JABESII SNOW, Gunning Cove, N. S., writes: "I was completely prostrated with the asthma, but hearing of Dr. Thomas' Eclectric Oil, I procured a bodie, and it done me so much good that I got another and before it was used, I was well. The course of a back bodies and beginning the wild fire and makes cures where It goes like wild-fire, and makes cures wher-

LUNCII.—In preparing lunch for the school-basket slice the bread evenly, and in spreading butter dip the knife-blade in tepid water, pass it over the buttered side to prevent the slices from adhering. Break the monotonous "bread and butter" with buns, cookies, tarts, etc. Clean papers make a good substitute for napkins. Let us add as many sunbeams as possible to the school days of the children.

children.

MR. WM. BOYD HILL, Coboutg, writes:
"Having used Dr. Thomas' Eclectic Oil for sometyears, I have much pleasure pestifying to its efficacy in relieving pane the bank and shoulders. I have also used it in cales of croup in children, and have found it to be all that you claim it to be."

A FAVOURITE EVERYWHERR.—Wherever introduced Hagyard's Yellow Oil foods friends. It is the old reliable household famedy for external and internal use in all and productions, lameness and soreness of the liest. A. L. Geea, a prominent druggist of Belleville, says: "It is a great favourite here, and has a good sale."

THERE is no better exercise for strengthen-ing the chest organs than reading aloud, pro-vided always the reader be made to stand, to where always the reader be made to stand, to keep the shoulders up, and the chest well braced back. Reading has, of course, the advantage over singing, that while compara-tively few persons are able to sing, all are able to read. For children, especially, the exercise implied in reading aloud is invaluable as a means of strengthening the lungs.

as a means of strengthening the lungs.

A DOUBLE BENEFIT.—James Moore, a prominent resident of Learnington, writes that he cured himself of Dyspepsing a year's duration by one bottle of Burusses and two bottles cured his wife who had been for years a sufferer from the same disease. He conscientiously recommends it to all suffering from similar troubles. all suffering from similar troubles.

To assist nature most effectually in her efforts to throw off or resist serious disease, it is essential that an impulse alrould be given to fusctions which growing lightful suspends to weakens, namely, the desired by the bowels, bilious secretion are the tion. Oftentimes, though this is impracticable by the use of ordinary remedies, it proves an easy task when Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure is resorted to. sorted to.

MR. C. E. RIGGINS, Beamsville MR. C. E. RIGGINS, Beamsville, writes:
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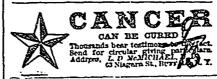


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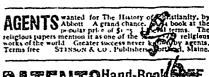
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