

An Absolute Cure **INDIGESTION**
—for—
ADAMS' PEP-SIN
TUTTI FRUTTI
IMPARTS TONE TO THE SYSTEM.
Take no worthless imitation.

Strengthens the Voice;
Purifies the Breath;
Keeps the Teeth Clean;
Improves the Appetite;
Builds up the System.
Sold by all Druggists and Confectioners
5c. Packages.
Take no worthless imitation. See the
"TUTTI FRUTTI" is on each 5c. package.

What Can Cuticura Do

Everything that is cleansing, purifying, and beautifying for the Skin, Scalp, and Hair of Infants and Children, the CUTICURA REMEDIES will do. They speedily cure itching and burning eczemas, and other painful and disfiguring skin and scalp diseases, cleanse the scalp of scaly humors, and restore the hair. Absolutely pure, agreeable, and unailing, they appeal to mothers as the best skin purifiers and beautifiers in the world. Parents, think of this, save your children years of mental as well as physical suffering by reason of personal disfigurement added to bodily torture. Cures made in childhood are speedy, permanent, and economical. Sold everywhere. POTTER DRUG AND CHEM. CORP., Boston. Ad. "All about Skin, Scalp, and Hair" free.

BABY'S Skin and Scalp purified and beautified by CUTICURA SOAP. Absolutely pure.
ACHING SIDES AND BACK, Hip, Kidney, and Uterine Pains and Weaknesses relieved in one minute by the Cuticura Anti-Pain Plaster, the first and only pain-killing plaster.

HEALTH AND HOUSEHOLD HINTS

Sauce.—One cup milk, one of sugar, yolks of three eggs, butter the size of a walnut. Set in boiling water till it thickens. Serve both cold.

Stewed Beans.—Wash, soak and par-boil a quart of beans the same as to bake; boil in sufficient water to cook nearly done; add a cup of cream or milk and a piece of butter, salt and pepper. Boil dry and serve.

Orange Pie.—The grated rind and juice of two oranges, four eggs, four tablespoonfuls of sugar and one of butter. Cream the butter and sugar and add the beaten eggs, then the grated rind and juice of the oranges, and lastly the whites beaten to a froth and mix in lightly. Bake with one crust.

Mutton Broth.—The water that mutton is boiled in makes a very good broth. After removing the mutton, set the water to cool; when cold remove the fat that will rise in a cake to the top. Heat what remains, adding a good deal of salt and a little pepper; also rice or barley and an onion if desired.

A Good Cake.—Two cups of good, rich sweet cream, four eggs, the whites beaten separately, two cups of sugar, beaten with the yolks, two heaping cups of flour, into which has been sifted two teaspoonfuls of baking powder, a teaspoonful of vanilla or other flavoring and a little salt. Add the whites last, after the other materials are well beaten together, stir them in lightly and put the cake in the oven in two moderately sized tins or one large one.

Russian Salad.—This consists of boiled carrots, beets, turnips and parsnips cut in small pieces by means of a tin cylinder, and inch lengths of boiled string beans. All the vegetables are separately boiled in salted water only until tender, drained and then plunged into cold water to set their color. After they are dried upon a soft clean cloth they will be ready to dress like any vegetable salad, with salt, pepper, oil and vinegar. This salad is excellent with any roast.

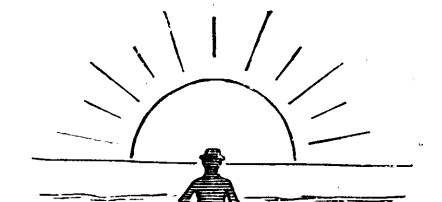
Browned Potatoes.—Put a tablespoonful and a half of butter in a frying-pan. Chop up six cold boiled potatoes, season them with salt and pepper and moisten them with about six tablespoonfuls of cream. Spread the moistened potatoes in the frying-pan as soon as the butter is thoroughly heated. Draw the saucepan toward the back of the stove, where the potatoes will slowly brown. In half an hour examine them, and if they are fully browned, fold them over like an omelet and serve.

Tomato Salad.—Twelve medium-sized tomatoes, peeled and sliced; four hard-boiled eggs, one raw egg, well-beaten; one teaspoonful salt, one-half spoonful cayenne pepper, one teaspoonful white sugar, one tablespoonful of salad oil, two teaspoonfuls made mustard, one teaspoonful of vinegar. Rub the yolks to a smooth paste, adding by degrees the salt, pepper, sugar, mustard, and oil. Beat the raw egg to a froth, and stir in lastly the vinegar. Slice the tomatoes about a quarter of an inch thick, and set on the ice while you are making the dressing. Stir a large lump of ice rapidly in the dressing until it is cold, take it out and cover the tomatoes with the mixture, and set on ice until you send to the table.

