

Sparks.

THE perspiration just pores out this weather.

THIS is the proper time of year to indulge in fan-tasms.

PAIN-KILLER will cure Cramps or Pains in any part of the system.

SOME snake killer says the age of a political party may be told by its rings.

CAMPBELL'S CATHARTIC COMPOUND is effective in small doses, does not occasion nausea.

THERE is no change in the style of fishing tackle this year, except that the jug has more body and not quite so much neck.

KEEP YOUR HOUSE GUARDED.—Keep your house guarded against sudden attacks of colic, cramps, diarrhoea, dysentery and cholera infantum. They are liable to come when least expected. The safest, best and most reliable remedy is Dr. Fowler's Extract of Wild Strawberry.

WHILE the summer girl is at the seaside breathing the wave, her good old mother stays at home and stems the currant.

BROKEN DOWN.—"After suffering with dyspepsia, kidney disease, loss of appetite and pain in the head until discouraged, I heard of B.B.R., took two bottles, and am happy to say I feel as well as ever." Mrs. Rufus E. Murray, New Albany, N. S.

MR. PUGLEY: But give me some hope. I am willing to wait. Miss Gray: Well wait nine days—you will have your eyes open by that time.

OUR DAILY BREAD.

HEAVY and sour bread or biscuit has a vast influence through the digestive organs upon the measure of health we enjoy. How important to our present happiness and future usefulness the blessing of good health and a sound constitution are, we can only realize when we have lost them, and when it is too late to repair the damage. Notwithstanding these facts, thousands of persons daily jeopardize not only their health, but their lives, and the healths and lives of others, by using articles in the preparation of their food of impurity and healthfulness of which they know nothing. Perhaps a few cents may have been saved, or it may have been more convenient to obtain the articles used, and the housekeeper takes the responsibility and possibly will never know the mischief that has been wrought. Paterfamilias may have spells of headache, the children may have lost their appetites, or look pale; if so, the true cause is rarely suspected. The weather, the lack of out-door air, or some other cause, is given, and the unwholesome, poisonous system of adulterated food goes on. Next to the flour, which should be made of good, sound wheat and not ground too fine, the yeast or baking powder, which furnishes the rising properties, is of the greatest importance, and of the two we prefer baking powder, and always use the Royal, as we thereby retain the original properties of the wheat, no fermentation taking place. The action of the Royal Baking Powder upon the dough is simply to swell it and form little cells through every part. These cells are filled with carbonic acid gas, which passes off during the process of baking.

The Royal is made from pure grape acid and it is the action of this acid upon highly carbonized bicarbonate of soda that generates the gas alluded to; and these ingredients are so pure and so perfectly fitted, tested and adapted to each other, that the action is mild and permanent, and is continued during the whole time of baking, and no residue of poisonous ingredients remains to undermine the health, no heavy biscuits, no sour bread, but if directions are followed, every article will be found sweet and wholesome.

The Minneapolis Tribune in stating "There is a female brass band at Fremont, Neb.," adds: "Bless the little tootsie-wootie."

AN OLD FAVOURITE.—An old favourite, that has been popular with the people for nearly 30 years, is Dr. Fowler's Extract of Wild Strawberry for all varieties of summer complaints of children and adults. It seldom or never fails to cure cholera morbus, diarrhoea and dysentery.

"JONES, do you know 'Rienzi's Address'?" asked Smith. "No, I don't," was the reply; "but you might find it in the directory."

Horsford's Acid Phosphate. 35/ In Nervous Irritability.

Dr. F. E. Groves, Rushford, N. Y., says: "I have used it for nervous irritability, and it has done me good."

HE met her in the hotel hallway. It is not strange that for a moment she did not know which way to turn when he said: Now if you'll co-incide we'll go outside.

CONCERT-MASTER EMIL MAHR, of Wiesbaden, has been engaged as teacher of violin, at the New England Conservatory of Music, Boston. Mr. Mahr belongs to the Joachim School of artists, and has a fine reputation abroad. He has spent the last six years in London as soloist and teacher; has held the position of Chef in Mr. Henschel's Orchestra there, for the past year, and like positions in the Richter and Crystal Palace Orchestras. His coming to this country adds another to the galaxy of great artists in that institution, and will place the Violin School in the very front rank.

—Musical Herald, August, 1887.

"JOHN," said the wife of a base ball umpire, "Tommy has been a very bad little boy to-day." "Is that so?" he replied, absent-mindedly. "Well, I'll fine him \$25."

CONSUMPTION CURED.

An old physician, retired from practice, having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure of Consumption, Bronchitis, Catarrh, Asthma and all throat and Lung Affections, also a positive and radical cure for Nervous Debility and all Nervous Complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffering fellows. Actuated by the motive and desire to relieve human suffering, I will send free of charge, to all who desire it, this recipe, in German, French or English, with full directions for preparing and using. Sent by mail by addressing with stamp, naming this paper, W. A. Novell, Power's Block, Rochester, N.Y.

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