

BY THEIR FRUITS YE SHALL KNOW THEM.

Rowanville, Jan. 5th, 1883.

Dear Sirs,—I have been a sufferer for many years with bilious colic and torpid liver. I tried one of the Notman Pads and I received great benefit from it. I can heartily recommend them to all persons affected in the same way. I could not be without one on any account.

No member of my family has been troubled for years with sick headache. A Pad effected a cure, while pills and nostrums did not benefit in the least.

Yours Respectfully,

HENRY MANN.

Regular Pad, 5¢, sent free by mail on receipt of price. Send for description treatise.

NOTMAN PAD CO'Y,
55 FRONT ST. EAST, TORONTO.

A Fair Exchange.

Will you exchange a chronic case of Dyspepsia, or agree to break up a Bilious Temperament—to give your torpid liver activity, and thus strengthen your Digestion; regain energy, comfort, health, spirits, all for 75¢? A single bottle of ZOPESA will do this. A few doses surprise those who try ZOPESA. For Biliousness and Dyspepsia in their many forms, ZOPESA is Panacea, and is warranted to cure them. It acts speedily and pleasantly. Try a 10 cent sample.



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 a Rheumatic nature.

IT IS A SURE CURE.

From James Murphy, of St. Catharines, track boss & employ of the Great Western Railway.
St. Catharines, May 25, 1881.

DEAR Sirs.—My wife has been suffering for the last year from rheumatism in her left arm and shoulder. A short time ago my daughter brought her a bottle of your Rheumatine. She did not feel any benefit from this one bottle, but concluded to try another. She took four bottles and is now quite free from pain, and through all this bad weather has not had the slightest twinge of rheumatism. We can recommend it to all suffering from rheumatism.

Yours respectfully,
JAMES MURPHY.

SOLD BY ALL DRUGGISTS.

The Rheumatine Manufacturing Co.,
St. Catharines, Ont.

MESSRS. NORTHROP & LYMAN, WHOLE-
SALE AGENTS, TORONTO.

1000,000 Acres
Choice Lands
For sale by
the GREAT WHEAT BELT FOR SALE CO.
in the WINONA & ST. PETER R.R. CO.
at \$2 to \$6 per Acre, on easy terms,
lowest fare. Lowest fare. Lowest fare.
For information, send for circulars. The best
value refunded for healthfulness. The best
unimproved land for sale. The best
market facilities. The best
full information. The best
WINONA & ST. PETER R.R. CO.
Winona, Minn. Mention this paper.

CONSUMPTION.

Have you just been told that you have Consumption? Do not despair. I have been cured of the worst kind of Consumption, and I will send you TWO BOTTLES FREE, together with a full and complete treatise on this disease, to any person who will send me a 10¢ stamp. Address, Dr. R. V. Pierce, Littleton, N. Y.

\$66 a week in your own town. Terms and address. Address H. H. Hall & Co., Portland, Me.

A NOTED BUT UNTITLED WOMAN.

[From the Boston Globe.]



Mass. Editors:—

The above is a good likeness of Mrs. Lydia E. Pinkham, of Lynn, Mass., who above all other human beings may be truthfully called the "Dear Friend of Woman," as some of her correspondents love to call her. She is zealously devoted to her work, which is the outcome of a life-study, and is obliged to keep six lady assistants, to help her answer the large correspondence which daily pours in upon her, each bearing its special burden of suffering, or joy at release from it. Her Vegetable Compound is a medicine for good and not evil purpose. I have personally investigated it and am satisfied of the truth of this.

On account of its proven merits, it is recommended and prescribed by the best physicians in this country. One says: "It works like a charm and saves much pain. It will cure entirely the worst form of falling of the uterus, Leucorrhoea, irregular and painful menstruation, all ovarian troubles, inflammation and ulceration, Floodings, all Displacements and the consequent spinal weakness, and is especially adapted to the Change of Life."

It permeates every portion of the system, and gives new life and vigor. It removes faintness, flatulency, dizziness, all craving for stimulants, and relieves weakness of the stomach. It cures Bloating, Headaches, Nervous Prostration, General Debility, Sleeplessness, Depression and Indigestion. That feeling of bearing down, causing 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 law that governs the female system.

It costs only \$1 per bottle or six for \$5, and is sold by druggists. Any advice required as to special cases, and the names of many who have been restored to perfect health by the use of the Vegetable Compound, can be obtained by addressing Mrs. P., with stamp for reply, at her home in Lynn, Mass.

For Kidney Complaint of either sex this compound is unsurpassed as abundant testimonials show. "Mrs. Pinkham's Liver Pills," says one writer, "are the best in the world for the cure of Constipation, Biliousness and Torpidity of the liver. Her Blood Purifier works wonders in its special line and bids fair to equal the Compound in its popularity."

All must respect her as an Angel of Mercy whose sole ambition is to do good to others.
Philadelphia, Pa. (C) Mrs. A. M. D.

