

**"A GREAT BOOK."****"The Natural Law in the Spiritual World."**

By HENRY DRUMMOND, F.R.C.E., F.G.S.

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Campbell's Cathartic Compound is adapted for the cure of Liver Complaints and Bilious Disorders, Acid Stomach, Dyspepsia, Loss of Appetite, Sick Headache, Constipation or Costiveness, and all complaints arising from a disordered state of the stomach or bowels.

Children like it! Mothers like it! Because it is agreeable to the taste, does not excite nausea, and without griping, is certain in its effects, and is effective in small doses.

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Among the truest indications and best evidence of the financial status of a country is included the condition of its life companies. In this respect Canada is at present especially favoured. The companies in that country have of late made great progress, and the North American Life is among the most progressive companies. Its development, considering the great competition existing in the life business, has been something marvellous, and at its present progress it bids fair in a very few years to take a leading position in the issue of new business in Canada. There is a cause for everything, and we have no doubt in this case the true reason of the North American Life meeting with such high appreciation from the insuring public is owing to its very marked endeavour to place within the reach of all those desiring the great benefit of life insurance one of the most popular plans attainable, so that whether a person requires an investment or a minimum insurance for minimum outlay he can secure it with the North American Life Assurance Society.

No doubt the success of this company is largely due to its management being in the hands of an accomplished underwriter, Wm. McCabe, Fellow of the Institute of Actuaries of Great Britain, a gentleman who has the reputation of being thoroughly acquainted with all the mystery and science of life insurance. Among its directors are to be found the names of some of the leading citizens of Canada, and at its head as president, stands the Hon. Alex. McKenzie, M.P., ex-Prime Minister of Canada, a gentleman whose name in that country is a household word for honesty and fair dealing.—*New York Insurance Spectator*, May 15th, 1884.

**LYDIA E. PINKHAM'S****VEGETABLE COMPOUND****IS A POSITIVE CURE**

For all of those Painful Complaints and Weaknesses so common to our best FEMALE POPULATION.

IT WILL CURE ENTIRELY THE WORST FORMS OF FEMALE COMPLAINTS, ALL OVARIAN TROUBLES, INFLAMMATION AND IRRITATION, PAINING AND DISPLACEMENTS, AND THE CONSEQUENT SPINAL WEAKNESS, AND IS PARTICULARLY ADAPTED TO THE CHANGE OF LIFE.

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IT REMOVES PAINFULNESS, FLATULENCE, DISTASTE, ALL CRUISING FURFURANTS, AND RELIEVES THE PAIN OF THE STOMACH. IT CURES BLOATING, HEADACHE, NERVOUS PROSTRATION, GENERAL DEBILITY, DEPRESSION AND INDIGESTION.

THAT FEELING OF BEARING DOWN, CRAWLING PAIN, WEIGHT AND BACKACHE, IS ALWAYS PERMANENTLY CURED BY ITS USE.

IT WILL AT ALL TIMES AND UNDER ALL CIRCUMSTANCES ACT IN HARMONY WITH THE LAWS THAT GOVERN THE FEMALE SYSTEM.

AS ITS PURPOSE IS SOLELY FOR THE LEGITIMATE HEALING OF DISEASE AND THE RELIEF OF PAIN, AND THAT IT DOES ALL IT CLAIMS TO DO, THOUSANDS OF LADIES CAN GLADLY TESTIFY.

FOR THE CURE OF KIDNEY COMPLAINTS IN EITHER SEX THIS REMEDY IS UNESPEARED.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND is prepared at Lynn, Mass. Price \$1. Six bottles for \$5. Sold by all druggists. Sent by mail, postage paid, in form of Pills or Lozenges on receipt of price as above. Mrs. Pinkham's "Guide to Health" will be mailed free to any lady sending stamp. Letters confidentially answered.

No family should be without LYDIA E. PINKHAM'S LIVER PILLS. They cure Constipation, Biliousness and Torpidity of the Liver. 25 cents per box.

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\$100 a month and board for Young Man or Lady in each of the Garrison & Co., 93 King St. E., Toronto.

**Scientific and Useful.**

**SWEET PUDDING.**—Six eggs, three cupsful of sugar, four of flour, one teaspoonful of buttermilk, one teaspoonful of butter, half a teaspoonful of soda, and one teaspoonful of cream of tartar.

**GREEN PEAS.**—Boil the peas in plenty of water as fast as possible, with salt to taste, and a small bundle of mint. Do not cover the pot. When done, remove the mint, strain the peas, give them one toss in a sauce-pan with a small piece of butter; add pepper and salt to taste, and serve.

**Lydia E. Pinkham's-Vegetable Compound** is a most valuable medicine for ladies of all ages who may be afflicted with any form of disease peculiar to the sex. Her Remedies are not only put up in liquid form but in Pills and Lozenges in which form they are securely sent through the mails.

**GREEN PEA SOUP.**—Boil soft a peck of peas; mash, and strain through a sieve; add a slice of onion, chopped fine, pepper, salt, a little thyme and parsley. After the soup is well boiled, strain it, and let it stew until ready to serve. Reserve a few whole peas, and put them in the soup. To a peck of peas add three quarts of water.

**QUEEN PUDDING.**—Soak a pint of bread crumbs in a pint of milk. Beat the yolks of eight eggs and whites of four with one cupful of sugar; flavour with lemon; add one tablespoonful of butter, and bake. Beat the whites of the four eggs that were left out with one cupful of sugar; put it over the pudding as soon as baked, and cook it till the meringue is light brown. Eat with butter-and-sugar sauce.

FOR Bronchitis and Asthma, try Allen's Lung's Balsam; the best cough prescription known.

