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IRON, STEEL, FILES, NAILS,  
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**Spectacles and Eyeglasses**  
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Every description of English, Swiss, and American Watches and Clocks cleaned, repaired and regulated.  
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Yet so natural, so reasonable. Why? If you have feelings of goneness; too weak and dragging to rally, too nervous to sleep, an appetite hardly sufficient to keep body and soul together, a headache, with pains across the back; the whole system relaxed, perhaps coughs and sore lungs, and will use one to six bottles of Dr. G. L. Austin's Phosphate, as the case may demand, it will not fail to make you an enthusiastic friend. Why do we say so? Because Phosphate supplies a want, the very properties the system is lacking and yearning for. It is not a medicine, but nutriment instantly converted into blood, bone and tissue. It is also delicious to the taste. Try it. The result is as certain as that cause and effect go hand in hand. All Druggists.

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This handsome Head-dress is admired by all the ladies. It is, without exception, the finest, most becoming, fashionable, and best complete article that ever was invented. Manufactured by  
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SWITCHES,  
CURLS, COQUETS,  
BANG NETS, ETC., ETC., on hand.  
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**THE GREAT GERMAN REMEDY FOR RHEUMATISM,**  
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.,**  
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**WILL YOU EXCHANGE**  
a case of **Dyspepsia or Biliousness for 75 cents?**  
It is awfully unwise to agonize under the many ailments arising from **Dyspepsia, Indigestion, Disordered Stomach and Liver,** when this oil is made for you in your own home in all sincerity, with an absolute certainty of curing you.  
**ZOPESA (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, Zopesa gives energy and vim to the **Brain, Nerve, and Muscle,** simply by working wonders upon the **Digestion,** and giving activity to the **Liver.**

Cut this out, take it to any dealer in medicines, and get at least one 75 cent bottle of Zopesa, 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 ST., TORONTO.  
Nervous Debility, Rheumatism, Lame Neck, 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.**

**APPLE BREAD.**—Peel and chop very fine one pint of nice apples and put this to one quart of Indian meal that has been scalded and left to cool. Beat to a cream one egg and half a teaspoonful of butter, and add to the meat with half a teaspoonful of salt. If the apples are sour, add two teaspoonfuls of sugar, but sweet apples are much the best. Mix with rich milk if sweet apples, with cold water if sour, to rather a stiff dough, and bake immediately.

**CUSTARD PIE.**—Three cupsful of stewed and strained apples, into which beat one cupful of sugar—or, if the apples are very sour, add more sugar; six eggs beaten very stiff, and then beat it also with the apple, which, by the way, must be set aside to cool before adding anything. Season with nutmeg and very little clove, and stir in, the last thing, slowly, one quart of new milk. Bake immediately. If left to stand a few minutes, the sour apples will curdle the milk. Only a bottom crust will be needed.

**COFFIN FOR BREAKFAST.**—One quart of finely shred codfish, one ounce of butter, three gills of milk or cream, two even table-spoonfuls of flour, two-thirds of a teaspoonful of pepper, one egg. Be careful to remove every bone; it will be more easily picked if heated a short time in the oven. Lay it on a frying-pan, well covered with cold water, let it heat gradually and simmer for ten minutes; drain it, add the pepper, butter, and the milk or cream, reserving a little of this for the flour, which must be rubbed into it gradually to keep it smooth; when it begins to simmer, add the flour, let it boil two or three minutes, then stir in the well-beaten egg, slip on a dish with some square bits of toast, and serve.

**NERVOUSNESS AND WAKEFULNESS.**—Grace Glenn tells the following in the "Country Gentleman": "Aunt had been suffering all day with nervous headache, occasioned by wakefulness at night, with which she has been greatly troubled since her long continued vigils with grandma. 'I was afflicted just so at one time in my life,' said Mrs. Jacobs. 'I used to lie awake hour after hour, restless and nervous enough, longing for sleep which would not come, and thinking of a thousand things to worry and distract me all in a moment's time. I found a very simple thing at last which relieved both wakefulness and headache, and I have never been troubled in that way since. It is to put a teaspoonful of spirits of lavender into half a tumbler of water, and drink a little of it an hour or two before bed-time, and occasionally afterwards, until it takes effect. It does not produce sleep, but quiets the nerves and sleep follows. It is harmless, and I wish you would give it a trial.'

**TO CLEAN SILVER.**—Wash first in strong soap-suds, boiling-hot, to remove all grease or impurities. Wipe perfectly dry, then mix as much powdered ammonia as will be needed to a thick paste, with cold water or spirits of wine. Put this paste over the silver with a soft bit of flannel, and leave it till the paste is perfectly dry. If there is much silver to clean at the same time, the paste on the first piece will be well dried by the time all have been covered with the paste. Then, beginning with the first article, brush the dry paste off thoroughly with a soft brush, made especially for cleaning silver. Be particular to brush all the raised or chased work perfectly free from paste; then polish each article, after well freed from paste, with a soft, dry chamoussin, and your silver will look like new; and, if well washed in hot soap-suds, rinsed in hot water, and wiped very dry, every time it is used, the silver should not require cleaning in this way more than twice or three times a year. But the washing and drying must be very thorough.

**HAPPINESS IN THE ROYAL OPERA HOUSE.**

In a recent conversation with Mr. Conner, Royal Opera House (Toronto), he spoke as follows to a representative of a prominent journal in reply to a question concerning his health: "During the early part of last October I had a severe attack, in my right knee, of what my physicians pronounced acute rheumatism. I used many so-called rheumatic remedies, without receiving any apparent benefit. Observing that St. Jacobs Oil was being constantly recommended by many of the leading members of our profession, I decided to give it a trial. Accordingly I purchased a bottle of the article, and applied it as directed. From the first application I commenced to improve, and before I used two-thirds of a bottle I was entirely cured, and have experienced no return of my ailment."