

HOLD YOUR ANNUAL CHURCH PICNIC AT ISLAND PARK.

The most beautiful picnic grounds in the Province.

The Toronto Ferry Company issue VERY LOW RATES to picnic parties, and for a very moderate charge will give the excursion party a beautiful

SAIL AROUND THE ISLAND

before landing at the picnic grounds.

For further information, apply to

W. A. ESSON, MANAGER.

Tel. 2965.

83 Front St. W.

MANLY PURITY

To cleanse the blood, skin, and scalp of every eruption, impurity, and disease, whether simple, scrofulous, hereditary, or ulcerative, no agency in the world is so speedy, economical, and unfailing as the



CUTICURA

Remedies, consisting of CUTICURA, the great skin cure, CUTICURA SOAP, an exquisite skin purifier and beautifier, and CUTICURA RESOLVENT, the new blood purifier and greatest of humor remedies. In a word, they are the greatest skin cures, blood purifiers, and humor remedies of modern times, and may be used in the treatment of every humor and disease, from eczema to scrofula, with the most gratifying and unfailing success. Sold everywhere.

POTTER DRUG AND CHEMICAL CORP., Boston. "How to Cure Blood Humors" mailed free.

PIMPLES, blackheads, red, rough hands and falling hair cured by CUTICURA SOAP.



RHEUMATIC PAINS

In one minute the Cuticura Anti-Pain Plaster relieves rheumatic, sciatic, hip, kidney, chest, and muscular pains and weaknesses. Price, 30c.

HEALTH AND HOUSEHOLD HINTS.

The first essential to a good salad is good dressing. For simple green salads, a French dressing is usually sufficient. For fish and meat, egg and some vegetable salads, a mayonnaise is required. Both are easily prepared.

Tomato Salad: Peel ripe tomatoes and lay them on the ice for two hours. Just before serving cut them in quarters or slices, lay them on lettuce-leaves and serve with a mayonnaise dressing. They are also very good with a French dressing and unaccompanied by the lettuce.

French Dressing for Salads: One saltspoonful salt; half-saltspoonful pepper; one tablespoonful vinegar; three tablespoonfuls oil. Put pepper and salt together in a salad-spoon and fill the spoon with oil. Stir with the fork, and, when well mixed, pour upon the salad. Measure out the rest of the oil demanded and the vinegar, and after all have been turned upon the salad, toss this about with the fork and spoon until every leaf has received its share of the dressing. This will dress salad for three or four persons.

Fish Salad: Salmon is, of course, the favourite fish for salad, but any good firm fish like halibut, cod, pickerel, bass, etc., may be used. It should be boiled until thoroughly cooked, but not overdone, and allowed to get perfectly cold. The fish should then be cut into square or oblong pieces, about two or three by three or four inches in size, and each piece should be laid on a lettuce-leaf. Mayonnaise dressing may be poured over it in the dish, or passed to each person. A savory addition is that of a sardine picked fine and stirred into the mayonnaise.

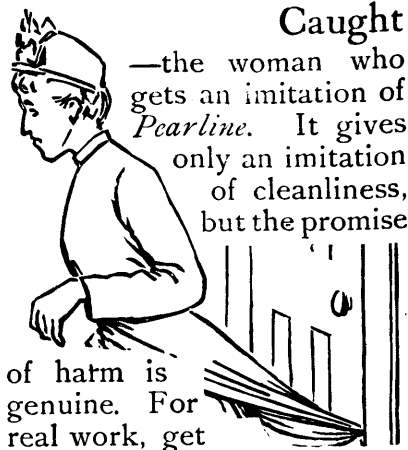
Chicken Salad: The meat of a cold boiled chicken cut into small pieces; half as much celery as you have chicken, cut into inch lengths; one small head lettuce; pepper and salt to taste; one table-spoonful oil; one table-spoonful vinegar; one full cup mayonnaise dressing. Mix the cut chicken and celery, season them, and moisten them with the oil and vinegar. Line a salad-bowl with lettuce, and on this heap your salad. Pour the thick mayonnaise dressing over the chicken and celery. In summer-time when celery is scarce and expensive, it may be omitted from the salad, and then it is well to use celery salt in seasoning. Garnish with quarters of hard-boiled egg, stoned olives, or capers, as you may desire.

Mayonnaise Dressing: One egg; one pint salad oil—the best—never use a cheap oil; one table-spoonful vinegar; half a lemon; saltspoonful salt; half-saltspoonful each of mustard and white pepper. Separate the white and the yolk of the egg. To the latter add the juice of the lemon, the salt, pepper and mustard. Mix with three or four stirs of a fork. Begin putting in the oil, a few drops at a time, stirring steadily, increasing the quantity as the dressing thickens. When about two-thirds of the oil has been used, the vinegar should be added, little by little, and after that the remainder of the oil. The steady stirring of the fork should be unremitting. If egg, oil, and plate have been chilled before they are used, this dressing may be made in ten or fifteen minutes. Place it on the ice until needed, and, just before sending to table, whip the white of the egg to a standing froth and stir it lightly into the dressing. Should the egg and oil curdle and separate, or obstinately refuse to thicken, do not waste time in the futile attempt to stir them to a success. Take another egg, and begin again in a fresh plate. When this dressing thickens—as it will, unless there is something radically wrong with the egg, oil or worker—add the curdled dressing carefully, a little at a time, stirring incessantly. The result should be as good a mayonnaise as could be desired. In hot weather, especial care should be taken to have utensils and ingredients alike ice-cold.

