

COFFEE BREAD.—(To eat in the morning with coffee; used much by the Germans, who dip it in their coffee.) One-half cupful of sugar, one egg, one cupful of milk, one-half cupful of yeast, enough flour for a sponge. When it is risen, add one-half cupful of butter, worked in with the hand (not kneaded), and flour enough to make it soft, so that it can be patted down into a greased pan to be baked. When it is risen, put little specks of butter over the top, press them down in, and sprinkle sugar and cinnamon over it. Bake in a quick oven—twenty minutes when the oven is right. Serve cold. Cut in strips about an inch wide, for breakfast or lunch.

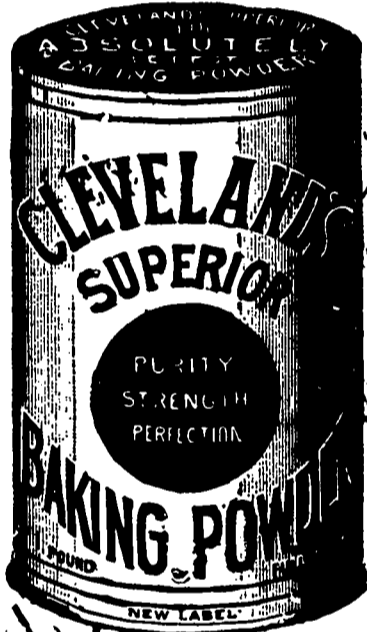
A GOOD WAY TO SETTLE IT.

A prudent housewife is always solicitous regarding the purity of every article of food used in her family. Fortunately there is a simple test for the much used article baking powder which any one can make in a few moments. We give this below and advise our lady friends to try it and settle the question for themselves:—

Mix in a tin cup, or other small suitable vessel, one heaping teaspoonful of the powder with one teaspoonful of water, or a little more water if required to wet the powder to the consistency of paste. Place it over a hot fire, stir to prevent burning, and let it boil rapidly for a few moments. At intervals lift the cup from the fire, and smell, and notice whether you detect the odour of AMMONIA in the steam that rises. Pure baking powder will not give the faintest odour of ammonia.

MORE than wonderful. Such is the experience of those who thoroughly test St. Leon Mineral water. See to-day's advertisement.

An Old Friend in a New Dress.



Absolutely the Best.

All the ingredients used are pure and wholesome, and are published on every label. One Trial Proves its Superiority.

THE CLIMAX OF ABSORPTION!



**—THE ONLY—
ELECTRIC :- APPLIANCES**

**—HAVING—
- ABSORBENT QUALITIES. -**

A CERTAIN CURE WITHOUT MEDICINE!

All diseases are cured by our Medicated Electric Belts and appliances on the principle that electricity is life. Our Appliances are brought direct into contact with the diseased parts; they act as perfect absorbents by destroying the germs of disease and removing all impurities from the body. Diseases are successfully treated by correspondence, as our goods can be applied at home.

1890. A NEW LIST OF HOME TESTIMONIES. 1890.

- Senator A. C. Botsford, Sackville, N. B., says Actina is good for defective eyesight. He tried it.
- Rev. Chas. Hole, Halifax, N. S., recommends Butterfly Belt for general debility.
- Jas. S. Musselman, Berlin, Ont., general debility and catarrh—cured.
- Mrs. Geo. Planner, Toronto, Liver and Kidneys—now free from all pain and strong and happy.
- John Arnett, Iona, Ont., Lame Back cured after trying everything.
- D. D. Gilles, Lucknow, Ont., Dyspepsia and Kidneys—after suffering eight months—cured.
- Daniel Campbell, Port Talbot, Lame Back and Headache, after suffering for years, cured in less than a month.
- Mrs. Lottie Collier, Simcoe, Ont., Weakness and Spinal Affection, strength fully recovered.
- G. R. Glassford, Markdale, Ont., Sciatica and Dyspepsia, 15 years, cured in six weeks.
- Mrs. McKay, Ailsa Craig, Ont., Sciatica 13 years—no pain after the first day.
- A. G. Henderson, Hudson, Ont., Lame Back entirely cured.
- B. C. McCord, Medicine Hat, N.W.T., Butterfly Belt worked wonders—Rheumatism, Back, Shoulders and Side.
- J. Cameron, Beaver, B.C., feels like a new man after wearing our Butterfly Belt 4 weeks. [in 2 weeks]
- F. W. Martin, St. John, Newfoundland, suffered several years with Inflammation of the eye—Actina cured
- W. J. Gould, Gurney Stove Works—After laying off 3 weeks went to work—Wore Butterfly Belt 4 days—Sciatica.
- James Story, Fitzroy, Ont., after wearing Butterfly Belt one night, attended a fair, a walking advertisement for his 70 years old.
- J. E. Johnson, Solgirth, Man., tried a hundred remedies, nothing effective, Butterfly Belt cured Biliousness and Dyspepsia.
- Jas. Mansfield, Saskatchewan, N.W.T., Piles and complete prostration—completely cured.
- Josiah Fennell, Toronto, for six weeks could not write a letter—went to work on 6th day—Neuralgia.
- Miss Flora McDonald, 21 Wiltou avenue reports a lump drawn from her wrist.
- Geo. E. Balley, Union, Ont., a suffering cripple for 17 years with Rheumatism and Scaly Sore Feet, cured in one month.
- Jas. Nicholson, Zephyr, Ont., Rheumatism 18 years—Resumed work in the harvest fields the second day.
- Mrs. Connell, Lambton, Ont., Catarrhal Bronchitis 2 years, relieved in one treatment; cured in one month.
- L. D. Good, Berlin, Ont., cheerfully recommends Actina for Catarrh and Cold in the Head.
- David Richards, Toronto, Your Butterfly Belt cured me of Liver and Kidney Complaint of long standing in 2 weeks.
- Thos. Guthrie, Argyr, Man., says our Butterfly Belt and Suspensory did him more good than all the medicine he paid for in 12 years.
- Thos. Bryan, 341 Dundas street, Nervous Debility—Improved from the first day until cured.
- Chas. Cozema, P.M. Trowbridge, Ont., after five weeks feels like his former self.
- J. A. T. Ivy, cured of Emission in 3 weeks. Your Belt and Suspensory cured me of impotency, writes G. A. I would not be without your Belt and Suspensory for \$20, writes J. McG. For general debility your Belt and Suspensory are cheap at any price, says S. M. C. Belt and Suspensory gave H. S. of Fleetwood, a new lease of life. E. E. G. had no faith but was entirely cured of impotency. Many such letters on file.

