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Instantly stops the most excruciating pains, allays inflammation and cures congestions, whether of the Lungs, Stomach, Bowels, or other glands or mucous membranes.

ACHES AND PAINS.

For headache (whether sick or nervous), tooth-ache. neoralgia, rheunatism. lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds, the application of Radway's Roady Relief will afford immediate ease, and its continued use for a few days effect a permanent cure.

Strong Testimony of Emigrant Commissioner, the Hon. George Starr, as to the power of Radway's Ready Relief in a Case of Sciatica, Rheumatism.

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DR. RADWAY—With me your Relief has worked wonders. For the last three years I have had frequent and severe attacks of sciatica, sometimes extending from the immbar regions to my ankies, and at times to

both lower limbs.

During the time I have been afflicted I have tried almost all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be

almost all the remedies recommended by wise men and fools, hoping to find relief, but all proved to be failures.

I have tried various kinds of baths, manipulation, outward application of liniments too numerous to mention, and prescriptions of the most eminest physicians, all of which failed to give me relief.

Last September at the urgent request of a friend (who had been afflicted as mycelf). I was induced to try your remedy. I was then suffering fearfully with one of my old turns. To my surprise and delight the first application gave me ease, after bathing and rubbing the parts affected, leaving the limbs in a warm glow, created by the Relief. In a short time the pain passed entirely away. Although I have slight periodical attacks approaching a change of weather, I know how to cure myself, and feel quite master of the situation. RADWAYS READY RELIEF is my friend. I never travel without a bottle in my valles.

Yours truly, GEO. STARR.

Yours touly, GEO. STARR.

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There is not a remedial agent in the world that will cure fever and ague and all other malarious, bilious and other fovers, aided by RADWAY'S PILLS, so quickly as RADWAY'S READY RELIEF.

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observation.

Analyses show them to contain liberal amounts of the otheral and saline elements, sugarand tannicacid etc., characteristic of true Wine and which modify materially the effects which would be produced by alcohol alone.

alcohol alone.

Hetaining to a high degree the natural flavor of the grape, they serve the purpose of a pleasant table Wine as well as that of a most valuable medicinal Wine.

CHAS. F. HEEBNER, Ph. G. Phm. B. Doan and Professor of Pharmacy. Ontario College of Pharmacy.

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tis a bar to social and business success. Do you wonder that despair solzes upon these sufferers when Doctors fail, standard remedies fail, And nostrums provo worse than useless? Skin diseases are most obstinate to cure. Curicuna Rimmbirss Have carned the title Skin Specifics, Because for years they have met with most remarkable success. There are eases that they cannot cure, but they are few indeed It is no long-drawn-out expensive experiment. 25c. invested in a cake of Cuticuna Soap Will prove more than we dare claim. In short Cuticuna Works wonders, And its cures are simply marvellous.

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HEALTH AND HOUSEHOLD HINTS.

Cucumbers sliced thin with a French dressing form a first course at formal lunche-

Coromeal is an excellent cosmetic for the face. It brightens up the skin aud cleanses the pores.

After a dusty walk or drive, a silk gown should be carefully wiped with a piece of soft flannel or velvet before hanging away.

Rubbing a bruise in sweet oil and then in spirits of turpentine, it is said, will usually preyent the unsightly black and blue spots, which not only tell tales, but deform.

To render an ordinary boarded floor the rival of a hardwood one, putty up each board then stain either mahogany, walnut or ash. After it is dry, varnish twice and a fine polish

When making custard, cream, cocoanut, pumpkin or lemon pie, either bake the crust slightly before filling with the pie mixture, or wash it over with the white of an egg. You will then have no more sodden undercrusts.

China tea is made by pouring boiling water into a cup and throwing some tea into When the leaves sink to the bottom, which will happen in a few seconds, the water is poured off and drank This decoction is, of course, very mild, and probably explains why the constant drinking of tea by the Chinese produces no harm.

Pineapple water-ice may be made of the canned fruit, if the fruit is not to be had. To one grated yellow pineapple, or one quart can add one full pint of loaf sugar. Allow it to stand one hour, and then pass all the juice possible out through a fine strainer. Stir well into this juice of two lemons and one quart of water. It is then ready for the freezer.

Don't put your canary bird in the hot sun or cold draft. Let him have a little mirror for company occasionally, and don't let the sun or gas reflect in it to dazzle his eyes. Don't keep him on dry bird seed. No bird in the world would live on such stuff if he could help it. Give him fresh water every day; crumbs of bread soaked in milk, egg, lettuce, chickweed. Let him fly about the room occasionally.

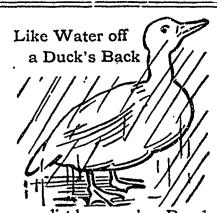
Bread Pudding with Cherrles is an ingenious method of using stale bread. Put one cupful (one half-pint) milk in a double boiler. When hot add two ounces of stale bread crumbs, a grated rind of lemon, one table-spoonful butter. Cook ten minutes. Beat two eggs, without separating; add four table-spoonfuls sugar and another cup of milk; add these now to the boiler, then turn into a greased baking dish, sprinkle with dried cherries and bake in a moderate oven until a golden brown. Serve hot.

The only two foods which contain all the substances necessary to human life are said to be milk and the yolk of eggs. A man can live in health on these two foods. In a corpulent man the normal proportions of albumen, fats, hydrocarbons, salts and organic substances are not preserved, for his tendency is to eat too much of sweets and starch. The effects of this over eating can be overcome by vigorous exercise, baths and rubbing; but when such a diet is combined with idleness, corpulence is an almost sure result.

Chicken and Potato.—Take cold chicken, Chicken and Fotato.—Take cold chicken, cut into dice, and to each pint allow one tablespoonful of butter, one tablespoonful of flour, and a half pint of milk. Put the butter and flour in a saucepan, when melted add the milk; stir constantly until it boils, add teaspoonful of salt, dash of pepper, and the chicken. Have ready four potatoes boiled and mashed, add to them tablespoonful of butter, four tablespoonfuls of cream, and palatable seasoning of salt and pepper, then beat hard until smooth and light, put them into a pastry or forcing bag; press out in rope-like forms around your serving dish, put the hot chicken in the centre, stand in the oven just a moment and it is ready to serve. This is exceedingly palatable and a very pretty way to serve left-overs of any kind.

NOTHING STRANGE

Intelligent people, who realize the important part the blood holds in keeping the body in a normal condition, find nothing strange in the number of diseases that Hood's Sarsaparilla is able to cure. So many troubles result from impure blood that the best way to treat them is through the blood, and it is far better to use only harmless vegetable compounds than to dose to excess with quinine, colomel and other drugs. By treating the blood, with Hood's Sarsaparilla, scrofula, salt rheum and what are commonly called "humors;" dyspepsia, catarrh, rheumatism, neuralgia, consumption and other troubles that originate in impurities of the blood or impaired circulation, can all be cured,



-so dirt leaves, when Pearline gets after it. No matter where it is, the easiest, safest, quickest, cheapest way to get rid of it is with Pearline. Washing clothes is Pearline's most important work. That's because it saves so much wear and tear, as well as labor, by doing away with the rub, rub, rub. But don't lose sight of the fact that Pearline washes everything. Dishes, paint, marble, glass, tin-ware, silver, jewelry, ocarpets, hangings there's work to be saved with all of these by using **Pearlinc**. Beware of imitations, 322 JAMES PVLE, N. V.

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