It's sometimes said patent medicines are for the ignorant. The doctors foster this idea. "The people," we're told, "are mostly ignorant when it comes to medical science." Suppose they are! What a sick man needs is not knowledge, but a cure, and the medicine that cures is the medicine for the sick. Dr. Pierce's Golden Medical Discovery cures the "do believes" and the "don't believes." There's no hesitance about it, no "if" nor "possibly." It says—"I can cure you, only do as I direct." Perhaps it fails occasionally. The makers hear of it when it does, because they never keep the money when the medicine fails to do good. Suppose the doctors went on that principle. (We beg the doctors' pardon. It wouldn't do!)

Choking, sneezing and every form of catarrh in the head is radically cured by Dr. Sage's Catarrh Remedy. Fifty cents. Sold by druggists everywhere.

CREAM OF SCOTTISH SONG WITH WORDS AND MUSIC
Seventy-one of the Best—in Book Form
64 pp. for 25c—Send to Imrie & Graham,
Church and Colborne Sts., Toronto, Can.



Caught
—the woman who gets an imitation of *Pearline*. It gives only an imitation of cleanliness, but the promise of harm is genuine. For real work, get *Pearline*. It gets the dirt out easily, without hard work. It gets things clean without hard wear. Get *Pearline*, and you have your work done safely; half your work is done, when you get *Pearline*.

284
Beware of imitations. JAMES PYLE, N. Y.

Your Patronage Respectfully Solicited.

PARKDALE KASH GROCERY HICKMAN & Co.,

The Old Reliable House for Choice

Teas, Koffees, Spices,

GROCERIES, FRUITS AND PROVISIONS.

SPECIALTIES:

Bouquet Tea and Happy Thought Baking Powder.

Remember, we keep nothing but first-class goods and our prices are Rock Bottom. Families waited upon for orders, if desired. Telephone orders receive prompt attention. Kindly give us a call, it will be profitable to you and us.

HICKMAN & Co.,

1424 Queen St. W. Tel. 5061.

THE CANADA SUGAR REFINING CO.

(Limited), MONTREAL, MANUFACTURERS OF REFINED SUGARS OF THE WELL-KNOWN BRAND



OF THE HIGHEST QUALITY AND PURITY. Made by the Latest Processes, and Newest and Best Machinery, not surpassed anywhere.

LUMP SUGAR,

In 50 and 100 lb. boxes.

"CROWN" Granulated,

Special Brand, the finest which can be made

EXTRA GRANULATED,

Very Superior Quality.

CREAM SUGARS,

(Not dried).

YELLOW SUGARS,

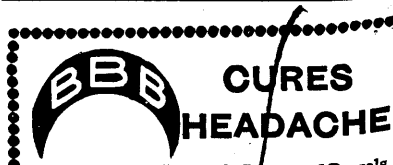
Of all Grades and Standards

SYRUPS,

Of all Grades in Barrels and half Barrels.

SOLE MAKERS

Of high class Syrups in Tins, 2 lb. and 8 lb. each



By acting on the Stomach, Liver and Bowels, removing morbid matter and thoroughly cleansing the entire system, Burdock Blood Bitters promptly removes Headaches of all kinds, no matter how obstinate or severe. Constipation, Dyspepsia and Bad Blood are the usual causes of Headache, B.B.B. removes these and with them also the Headache disappears. Note the following

STRONG EVIDENCE:

"My Sick Headache occurred every week for forty years, I took three bottles of B.B.B. have had no headache for months, and recommend it highly."
Mrs. E. A. STORY, Shetland, Ont.



The New English Perfume

CRAB-APPLE BLOSSOMS

FROM THE CROWN PERFUMERY CO. OF LONDON

Ask your Druggist for it

Sold by Lyman, Knox & Co., Toronto, and all leading druggists.

HEALTH FOR ALL!! HOLLOWAY'S PILLS

Purify the Blood, correct all Disorders of the

LIVER, STOMACH, KIDNEYS AND BOWELS.

They invigorate and restore to health Debilitated Constitutions, and are invaluable in all Complaints incidental to Females of all ages. For children and the aged they are priceless.

Manufactured only at THOMAS HOLLOWAY'S Establishment, 78 New Oxford St., London; And sold by all Medicine Vendors throughout the World. L.E.—Advice gratis, at the above address, daily, between the hours of 11 and 4, or by letter.

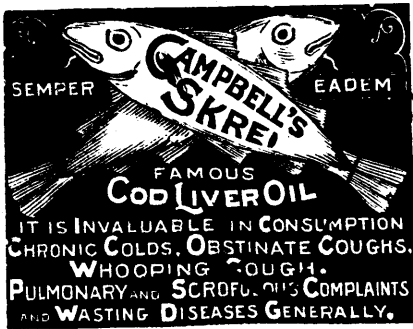
MISS A. M. BARKER, SHORTHAND SCHOOL.

51 KING STREET EAST, TORONTO.

Apply for Circulars.

The Great Church LIGHT.

FRANK'S Patent Lights give the Most Powerful, the Safest, Cheapest and the Best Light known for Churches, Stores, Show Windows, Parlors, Banks, Offices, Picture Galleries, Theatres, Depots, etc. New and elegant designs. Send size of room. Get circular and estimate. A liberal discount to churches and the trade. L. F. FRANK, 551 Pearl Street, N. Y.



PRESBYTERIAN LADIES' COLLEGE TORONTO

LITERATURE, SCIENCE, ELOCUTION, PHYSICAL CULTURE, ART AND MUSIC.

Applications now received for

Next Session, September 6

Calendars and Forms of Admission sent on Application.

T. M. MACINTYRE M.A., LL.B., Ph.D.



IMPERIAL CREAM TARTAR BAKING POWDER

PUREST, STRONGEST, BEST.

Contains no Alum, Ammonia, Lime, Phosphates, or any Injurious.

E. W. GILLET, Toronto, Ont.