHOSPHATINE.
Toronto, March 20, 1882.
Messrs. LOWNEN & Co.:
DEAR SIR,—For the past two weeks I have been using Dr. Austin's Phosphate in my family with the most satisfactory results. It is unquestionably a most valuable medicine.
Yours truly,
W. H. WILLIAMS,
Special Correspondent Toronto "Globe"

Ayer's Cherry Pectoral,
For Diseases of the Throat and Lungs, such as Coughs, Colds, Whooping Cough, Bronchitis, Asthma, and Consumption.

The few compositions which have won the confidence of mankind and become household words among not only one but many nations, must have extraordinary virtues. Perhaps no one ever secured so wide a reputation, or maintained it so long, as Ayer's Cherry Pectoral. It has been known to the public about forty years, by a long continued series of marvellous cures, that have won for it a confidence in its virtues, never equalled by any other medicine. It still makes the most effectual cures of Croup, Whooping Cough, Consumption, that can be made by any medicine. Indeed, the CHERRY PECTORAL has really robbed these dangerous diseases of their terrors to a great extent, and given a feeling of immunity from their painful effects, that is well founded, if the remedy be taken in season. Every family should have it in their closet for the ready and prompt relief of its members. Sickness, suffering, and even life is saved by this timely protection. The prudent should not neglect it, and the wise will not keep it by you for the protection it affords by its early use in sudden attacks. Prepared by
DR. J. C. AYER & CO., Lowell, Mass.,
Practical and Analytical Chemists.
Sold by all Druggists and Dealers in Medicine.

CONCEAL
CAN BE CURED
See the circular for full particulars.
Address, 65 Niagara St., Buffalo, N. Y.

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BELL FOUNDERS, BROOKLYN, N. Y.
Manufacture a superior quality of Bells. Special attention given to CHURCH BELLS.
Catalogue sent free to parties desiring Bells.

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Favorably known to the public since 1828. Church, Chapel, School, and other bells; also Chimes and Bells.
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Bells of Pure Copper and Iron. Church, School, and other bells. FULLY WARRANTED. Catalogue sent free.
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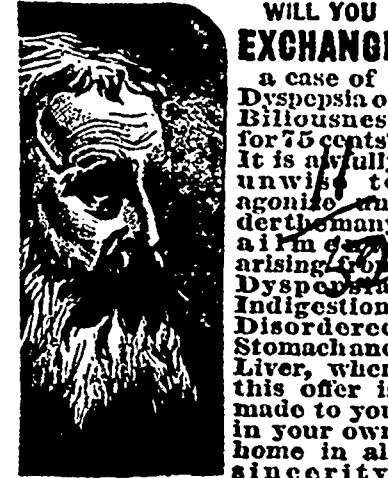


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Neuralgia, Sciatica, Lumbago, Backache, Soreness of the Chest, Gout, Quinsy, Sore Throat, Swellings and Sprains, Burns and Scalds, General Bodily Pains,

Tooth, Ear and Headache, Frosted Feet and Ears, and all other Pains and Aches.

No Preparation on earth equals St. Jacobs Oil as a safe, sure, simple and cheap External Remedy. A trial entails but the comparatively trifling outlay of 50 Cents, and every one suffering with pain can have cheap and positive proof of its claims.
Directions in Eleven Languages.
SOLD BY ALL DRUGGISTS AND DEALERS IN MEDICINE.

A. VOGELER & CO.,
Baltimore, Md., U. S. A.



WILL YOU EXCHANGE
a case of **Dyspepsia or Biliousness** for 75 cents? It is a fully unwise to agonize under them many a fine day arising from **Dyspepsia, Indigestion, Disordered Stomach and Liver,** when this offer is made to you in your own home in all sincerity,
with an absolute certainty of curing you.
ZOFESA (from Brazil) cures Dyspepsia and Biliousness. A single dose relieves; a sample bottle convinces; a 75 cent bottle cures.
It acts directly upon the **Stomach, Liver, and Kidneys.** Cleansing, Correcting, Regulating, Zofesa gives energy and vim to the **Brain, Nerve, and Muscle,** simply by working wonders upon the **Digestion,** and giving activity to the **Liver.**

Get this out, take it to any dealer in medicines, and get at least one 75 cent bottle of Zofesa, and tell your neighbor how it acts. It is warranted to cure **Dyspepsia and Biliousness.**

NORMAN'S ELECTRIC BELT INSTITUTION,
ESTABLISHED 1874,
4 QUEEN'S STREET, TORONTO.
Nervous Debility, Rheumatism, Lame Back, Neuralgia, Paralysis, and all Liver and Chest Complaints immediately relieved and permanently cured by using these BELTS, HANDS and INSOLES.
Circulars and consultation free.

