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Yours for Health Lydia E. Pinkham LYDIA E. PINKHAM'S VEGETABLE COMPOUND. Is a Positive Cure

For all those Painful Complaints and Weaknesses to women in our best female population. A Medicine for Woman. Invented by a Woman. Prepared by a Woman. The Greatest Medical Discovery Since the Days of History.

LYDIA E. PINKHAM'S BLOOD PURIFIER will eradicate every variety of Humors from the Blood, and give tone and strength to the system, of man, woman or child. Insist on having it.

Both the Compound and Blood Purifier are prepared at 233 and 235 Western Avenue, Lynn, Mass. Price of either, \$1. Six bottles for \$5. Sent by mail in the form of pills, or of lozenges, on receipt of price, \$1 per box for either. Mrs. Pinkham freely answers all letters of inquiry. Enclose 3c. stamp. Send for pamphlet.

No family should be without LYDIA E. PINKHAM'S LIVER PILLS. They cure constipation, biliousness, and torpidity of the liver. 25 cents per box. Sold by all Druggists.

AGENTS WANTED for our new Religious Book for the year. Send for illustrated circular if you wish to MAKE MONEY. FORSHEE & McSPKIN, CINCINNATI, OHIO. TO CONSUMPTIVES. Reader, can you believe that the Creator inflicts one-third of mankind with a disease for which there is no remedy. Dr. R. V. Pierce's 'Golden Medical Discovery' has cured hundreds of cases of consumption, and men are living to-day who were once thought to be beyond the power of medicine.

Scientific and Useful.

JELLY CAKE.—One and one-half cups of sugar; one-half cup of butter; three eggs; two-thirds cup of milk; three teaspoons of flour; two teaspoonfuls of baking powder; lemon to taste.

BEF SOUP WITH OKRA.—Fry one pound of "round" steak cut in bits, two table-spoons of butter and one sliced onion till very brown. add to three or four quarts of cold water in soup kettle, boil slowly one hour; then add a pint of sliced okra, and simmer three hours or more; season with salt and pepper, strain and serve.

CHEAP CAKE.—Chop a cupful of fat pork very fine, pour on a cupful of boiling water, add a cupful of molasses; boil together a few moments; then add a teaspoonful of soda, also a half teaspoonful each of cloves, all-spice, and cinnamon, stir in flour to make a stiff batter, also half cupful of currants; bake at hour in a moderate oven.

HAMBURG CREAM.—Stir together the rind and juice of two large lemons and one cup of sugar; add the well-beaten yolks of eight eggs; put all in a tin pail and set in a pot of boiling water (if you have no double boiler); stir for three minutes, take from the fire, add the well-beaten whites of the eggs, and serve when cold in custard-glasses.

A GOOD HINT.—Girls should try for a month the effect of a regular walk, every day in the morning, which is the vital, exhilarating, delightful part of the day. But walking, without an object, is very stupid, you urge. That is true enough. Have an object. Do the marketing. Undertake some of the family errands. Go to see the poor and sick, the people who are in trouble, or weighed with some infirmity.

A WAY TO ECONOMIZE.—The house-wife who is on the look out for little ways to economize will find it to her advantage, if she has seamless sheets which have been used for several years, to tear or cut them in two, in the centre and sew the outside edges together; lap them, and stitch with a machine. Or they may be sewed over and over. Hem the raw edges. Sheets turned in this way will last for a long time.

THE following will be found useful in cleaning and restoring colour of wooden floors: One part of calcinated soda allowed to stand three quarters of an hour in one part slack lime, then add fifteen parts water, and boil. Spread the solution thus obtained upon the floor with a rag, and after drying, rub with hard brush and fine sand and water. A solution of one part concentrated sulphuric acid and eight parts water will enliven the wood after above application. When dry, wash and wax the floor.

To make good buns for tea, stir about half a pound of butter with one cup of cream and half a pound of sugar, and beat them together until light; add four eggs, well-beaten, and at the same time stir in three-quarters of a pound of flour, first mixing with it a teaspoonful and a half of baking powder; flavour with a little nutmeg, and, if you choose, add currants and a little brandy. Roll them in the shape of round biscuits, rub over the top with a little milk in which sugar has been dissolved, and bake at once.

To prevent the skin becoming discoloured after a fall or a blow, take a little dry starch or arrowroot, moisten it with cold water and lay it over the injured part. It should be put on as soon as possible after the accident has happened, so as to prevent the action of the air on the skin. This is a very good remedy, and if some starch or arrowroot were kept in the nursery many unsightly bruises and swellings would be prevented. It is also a good thing to apply to the abrasions that children often get by falling down on the gravel paths in the garden.

