

**BEEF TEA.**—Cut two pounds of lean beef very fine with a sharp knife. Pour a pint of cold water over it, and let it stand for several hours in a double boiler on the back of the stove, where it will heat to the boiling point but not boil. When the juice is all extracted from the meat, so that the meat is white, drain off the liquid and salt to taste.

**A BREAKFAST DISH OF TOMATOES.**—Remove the skins from a dozen tomatoes; cut them up in a saucepan; add a little butter, pepper and salt; when sufficiently boiled beat up four or five eggs, and just before you serve, turn them into the saucepan with the tomatoes and stir one way for two minutes, allowing them to get perfectly done. This makes a delicious breakfast dish.

**ONE WAY TO CLEANSE A CARPET.**—Having dusted and removed such articles as can be carried from the room, wring a flannel mop out of hot water and wipe the carpet thoroughly, wringing the mop from clean water as often as it may become soiled. Now sweep with a broom, as you ordinarily would, and when you have finished you will have a bright clean carpet, with little or no dust, and all at the expense of a very little hard labour. Those who have not tried this method are sceptical about its merits; but one trial will convince.

**LOG CABIN PEACH COBBLER.**—Make one quart and a half of flour into a smooth paste by working it into three-fourths of a cupful of lard, one-half tea spoonful of salt and sufficient water to mix it. Pare and quarter the ripe peaches, cover the bottom of a baking dish with dough, spread over this a layer of peaches and bits of butter, season with grated nutmeg or cinnamon, and sprinkle over each layer two tablespoonfuls of powdered sugar. Cut narrow strips of dough, slightly twist them, and cross until you have another layer; over this place more fruit, and have the top layer of the log-cabin strips; then bake.

## WATCHES GALORE!

We have literally hundreds of Watches in stock from a \$2.50 Nickel Time-piece to a \$350 Repeating Chronograph. Show cases full of them; windows full of them; vaults and safes full of them.

**KENT BROS.,**  
WATCH DEALERS



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Solid Gold Watches. Special KENT BROS. Movement. Complicated Watches, Ladies' & Gents' Silver Watches, Boys' and Girls' Watches. Every Watch sold is thoroughly adjusted and accurately regulated. Send for Catalogue.

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FOR INFANTS AND YOUNG CHILDREN.

The Baravena Milk Food is a compound preparation of specially prepared farina of the healthiest cereals, thoroughly incorporated with Concentrated Milk. It affords the most complete and nutritious food available for infants, young children, and persons of weak digestion. By all means try it at FORTY CENTS FOR ONE POUND TIN.

### DESICCATED WHEAT

This is put up in packages: Granulated, 4 lbs.; Rolled, 3 lbs. The rolled is ready for use in three minutes. It is a complete food, supporting human life perfectly, and replacing all waste of body and brain. It cures dyspepsia.

### GLUTEN FLOUR.

This article is highly recommended in cases of Diabetes, as the starch in it is converted into dextrine. Many physicians and others recommend this in preference to the imported Gluten Flour. In 4 lb. packages and bulk.

SOLD BY ALL FIRST-CLASS GROCERS AND DRUGGISTS.

**THE IRELAND NATIONAL FOOD Co. (Limited)**  
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**IS PRIME BEEF**  
IN A CONCENTRATED  
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**A STRENGTH-GIVING FOOD**

FOR  
INVALIDS  
AND  
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CHILDREN  
OF  
ALL AGES.

FOR  
ALL WHO DESIRE  
To Improve their Physical  
Condition.

## The Only Pure Baking Powder.

(From Hall's Journal of Health.)

We feel it our duty to state that of a number of different kinds of Baking Powder purchased in a neighboring city for examination, the only one we found made of Pure Grape Cream of Tartar, and that did not contain any Alum, Acid Phosphates, or Ammonia, and that was absolutely free from adulterations, was

**Cleveland's Superior Baking Powder.**

## NASAL BALM

It is a certain and speedy cure for Cold in the Head and Catarrh in all its stages.

**SOOTHING, CLEANSING, HEALING.**  
Instant Relief, Permanent Cure, Failure Impossible.

Many so-called diseases are simply symptoms of Catarrh, such as head ache, partial deafness, loss of sense of smell, foul breath, hawking and spitting, nausea, general feeling of debility, etc. If you are troubled with any of these or kindred symptoms, you have Catarrh, and should lose no time in procuring a bottle of Nasal Balm. Be warned in time, neglected cold in head results in Catarrh, followed by consumption and death. Nasal Balm is sold by all druggists, or will be sent, post paid, on receipt of price (50 cents and \$1.00) by addressing

FULFORD & CO.,  
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## CATARRH

NEVER FAILS.