Scientific and Useful.

POTATO PUDDING.—One pound potatoes boiled and well washed, one-quarter pound of butter stirred in while warm, two ounces of sugar, the rind of half a lemon chopped fine with the juice, a teaspoonful of milk; butter the tin, put in the mixture, and bake in a moderate oven for half an hour; two eggs may be added.

WHITE JELLY.—Buy Swinborne's iso-glass gelatin. Soak half of a three-pint packet with two pints of new milk for twenty minutes or so; then simmer up in it for a minute a couple of laurel leaves, or a little lemon rind, also lump sugar to taste, adding a drop or two of an essence whose flavour you desire. Take off the fire and stir till well dissolved, then pour into your mould through muslin. Serve when cold with chocolate creams round.

PUT YOUR SHOULDERS BACK.—Much of the proverbial slenderness and physical frailty of our girls as compared with those of other countries, has been charged to intellectual habits and overwork in study. It is unquestionably true that they need out-door life, and more education in development. Many American girls, through inattention to the way of carrying themselves, unconsciously contract the habit of bringing the shoulders forward, and stooping. This position not only detracts greatly from their appearance, but it is also very pernicious in point of health.

EGGS FOR BREAKFAST.—An appetizing way to serve eggs for breakfast is to scald them. Boil them hard, chop them not too fine. Line a pudding dish with a layer of bread crumbs, then a layer of cold boiled ham, or bits of fried ham chopped fine, then a layer of eggs, and so on until the dish is full. Moisten with cream and a little butter, season with pepper and salt, set in a hot oven for ten minutes or longer. When thoroughly heated take out and send to the table in the dish, or on slices of buttered toast. Pour a little boiling water over the toast after it is buttered.

BROWN STEW.—Take three pounds of good round of beef, cut in small squares, brown them in a stew-pan in two tablespoons of butter; add two table-spoonfuls of flour, sifting it gradually in and stirring till the flour is brown; cut a carrot small, peel half a dozen small onions, and put with the beef, season with a half dozen cloves, as many all spice, half a salt-spoonful of black pepper, a pinch of cayenne, a table-spoonful of mixed herbs, thyme, sage, and marjoram; cover with boiling water and let it simmer steadily for three hours; just before serving, a gill of tomato catsup can be added.

WEAR FLANNELS.—The value of flannel next to the skin cannot be overrated. It is invaluable to persons of both sexes and all ages, in all countries, in all climates, at every season of the year, for the sick and well; in brief, I cannot conceive of any circumstances in which flannel next to the skin is not a comfort and a source of health. In the British army and navy they make the wearing of flannel next to the skin a point of discipline. Even during the hot season the ship doctor makes a daily examination of the men at unexpected hours, to make sure they have not left off their flannels.

MAKING COFFEE.—A cook who has had a wide experience, and who ignores "improved" and "patent" coffee-pots, gives the following recipe: Grind moderately fine a large cup or small bowl of coffee, break into it one egg with shell, mix well, adding enough cold water to wet the grounds, upon this pour one pint of boiling water, let it boil slowly for ten or fifteen minutes, according to the variety of coffee used, and the fineness to which it is ground. Let it stand three minutes to settle, then pour through a wire sieve into a warm coffee-pot; this will be enough for four persons.

SUDDENLY SEIZED.

Mr. Arthur Fisher, of the Toronto "Globe," observes: "On my last trip to the States, I caught a very bad cold from a severe wetting I received one night in the city of Philadelphia, which settled into a very bad case of rheumatism, and made me most miserable. I did not know what to do for it, and could not think for a long time, until I thought me, that on previous visits to that side, I had always bought for Mr. Gay, of our paper, a couple of bottles of St. Jacobs Oil. I remembered also, fortunately, that the last two bottles had cured that gentleman of the rheumatism, and so I resolved to purchase St. Jacobs Oil for my own use. I went to a drug store and made the purchase; and that very night I began applying the Oil, and in two weeks' time I was as well as ever."