UNDER the present management of the International Throat and Lung Institute, those who unfortunately are suffering from Consumption, Asthma, Bronchitis, Catarrh, Catarrhal Deafness or any diseased condition of the air passages, can avail themselves of the advantage of receiving treatment by the Specialists of this Institute, which is acknowledged to be the best of the kind in America. In fact the only one where the above diseases alone are treated. Consultations free. Also a trial of the wonderful invention of Dr. M. Souville, of Paris, Ex-aide Surgeon of the French Army. Those unable to come to the Institute, or see our surgeons who visit all the principal towns and cities of Canada, can be successfully treated by writing, enclosing a stamp for a copy of our International News, published monthly, which will give you full particulars and references, which are genuine.

Address International Throat & Lung Institute, 173 Church Street, Toronto, or 13 Phillip's Square, Montreal.

A MINISTER'S ESCAPE

From the Asylum to the Home of His Home—How it was Done.

A prominent minister residing in Vermont has made the following statement, which is herewith reprinted entire:

To the Editor of the Herald:

I have always shrunk from appearing prominently before the public, but a sense of the duty I owe humanity and the world prompts me to ask this opportunity for making a brief statement in your paper. Whether it be true with others I cannot say, but during my entire life I have frequently been conscious that something was slowly and silently working to undermine my health and life. What it was I could not tell, but that some enemy of my being was devouring me within I was certain. At times I would seem comparatively well and then I would be attacked with the most distressing symptoms. I would feel peculiar pains in various parts of my body, my head would seem heavy, my respiration laboured, my appetite would be ravenous one day and I would loathe food the day following. Then again I would lose all interest in life, would feel weary without exertion; would become sleepy at mid-day and restless at night. Occasionally my breathing would be laboured and my heart almost motionless, while at other times it would palpitate violently. I thought these troubles were the result of malaria, and I treated them accordingly, but I got no better. Shortly afterward my stomach became deranged, my food failed to digest, and the fluids I passed were of a peculiar color and odour. And yet I did not realize that these things meant anything serious. Finally I consulted a number of eminent physicians, each one of whom took a different view as to the cause of my troubles. One said I was suffering from brain disease, another said difficulty; other brain affection, kidney disease, etc. My symptoms were terrible, and in the hope of relief I was cauterized cupped, blistered and subjected to almost every known form of treatment. During one of these attacks while at Red Bank, N. J., a physician was called, and left a prescription. After he had gone, I requested a friend to go and ask him what he thought of my trouble. The reply was "Oh, he will be all right in a few days; it is only an attack of delirium tremens." He was at once informed that this was impossible, as I had never used any kind of intoxicating drinks, whereupon he returned, made inquiries, and changed his prescription. But all the care of my friends, and physicians availed nothing. I grew worse constantly, and what is more terrible to think of, I did not know what ailed me, nor could I find anyone who did.

During the summer and fall of last year my pulse ranged from 120 to 140, and I had no relish for food, and was unable to do any of my usual business. I continued in this state until last December, when I became unable to stand, and lost my reason, though I had no one in whom I could confide, and I had no friends left. In this condition I was taken to the Vermont Asylum, where I remained until last August, when I was discharged. While there, my faith was never left me, and I believed that some disease and not insanity was the cause of all my troubles. I regained consciousness in March last and insisted upon being taken home. The physicians advised that I remain, but I insisted upon leaving, and we began the journey, travelling slowly. I was met at the dock by a friend whom I recognized and then I became again unconscious and remained so for over a week. When I once more regained my friend and knew my surroundings, I determined to try, as a last resort, a treatment of which I had heard much, but knew nothing. Neither myself nor friends had much faith that it or anything could help me, but we resolved to try. We accordingly dismissed the physicians, gave up all other remedies, and I rejoice to say that with the blessing of Him who guided us, I am to-day a well man, having not been so vigorous for many years, and I owe it all to the wonderful, almost miraculous power of Warner's Safe Cure, the remedy which I used.