WELLS, RICHARDSON & CO'S
IMPROVED BUTTER COLOR
A NEW DISCOVERY.
For several years we have furnished the dairymen of America with an artificial color for butter, so meritorious that it met with great success everywhere, and at the highest and only prices at both International Dairy Fairs.
But by patient and untiring research we have improved in several particulars, and now offer this new color as the best in the world. It will not color the buttermilk. It will not turn rancid. It is the Strongest, Brightest and Cheapest Color Made.
And, while prepared in oil, is so compounded that it is impossible for it to become rancid. BEWARE of all imitations, and of all other oil colors, for they are liable to become rancid and spoil the butter.
If you cannot get the "Improved" write us to know where and how to get it without extra expense.
WELLS, RICHARDSON & CO., Burlington, Vt.

DR. BAXTER'S MANDRAKE BITTERS
FOR THE CURE OF GENERAL DEBILITY, LOSS OF APPETITE, SORE THROAT, DYSPEPSIA, JAUNDICE, LIVER COMPLAINT, HABITUAL CONSTIPATION, SICK HEADACHE, &c.
THESE BITTERS ARE UNRIVALLED AS A PURIFIER OF THE BLOOD, and are found of signal efficiency in preventing contagious and Epidemic Diseases, as well as all kinds of FEVERS.
PRICE, 25 cents PER BOTTLE.
FOR SALE BY ALL DEALERS.

THE PEOPLE'S FAVORITE
THE OLD-ESTABLISHED
Cook's Friend Baking Powder
PURE, HEALTHY, RELIABLE
Manufactured only by
W. D. McLAREN,
Retailed Everywhere. 35 & 37 College St.

Scientific and Useful.

SUGAR COOKIES.—One cupful of butter or lard rubbed into five cupfuls of flour; two cupfuls of sugar, one large cup of milk; one egg; one teaspoonful soda.

STEAMED BROWN BREAD.—One quart of Indian meal, one pint of rye flour; stir these together and add one quart of sweet milk, one cup of molasses, two teaspoonfuls of soda; add a little salt, and steam for four hours.

BOILING unpeeled potatoes in a limey tea-kettle will clear it of the incrustation. A fresh ink-blot on paper can be entirely removed by placing on it blotting paper which has been soaked in a solution of oxalic acid and dried.

MOLASSES COOKIES.—One cup of molasses, scant half a cup of brown sugar, half a cup shortening—butter and lard in equal quantities is best—four tablespoonfuls boiling water, one rounded teaspoonful soda, half teaspoonful salt, and the same of ginger, one well-beaten egg, added the last thing, and flour to make the softest dough that can be handled.

PLUM PUDDING.—Three cups of sifted flour, three eggs, a wine-glass of molasses (this will give it a dark colour), one and a half pints of milk, one large cup of suet chopped very fine, one cup of currants, and one of raisins; add mace, cloves and cinnamon to suit your taste, one teaspoonful of soda, and two of cream of tartar; boil for at least two hours and a half, but three is still better. The two and a half are sufficient to cook it, but the other half-hour's boiling gives a certain lightness to the pudding, which is greatly to be desired. Eat with any good pudding sauce.

NERVOUS HEADACHE.—In answer to H. J. M. from Kansas asking for a remedy for nervous headache, or neuralgic headache we give a remedy which we find in the "Scientific American," vouched for by a celebrated German physician. A sixteen-year-old boy had suffered from his sixth year several days, every week with intense headache, which, upon examination, seemed to be a purely nervous headache. The doctor gave him ten grains of salicylate of sodium every three hours, and next day the patient continued, but in less frequent doses, for a few days longer; the headache did not return, and months after the doctor learned that the boy continued free from pain.

HOUSEKEEPERS complain that the apples are entirely tasteless this year; that the sauce made with them has no flavour. The following recipe for sauce is said to be excellent: Cut some hard apples in quarters, or smaller pieces still, after peeling them; put them in a jar with plenty of sugar and white ginger-root, cut fine, scattered over them; the best way, perhaps, being to put in a layer of apples, and then of the sugar and ginger. In two or three days pour in enough water to entirely dissolve the sugar; then strain this juice, and, putting the apples in it, let them stew slowly until they are tender. If the apples are carefully treated, they will not lose their shape. Serve when cold. This is very good with meat.

BEEF SOUP.—The different varieties of beef soup are formed by the method of seasoning and the different vegetables used in preparing it, after the joints have been well boiled. Besides onions, celery, cabbage, tomatoes, and potatoes, many use a few carrots, turnips, beans, and force-meat balls seasoned with spice. Rice or barley will give the soup consistency, and are to be preferred to flour for the purpose. Parsley, thyme, and sage are the favourite herbs for seasoning, but they should be used sparingly. To make force-meat balls add to one pound of chopped beef one egg, a small lump of butter, a cup or less of bread crumbs; season with salt and pepper, and moisten with the water from stewed meat; make in balls and fry brown. Drop in soup just before serving.