Catarrh Impossible Under Its Influence.

**CERTAIN CURE.
NO VINEGAR OR ACID USED.**

**Combined Belt and Suspensory
ONLY \$5.00.**

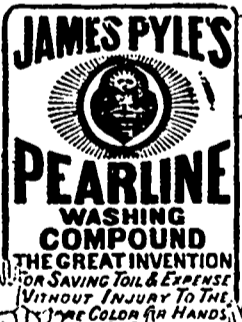
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Actina Will Cure All Diseases of the Eye.

Given on 15 Days' Trial.

SEND FOR ILLUSTRATED BOOK AND JOURNAL—FREE.

W. T. BAER & CO., 171 Queen Street W., Toronto.

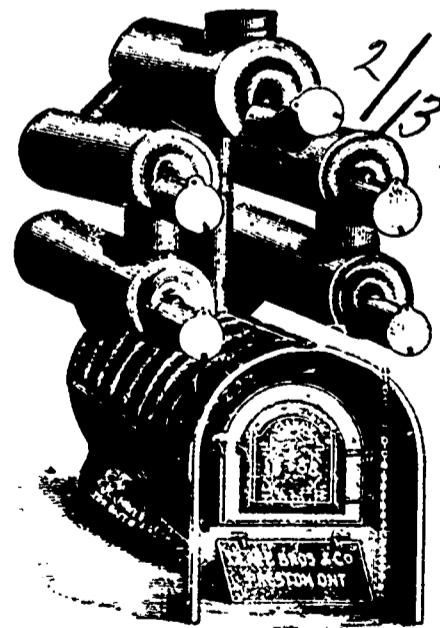


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Enables one pair of hands to do the work of several; millions of hands use it; millions more will when they learn its value.

You can read, write, sew, wash dishes, prepare the meals, care for the baby—with your two hands, while Pearline is washing the clothes for you almost without the aid of hands. It's harmless; cannot hurt most delicate of hands or fabrics; most delightful for washing the hands. It saves your hands one-half the work in house-cleaning—in fact, when your hands have anything to wash or clean, you will find sooner or later that Pyle's Pearline is the best thing known with which to do it.

Beware Many hands are engaged in peddling imitations of Pearline—or goods which they claim to be "as good as Pearline." IT'S FALSE—Pearline is not peddled. All grocers handle Pearline. JAMES PYLE, New York.



"HILBORN" HOT AIR WOOD BURNING FURNACE.

This Furnace, made in six sizes, is unequalled for Efficiency, Economy, Ease of Management, and Durability. Is corrugated and made of heavy steel. The Drums are of Sheet Steel.

WILL SAVE FIRST COST WITHIN A FEW YEARS

As the roughest kind of wood may be utilized, this is the only Furnace made that can be cleaned out at any time satisfactorily. Its heating capacity is enormous, there being more radiating surface than in any other Wood Burning Furnace made.

Write for illustrated catalogue of the Largest and Best Variety of Hot Air Furnaces and Registers manufactured in Canada.

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We manufacture a full line of **COAL AND WOOD FURNACES,** As well as Combination Heaters, Registers, etc. Mention this paper.

CURE FOR ALL HOLLOWAY'S OINTMENT

Is an infallible remedy for Bad Legs, Bad Breasts, Old Wounds, Sores and Ulcers. It is famous for Gout and Rheumatism. For Disorders of the Chest it has no equal. **FOR SORE THROATS, BRONCHITIS, COUGHS, COLDS.** Glandular Swellings and all Skin Diseases it has no rival; and for contracted and stiff joints it acts like a charm.

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