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For further particulars apply to R. H. TOMLINSON, Manager. Toronto, 12th September, 1882.

Ladies' Saratoga Wave.

Advertisement for hair goods featuring an illustration of a woman's head with styled hair. Text describes the product as a 'Ladies' Saratoga Wave' and lists various hair goods like wigs, switches, curls, and bang nets.

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BEATTY'S ORGANS, Pianos \$297.50. Address: Beatty, Washington N.J.

Ayer's Hair Vigor, FOR RESTORING GRAY HAIR To its Natural Vitality and Colour.

Advertisement for Ayer's Hair Vigor featuring an illustration of a woman's head with long, dark hair. Text describes the product's benefits for restoring vitality and color to gray hair.

DR. J. C. AYER & CO., Lowell, Mass., Practical and Analytical Chemists. Sold by all Druggists and Dealers in Medicine.

Advertisement for Sutherland's Rheumatine featuring an illustration of a cat. Text describes the product as 'THE GREAT CURE FOR RHEUMATISM'.

And all complaints of a Rheumatic nature, RHEUMATISM is not a sovereign remedy for 'all the ills that flesh is heir to.' but for NEURALGIA, SCIATICA, RHEUMATISM, and complaints of Rheumatic nature, IT IS A SURE CURE.

Letter from Mr. Wm. Harris, Bread and Cracker Maker, 14 Market Square, Hamilton. J. N. SUTHERLAND, Esq., St. Catharines. After years of suffering with rheumatism, I gave your Rheumatine a trial, and am happy to say with the best result, a cure.

Words of the Wise.

COLD BEEFSTEAK PIE.—Cover a shallow dish with paste, and then spread on it a layer of steak cut in small pieces; season it well; cover it with paste, and bake.

FOR DRESSING CRAPE.—Skim milk and water, with a little bit of glue in it, made scalding hot, will restore old rusty black crape. If clapped and pressed dry, like fine muslin, it will look as good as new.

FRIED SHAD.—Cut the shad across into rather large pieces, and if the fish is very thick split each piece through the middle; season with salt, pepper, dredge with flour and fry in hot lard. Turn the pieces of fish frequently that they may not burn. The roe should also be seasoned nicely, and fried. Serve sauce tartare with fried shad. Bass may be fried in the same way.

FRENCH BEANS AND PEAS.—French beans or haricots verts, as they are usually called, are most excellent when served alone. They should be cut up in the usual way, boiled till quite tender, drained, then put in the stewpan, be sprinkled lightly with pepper, salt, and very little flour, then tossed over the fire for ten minutes, with not less than two ounces of butter to each pound of beans. Peas may be treated in the same way. A little sugar may be substituted for them. Both peas and beans are best when young and freshly gathered. These vegetables are as nourishing as meat.

BEEF TONGUE.—If dried, a salted tongue must be soaked for some hours before it is dressed. It must then be put into cold water and gently brought to the boiling point; then, after the surface of the water has been cleared from scum, the saucepan must be removed from the fire only so far as to reduce the boiling to a gentle simmering. If dried, a tongue will require quite four hours' boiling; if simply salted, only three hours'. Whilst hot, the outer skin of the tongue must be peeled off, and it may be sent to the table either glazed or plain. The usual accompaniment to boiled tongue is boiled turnips.—Casell's Cookery.

LIME-WATER AND MILK.—The German town 'Telegraph' says that experience proves that lime-water and milk are not only food and medicine at an early period of life, but also at a later, when the functions of digestions and assimilation are feeble and easily perverted. A stomach taxed by gluttony, irritated by improper food, inflamed by alcohol, enfeebled by diseases, or otherwise unfitted for its duties—as is shown by the various symptoms attendant upon indigestion, dyspepsia, diarrhoea, dysentery, and fever—will resume its work, and do it energetically, on an exclusive diet of bread and milk and lime-water. A bowl of cow's milk may have four tablespoonfuls of lime-water added to it with good effect.

SEASONING FOOD.—Many people have an idea that a finely flavoured dish must cost a great deal; that is a mistake. If you have untainted meat or sound vegetables, or even Indian meal to begin with, you can make it delicious with proper seasoning. One reason why French cooking is much nicer than any other is that it is seasoned with every variety of herbs and spices. These cost very little. If you buy a few pence worth at a time you will soon have a very good assortment. The best kinds are sage, thyme, sweet majorum, tarragon, mint, sweet basil, parsley, bay leaves, cloves, mace, celery seed, and onions. If you wish to plant the seed of any of these first seven mentioned in little boxes on your window sill, or in any sunny spot in your yard, you can generally raise all you need. Gather and dry them as follows: Parsley and tarragon should be dried in June, just before flowering; mint in June and July; thyme, majorum, and savory in July, August, and September; all herbs should be gathered in the sunshine and dried by artificial heat. The flavour is best preserved by keeping them in air-tight cans, or in tightly corked glass bottles.

IN TORONTO

Since the removal of Dr. M. Souveille's Throat and Lung Institute to its new quarters, 173 Church street, hundreds suffering from catarrh, catarrhal deafness, bronchitis, asthma and many diseases of the throat and lungs have received treatment by his new and wonderful instrument, the spirometer, which conveys medicines in the form of cold inhalations to the parts diseased. Physicians and sufferers can try it free. Poor people bearing certificate will be furnished with spirometer free. Write enclosing stamp for pamphlet giving full particulars, to Dr. M. Souveille, ex-aid surgeon of the French army, 173 Church street, Toronto, or 13 Phillips' Square, Montreal.