You can well imagine how grateful I must feel under the circumstances, and like a new convert. I earnestly desire that all who are suffering should know and avail themselves of this means of recovery. Had it not been for the remedy above named I should doubtless now be within the walls of an asylum or in my grave. The great trouble with my case was that I am positive that thousands of people in America to-day are in the same or a similar condition, and do not know its cause. Kidney troubles are the most deceptive of all diseases. They have no symptoms of their own, but often show the symptoms of nearly every known complaint. I know that people are dying every day from supposed consumption, apoplexy, heart disease, spinal complaint, and many other diseases, when, could the real cause be known, it would be found to originate in the kidneys. In their advanced stages kidney troubles are the most terrible of all known maladies, as my own experience can fully verify. That I had Bright's disease of the kidneys there can be no doubt. That the symptoms were those of many other diseases is equally certain, and that I was doomed to a terrible death had I not been saved as I was, I am positive. The following letters just received, confirm this:

VERMONT ASYLUM FOR THE INSANE, BRATTLEBORO, Vermont, Oct. 30th, 1882. Rev. E. D. Hopkins:

DEAR SIR: Yours of the 21st inst. received. We congratulate you not only upon the continuance of your health, but also upon its apparent continual improvement. Few persons, I think, have passed through so exhausting an experience as you and rallied from it. Certainly I cannot recall one who came to us in so critical, and for days and even weeks in so hopeless a state for amendment as you, and who survived and recovered from it. For, I think, you may now consider yourself recovered and no longer on the convalescent list. Hoping for the continuance of your present health, with the best wishes from all here.

I am, yours truly, J. DRAPER. OCEANIC, N. J., Nov. 2, 1882.

MY DEAR FRIEND: Replying to your letter I would say, I have been acquainted with my highly valued friend, the Rev. S. D. Hopkins about eighteen months, and very intimately acquainted for about six months past. For a little more than five months he was an inmate of my house, and we enjoyed constant intercourse with each other. When he came in April last he was almost a perfect wreck in point of health. I thought he had come to us but to die. Soon afterwards he began the use of some of H. H. Warner and Co.'s remedies, namely, the Safe Cure, Safe Nerve and Safe Pills. From almost the time he began their use his improvement was very marked

and wonderful, and when he left us, after having taken some two dozen bottles, he was like a new man. The change was the most remarkable I ever witnessed.

SAMUEL MILLER. (Pastor of the Presbyterian Church) In view, therefore, of these facts and with a hope that all who read this may take timely warning, I make this open statement freely and for the good of my fellow men. Sincerely, (Rev.) E. D. HOPKINS. East Richmond, Vt., Nov. 7, 1882.

KIDNEY-WORT HAS BEEN PROVED THE SUREST CURE FOR KIDNEY DISEASES. Do not take a back or a disorder unless you are sure you are getting the best. KIDNEY-WORT is the best. It will cure all kidney troubles, and it will cure all the troubles of the bladder, and it will cure all the troubles of the prostate gland, and it will cure all the troubles of the ureters, and it will cure all the troubles of the urethra, and it will cure all the troubles of the bladder, and it will cure all the troubles of the prostate gland, and it will cure all the troubles of the ureters, and it will cure all the troubles of the urethra.

KIDNEY-WORT IS A SURE CURE for all diseases of the Kidneys and LIVER. It has specific action on this most important organ, enabling it to throw off its poisons and inaction, stimulating the healthy secretion of the bile, and by keeping the bowels in free condition, enforcing its regular discharge.

Malaria. If you are suffering from malaria, dyspepsia, or constipation, Kidney-Wort will surely relieve you. In this season to cleanse the system, every one should take a thorough course of it.

KIDNEY-WORT FOR THE PERMANENT CURE OF CONSTIPATION. No other disease is so prevalent in this country as Constipation, and no remedy has ever equalled the celebrated KIDNEY-WORT as a cure. Whatever the cause, however obstinate the case, this remedy will overcome it.

PILES. These distressing complaints is very apt to be complicated with constipation. Kidney-Wort strengthens the weakened parts and quickly cures all kinds of Piles even when physicians and medicines have been failed.

KIDNEY-WORT FOR 12 YEARS. writes Lyman T. Abell, of New York. "I found no relief from piles, until I used Kidney-Wort. It has cured me."

KIDNEY-WORT THE GREAT CURE FOR RHEUMATISM. As it is for all the painful diseases of the KIDNEYS, LIVER AND BOWELS. It cleanses the system of the acid poison that causes the dreadful suffering which only the victims of rheumatism can realize.

AGENTS WANTED for the Best and most selling Pictorial Books and Bibles. Prices reduced 33 per cent. NATIONAL PUBLISHING Co. Phila., Pa.

"NOW WELL AND STRONG." Dr. R. V. Pierce's Golden Medical Discovery. I wish to state that my daughter, who was pronounced incurable and was fast falling to her death, thought with despair of the loss of her life, when she was cured by your Golden Medical Discovery for her and she continued to improve, and is now well and strong.

Very truly yours, Rev. ISAAC N. AUGUSTIN "Discovery" sold by druggists.