"The Only One in America."
The International Throat and Lung Institute, Toronto and Montreal, is positively the only one in America where diseases of the air passages alone are treated. Coll. inhalations are used through the Spirometer, an instrument or inhaler invented by Dr. M. Sonjeffe of Paris, ex-aid surgeon of the French army, with proper dietetic, hygienic and constitutional treatment suitable to each case. Thousands of cases of Catarrh, Laryngitis, Bronchitis, Asthma, Catarrhal Deafness and Consumption have been cured at this institute during the past few years. Write, enclosing stamp, for pamphlet, giving full particulars and reliable references to 173 Church street, Toronto, Ont.; 13 Phillips Square, Montreal, P. Q.

THE PUREST AND BEST

REMEDY EVER MADE.—IT IS COMPOUNDED FROM HOPS, MALT, BUCHU, MAN-DRAGE, AND DANDELION.

The oldest, best, most renowned and valuable medicine in the world, and in addition it contains all the best and most effective curative properties of all other remedies, being the greatest liver regulator, blood purifier, and life and health restoring agent on earth.

It gives new life and vigor to the aged and infirm. To clergymen, lawyers, literary men, ladies, and all whom sedentary employments cause irregularities of the Blood, Stomach, Bowels, or Kidneys, or who require an appetizer, tonic, and mild cathartic, it is invaluable, being highly curative, tonic and stimulating, without being intoxicating.

No matter what your feelings or symptoms are, or what the disease or ailment is, use Hop Bitters. Don't wait until you are sick, but if you only feel bad or miserable use the bitters at once. It may save your life. Hundreds have been saved by so doing, at a moderate cost. Ask your druggist, or physician. Do not suffer yourself or let your friends suffer, but use and urge them to use Hop Bitters.

If you have lameness in the loins, with frequent pains and aches; numbness of the thigh; scanty, painful and frequent discharge of urine, filled with pus, and which will turn red by standing; a voracious appetite and unquenchable thirst; harsh and dry skin; clammy tongue, often darkly furred; swollen and inflamed gums; dropsical swelling of the limbs; frequent attacks of hicough; inability to void the urine, and great fatigue in attempting it—you are suffering from some form of Kidney or Urinary Complaint, such as BRIGHT'S DISEASE of the kidneys, stone or inflammation of the bladder, gravel and renal calculi, diabetes, stranguary stricture and retention of the urine, and Hop Bitters is the only remedy that will permanently cure you.

Remember, Hop Bitters is no vile, drugged, drunken nostrum, but the purest and best medicine ever made, and no person or family should be without it.

Don't risk any of the highly lauded stuff with testimonials of great cures, but ask your neighbour, druggist, pastor or physicians what Hop Bitters has and can do for you and test it.

SKINNY MEN.
"Wells' Health Renewer" restores health and vigour, cures Dyspepsia, General Debility. \$15

"WHY SHOULD A MAN whose blood is warm with..."
Sit like his grandfather in an alabaster? Or let his hair grow rusty, scant and thin, When "Wells' Health Renewer" will make it grow the faster.

As the frosts of winter vanish under the colouring influence of the sun's ray, so does Bright's Disease, Dropsy, Stone in the Kidneys and Bladder, inflammation of the Kidneys leave the body upon the administration of Dr. Van Buren's Kidney Cure.

THE GREAT SOURCE of Consumption and many wasting forms of disease is Scrofula lurking in the system. The true specific for this condition is found in Burdock Blood Bitters; this medicine purifies the blood and builds up the enfeebled frame.

J. S. Wetherell, writing from Winnipeg, says: "I can say more about PHOSPHATINE now than when I saw you last in Toronto. My health is much improved, and I am free from headache, or any other aches, having only used two and a half bottles of your Phosphatine. For sale by all druggists."

No household should be considered complete without a bottle of DR. VAN BUREN'S KIDNEY CURE in the closet. It is the only remedy that will positively, permanently and promptly cure all forms of kidney diseases. Sold by druggists.

Mr. W. J. Guppy, of Newbury, has used Burdock Blood Bitters in his family with good effect, and says that Rev. J. R. Smith has used it, and speaks of it in high terms of praise. It is the great blood purifying tonic that acts upon the bowels, the liver, the kidneys, the skin, and the blood.

Now that there is a reliable remedy for kidney troubles, half the terrors attached to these complaints have been removed. For this let all be thankful, and to DR. VAN BUREN'S KIDNEY CURE award all praise for having thus removed a hitherto considered fatal disease from our path. It was never known to fail. Sold by druggists.

TO CONSUMPTIVES
or those with weak lungs, spitting of blood, coughs, or kindred affections of throat or lungs, send two stamps for Dr. R. V. Pierce's treatise on Consumption. Address this doctor, Buffalo, N. Y.