**TO TEST THE PURITY OF WATER.**—A French journal gives the following simple method for testing the purity of water: In an ordinary quart bottle three parts filled with water dissolve a spoonful of pure white sugar, cork it well and put it in a warm place. If at the end of forty-eight hours the water becomes turbid and milky there can be no doubt of its impurity, but if it remains limpid it may be considered healthful and safe to drink.

**CUCUMBER CATSUP.**—Grate two dozen grown cucumbers and six silver-skinned onions. Sprinkle half a tumbler of salt upon them. Prepare them in the evening, and early in the morning lay them on a sieve and let them drain. Sook a tea-cup of white mustard seed, drain them from the water, and add to the cucumbers a wine glass of whole peppercorns. Put all in a jar and cover with vinegar. Keep in a wide-mouth jar, cork well, and put away in a cool place.

**CRUMB GRIDDLE CAKES.**—Two cups sour milk, or buttermilk, two cups stale bread-crumbs, one-half cup sifted Graham flour, one egg well beaten, one teaspoonful soda dissolved in boiling water. Soak the crumbs in the milk till soft; then work till smooth, and add enough flour to bind the mixture together. Stir in the beaten egg and dissolved soda, beat very hard, and bake to a good brown; the griddle should be well oiled. If preferred, use part sour cream and leave out the egg.

**RICE AND APPLE SOUFFLE.**—Boil two tablespoonfuls of rice in half a pint of milk until soft; sweeten, and add the beaten yolks of two eggs. Pare and core some apples and stew them until they are soft but not broken. Make a wall of the rice around the edge of your dish; put the apples in the centre; fill up between the apples with rice, and put a bit of jelly in each place. Cover the whole with the whites of the eggs, well beaten and made stiff with powdered sugar. Brown lightly in the oven and serve with cream.

**VERY PRETTY TARTS.**—Take two cupfuls of sugar, a piece of butter the size of a butter-tub; mix thoroughly; then add three eggs, and beat all together. Sift two cupfuls of flour and two teaspoonfuls of baking powder together, and add seven tablespoonfuls of water. Bake in two square pie tins. Have ready an icing made of the white of one egg, and nine teaspoonfuls of powdered sugar. When one layer is done, ice quickly, cut in six square pieces, and fold each in the shape of a cornucopia, pinching the edges together to make them stick and remain in that shape. When all are done, lay a spoonful of jelly in each dainty shell, and they are not only palatable but highly ornamental, as the rich looking jelly contrasts so prettily with the icing.

The great permanency of Murray & Lanman's Florida Water gives it a wonderful advantage over all other perfumes; days and weeks after its application the handkerchief or garment exhales a rich fragrance, agreeable, refreshing, and healthful.

**Advertising Cheats!!!**

"It has become so common to write the beginning of an article, in an elegant, interesting manner,

"Then run it into some advertisement that we avoid all such,

"And simply call attention to the merits of Hop Bitters in as plain, honest terms as possible,

"To induce people

"To give them one trial, which so proves their value that they will never use anything else."

"THE REMEDY so favourably noticed in all the papers,

"Religious and secular, is

"Having a large sale, and is supplanting all other medicines.

"There is no denying the virtues of the Hop plant, and the proprietors of Hop Bitters have shown great shrewdness

"And ability

"In compounding a medicine whose virtues are so palpable to every one's observation."

**Did She Die?**

"No!

"She lingered and suffered along, pining away all the time for years,"

"The doctors doing her no good;"

"And at last was cured by this Hop Bitters the papers say so much about."

"Indeed! Indeed!"

"How thankful we should be for that medicine."

**A Daughter's Misery.**

"Eleven years our daughter suffered on a bed of misery,

"From a complication of kidney, liver rheumatic trouble and Nervous debility,

"Under the care of the best physicians,

"Who gave her disease various names,

"But no relief,

"And now she is restored to us in good health by as simple a remedy as Hop Bitters, that we had shunned for years before using it."—THE PARENTS.

**Father is Getting Well.**

"My daughters say:

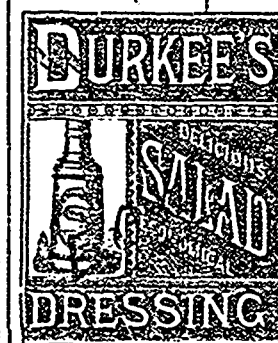
"How much better father is since he used Hop Bitters."

"He is getting well after his long suffering from a disease declared incurable."

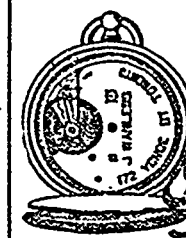
"And we are so glad that he used your Bitters."—A LADY of Utica, N. Y.

**REMARKABLE RESTORATION.**—Mrs. A. O'Brien, 372 Exchange Street, Buffalo, was supposed to be dying with consumption and abandoned by her physician. She suffered terribly and was reduced in weight to ninety pounds. In this condition she resorted to Burdock Blood Bitters, and now enjoys perfect health and weighs one hundred and forty-six. She will gladly answer enquiring sufferers on receipt of U.S. postage stamp.

**HOLLOWAY'S CORN CURE** is the medicine to remove all kinds of corns and warts.



No Waste. No Trouble. Always Ready. A GOOD SALAD DRESSING. Rich. Wholesome. Nutritious. The most delicious and the most popular Mayonnaise for all kinds of SALADS, RAW TOMATOES, CABBAGE, COLD MEATS, FISH, etc., etc. E. H. DURKEE & CO. NEW YORK.

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Satisfaction guaranteed. **WRITE FOR PRICES.**