CURES  
COLD  
IN  
HEAD  
AND

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MOST BEAUTIFUL WOMEN OF EVERY COUNTRY.

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ADELINA PATTI NICOLINI,  
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AND THOUSANDS OF OTHERS.



What the Recamier Preparations are, and why they are to be Used

**RECAMIER CREAM** which is the first of these world-famous preparations, is made from the recipe used by Julie Recamier. It is not a cosmetic, but an emollient to be applied at night just before retiring, and to be removed in the morning by bathing freely. It will remove tan and sunburn, pimples, red spots or blotches, and make your face and hands as smooth, as white and as soft as an infant's. Price \$1.50.

**RECAMIER BALM** is a beautifier pure and simple. It is not a whitewash, and unlike most liquids, Recamier Balm is exceedingly beneficial, and is absolutely imperceptible, except in the delicate freshness and youthfulness which it imparts to the skin. Price \$1.50.

**RECAMIER LOTION** will remove freckles and moth patches, is soothing and efficacious for any irritation of the cuticle, and is the most delightful of washes for removing the dust from the face after travelling, and is also invaluable to gentlemen to be used after shaving. Price \$1.50.

**RECAMIER POWDER** is in three shades—White, Flesh and Cream. It is the finest powder ever manufactured, and is delightful in the nursery, for gentlemen after shaving, and for the toilet generally. Large boxes, \$1; small boxes, 50c.

**RECAMIER SOAP** is a perfectly pure article, guaranteed free from animal fat. This Soap contains many of the healing ingredients used in compounding Recamier Cream and Lotion. Scented, 50c.; unscented, 25c.

Read the following quotation from a certificate signed by three of the most eminent chemists in America:—

"The constituents of the Recamier Cream are well known remedial agents, and their properties are fully described and authorized in the American and French pharmacopoeias. They are combined in a way which, while novel, is chemically correct, the resulting preparation being perfectly safe and beneficial for the uses specified. In the proper use of the word, Recamier Cream is not a cosmetic, but a remedial agent for the skin."

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THOMAS B. STELLMAN, M.Sc., Ph.D.,

Professor of Chemistry of the Stevens Institute of Technology.

PETER T. AUSTEN, Ph.D., F.C.S.,

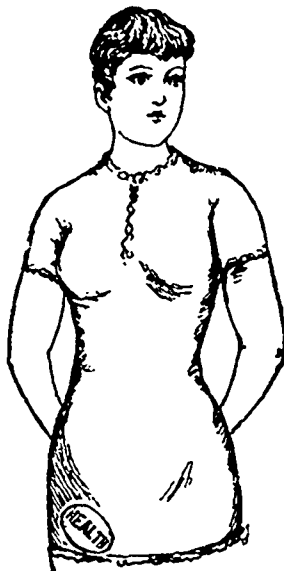
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If your druggist does not keep the Recamier Preparations, refuse substitutes. Let him order for you, or order yourself from either of the Canadian offices of the Recamier Manufacturing Company, 374 and 376 St. Paul Street, Montreal, and 50 Wellington Street East, Toronto.

For sale in Canada at our regular New York prices: Recamier Cream, \$1.50; Recamier Balm, \$1.50; Recamier Moth and Freckle Lotion, \$1.50; Recamier Soap, scented, 50c.; unscented, 25c.; Recamier Powder, large boxes, \$1; small boxes, 50c.

## A PRETTY FACE

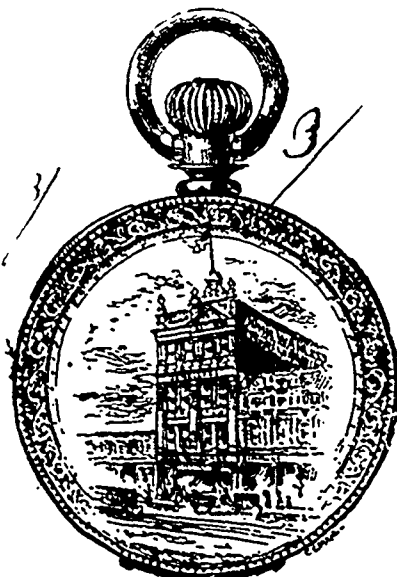
And a graceful figure constitute a powerful attraction in a woman, and yet many women never stop to think that their misfitting gowns and an unhealthy complexion might be very much improved by wearing the new "Health" Undervests which are so highly thought of by the medical profession that in most instances they have adopted their use in their own families.



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