Veal Loaf (to be eaten cold).—Chop fine, enough cold veal to make one quart. Soak one pint of stale bread crumbs in one pint of stock for two hours. Add this to the minced veal. Season with half a teaspoonful of pepper, one generous tablespoonful of salt, one-fourth of a teaspoonful each, of thyme, sweet marjoram, and summer savory. Now add half a cupful of melted butter, and two well-beaten eggs. Butter a deep baking pan, and pack the mixture into it. Cover with buttered paper, and then place the pan in another, which should be partially filled with hot water. Bake in a slow oven for two hours. Let the loaf cool in the pan in which it is baked. Turn it out on a flat dish and garnish with parsley. It should be cut in thin slices with a sharp knife.—Good Housekeeping.

When you're languid and dull in the Spring of the year,
When stomach and liver are all out of gear,
When you're stupid at morn and feverish at night,
And nothing gives relish and nothing goes right,
Don't try any nostrum, elixir, or pill,—
"Golden Medical Discovery" just fills the bill.
The surest and best of all remedies for all disorders of the liver, stomach and blood, is Dr. Pierce's Golden Medical Discovery.

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.



Makes work of washing and cleaning for the washer—**Pearline**. It makes light work of what is washed. **Pearline** is used on anything that is washable. You needn't worry over the fine things; you needn't work hard over the coarse. You can't keep house well without **Pearline**; you can keep it dirty, but you can't keep it clean.

Beware Peddlers and some unscrupulous grocers will tell you "this is as good as" or "the same as **Pearline**." IT'S FALSE. **Pearline** is never peddled, and if your grocer sends you something in place of **Pearline**, do the honest thing—send it back. 288 JAMES PYLE, N. Y.

Your Patronage Respectfully Solicited.

PARKDALE KASH GROCERY
HICKMAN & Co.,
The Old Reliable House for Choice

Teas, Coffees, 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

Redpath

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

BAILEY'S
Compound Light-Spreading Oil
REFLECTORS
A wonderful invention for lighting
Halls, Churches,
etc. Satisfaction
guaranteed. Catalogue
and price list free.
BAILLY REFLECTOR CO.
106 Park Ave. Pittsburgh, Pa.

ALMA COLLEGE,
St. Thomas, Ont.,
For Young Women
Graduating courses in Literature, Languages, Music, Fine Art, Commercial Science, Klocution, Faculty of University Graduates. Specialists in Art and Music. Certificated Teachers, etc. Buildings and accommodations unsurpassed. UNIVERSITY AFFILIATION. PREPARES FOR JUNIOR AND SENIOR MATRICULATION. RE OPENS SEPTEMBER 7th, 93. B. F. AUSTIN, A.M., B.D., Principal.

Burdock BLOOD BITTERS CURES BLOOD CONSTIPATION.
Constipation or Costiveness is an annoying and dangerous complaint caused by irregularity of the bowels, which produces disastrous results to health, causing biliousness, bad blood, dyspepsia, etc. B.B.B. acts perfectly to cure constipation and remove its effects. If you have never tried it, do so now.
IT NEVER FAILS.
"Was very bad with Costiveness, and one bottle of Burdock Blood Bitters cured me. Would not be without it."
Mrs. Wm. Finley, Jr., Bobcaygeon.

Minard's Liniment cures Burns, &c.

Unlike the Dutch Process
No Alkalies
—OR—
Other Chemicals
are used in the preparation of
W. BAKER & CO.'S
Breakfast Cocoa
which is absolutely pure and soluble.
It has more than three times the strength of Cocos mixed with Starch, Arrowroot or Sugar, and is far more economical, costing less than one cent a cup. It is delicious, nourishing, and EASILY DIGESTED.
Sold by Grocers everywhere.
W. BAKER & CO., Dorchester, Mass.

CAMPBELL'S SKREI
FAMOUS
COD LIVER OIL
IT IS INVALUABLE IN CONSUMPTION
CHRONIC COLDS, OBSTINATE COUGHS,
WHOOPING COUGH,
PULMONARY AND SCROFULOUS COMPLAINTS
AND WASTING DISEASES GENERALLY.

CANADA'S BEST POLICY
THE DOUBLE MATURITY POLICY.
Thinking about taking some life insurance are you, and you cannot make up your mind which company to insure in? Well, you will find that the double maturity plan of the Manufacturers Life is the easiest and most convenient form of saving money for old age ever devised. The full amount insured for is payable at death or age 65, or as soon as the reserve and surplus combined shall amount to the sum insured, estimated at about 31 years from date of issue.
The policy is INDISPUTABLE AFTER THE FIRST YEAR, and you may live or travel in any part of the world, engage in any employment whatever, without prejudice or restriction. You pay your premiums and the Company will pay the insurance. That's the policy for you.
MANUFACTURERS LIFE INSURANCE CO'Y
COR. YONGE & COLBORNE STS.
TORONTO.

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.
C.B.—Advice gratis, at the above address, daily, between the hours of 11 and 4, or by letter.